

# Pokégnek Yajdanawa

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## Page 2

Sugar Bush Update

## Page 14

April is Stress Awareness Month

## Back page

Sign up for a Discovery Kit



## Lasalle Council Boys Scouts of America Honors Pokagon Police Chief William Lux with Soaring Eagle Award

### Pokagon Tribal Police Department Also Received The Good Turn Award

Chief William Lux of the Pokagon Tribal Police received the 2020 “Soaring Eagle Award” from the LaSalle Council, Boy Scouts of America (BSA) at a ceremony held at the Pokagon Justice Center in Dowagiac on March 11. The Soaring Eagle Award recognizes a person whose leadership in business, industry, government, education, social work or other endeavors has contributed significantly to the growth and vitality of Berrien County. The Pokagon Tribal Police Department also received the “Good Turn Award” for supporting the development of value-based youth leadership training in area communities. Berrien County was one of Michigan’s founding communities to establish Boy Scouts of America as a youth development and leadership program in 1919. The LaSalle Council, BSA is proud to commemorate the past and inspire future generations to become good citizens, connect with, and serve their communities.

“We are thrilled to honor Chief William Lux with the 2020 Soaring Eagle Award for both his compassion and leadership to the communities of Southwestern Michigan,” said John Cary, Scout Executive/CEO of the LaSalle Council. “Chief Lux’s impact on local youth reflects the same values found in Scouting, which is

*Please turn to page 8*

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### Chairman's Corner



Where do I begin; we are in unprecedented times trying to combat the spread of COVID-19. We have nothing to compare or work from, as we seek to keep everyone safe. Despite this fact, we are doing our best and will continue to work hard to ensure the safety of all that we are responsible for.

I have to extend my sincerest appreciation to the Health Task Force led by Deputy Tribal Police Chief, Mike Bradly. The Deputy Chief has many years of emergency management experience over his career and the Band is very lucky to have him on board as he leads the task force. He has provided controlled leadership and sound recommendations. Not to make it sound like he has done this on

his own, the other members of the Task Force have shared substantive ideas and support in their collective efforts to protect the citizens and employees of the Band. They have been meeting daily for several weeks now with a singular mission, keeping us safe and healthy. Other members of the task force are in no particular order include Dr. Gerald W. Morris M.D., Matt Clay, Christina Carpenter, Harry Wesaw, Jason M. Wesaw, Jessica Christner, Mary Eccles, Lisa Vetne, Mark Pompey, Chief William Lux, David Gutierrez, and Jennifer Hobson.

I want to make special mention of two members of the task force, first is our own Pokagon Citizen, Dr. Morris. Doc has done a tremendous job sharing his medical expertise and recommendations. Doc truly has a heart for his profession and providing the best suggestions for keeping us healthy.

The other individual I would like to recognize is Jennifer Hobson. Jennifer is the scribe for the Task Force and is probably the busiest of all the members. As I participate and observe the changes to their recommendations, Jennifer has the minutes and documents ready for every meeting. She is well organized and efficient. Thank you for all you have done, it is greatly appreciated and recognized.

COVID-19 is a moving target and causes change to the plan almost daily. The federal government, by the time this gets to your mailbox, should have legislation in place that may provide significant relief, both individually and for our government. It is not known at this time, but we are expecting financial support for our employees who have been temporarily laid off due to the virus. While this may have been the most difficult decision many of us have had to make, it was with the best interests of our citizens and employees. We can only hope we can recall everyone back quickly once the virus has been minimized.

The government is trying to communicate to our citizens using several mediums, so please look for updates by email, text and our website. We are also discussing the production of short videos to share information with our citizens. Hopefully you will have had the opportunity to view these before this finds its way to your mailbox. The new Office of the Tribal Council section of the Pokagon website is operational and is being updated daily. You can find useful information and resources here. This is also an option to pose questions to Tribal Council.

To close on a more positive note, the big questions seems to be, "what does this mean to our tribe?" While we have closed our four casino properties and reduced attendance at the government offices, we fully intend to continue services and benefits to our people. For the time being there are no revenues coming into the government, only expenses being paid out. Because of our proactive planning, the government has built a rainy-day fund that will carry us through several months without major reductions. Should this drag into late summer, we may have to make additional decisions, but for now we will continue to operate as normal as possible with the focus on keeping everyone safe.

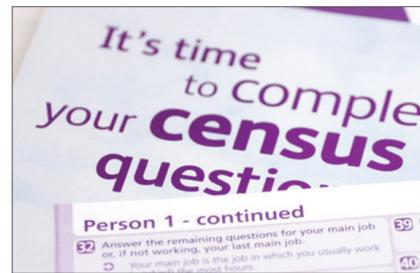
Notwithstanding what we are experiencing, it is still "a great day to be a Pokagon." As your Chairman, I could not be more proud of everyone for stepping up. I am saddened by the decisions we have had to make, but I hope you all realize it was not without emotional stress that we made these choices. Council looks forward to recalling everyone as soon as practical. Council also hopes to get our meetings back to normal as quickly as possible. The IT department is working on the technology for council to meet virtually and provide the opportunity for citizens to ask questions in real-time. We cannot webcast, and we are not conducting meetings in-person. We will share the options as soon as we have identified the appropriate platform.

Until then, please abide by the recommendation of the CDC and practice social distancing. As always, I appreciate your comments. I take all input seriously, and I hope it continues. Remember, "It is a great day to be a Pokagon," my door is always open, and my phone is always on. I return all my phone calls.

Thanks,

Matthew Wesaw  
Tribal Council Chairman

### Don't Forget About The Census!



By April 1, every home should have received an invitation to participate. You will have three options for responding: online, by phone, or by mail.

The Census is very important for Pokagon Citizens as it not only provides an opportunity to showcase how our community has grown, but also to focus attention on what our needs are.

Also be sure to complete the question regarding Tribal Affiliation to ensure you are counted as a citizen of the Pokagon Band.

If you have any questions regarding the 2020 Census, please contact Bob Torzynski at (269)782-4896 and [Robert.Torzynski@PokagonBand-nsn.gov](mailto:Robert.Torzynski@PokagonBand-nsn.gov).

### Michigan Delays Tax Deadlines

Governor Gretchen Whitmer signed an Executive Order to extend federal and state tax deadlines to July 15.

### Absentee Ballot Deadline Extended



Governor Gretchen Whitmer signed an Executive Order to extend the vote by absentee ballot deadline. In-person registration is May 5 and by mail registration is April 20. For more information, visit [www.vote411.org/michigan](http://www.vote411.org/michigan).

### 2020 Zisbakwtokan (Sugar Bush)

By: Nicole Holloway

The 2020 Sugar Season has come to an end for the Pokagon Band of Potawatomi community sugar bush. Cusi Ballew and Anthony Daisy were the leads this year.

The season was off to a slow start due to the unseasonably warm winter we had. The weather began to cooperate and we were able to produce plenty of sugar and syrup for our community! We started tapping trees in late January and the taps were pulled on March 17.

To kick off the season we held a Wooden Paddle and Spoon workshop where participants created their own sap stirring paddles and sugar spoons. Zagbëgon students came out and tapped trees and collected sap weekly. Gdedésëk (Little Otters) and the Mbesniyëk (People of the Lake After School Program) visited sugar bush and learned how the evaporator works, learned sugar bush related Potawatomi language, and collected sap. They were able to taste sap, syrup and maple sugar. We had visitors from the Justice Gage's Head Start program, and several visitors from the Pokagon and Dowagiac communities.

This season we collected over 2,000 gallons of sap and ended up with around 40 gallons of finished syrup. We also have maple sugar and maple cream! There are various sized bottles of syrup for sale, so please contact the department of Language & Culture for pricing.

Migweth, Kthémnedo, for a bountiful season!

**Please note that the end of sugar season feast has been cancelled due to the COVID-19 outbreak and social distancing requirements. Syrup and sugar will not be available until the Pokagon government offices reopen for visitors.**



### The Tradition of Spiritual Fasting

By: Rebecca Williams

As Neshnabe we have been fasting for generations. Traditionally, to mark the entrance into adulthood, we would have begun our first fast at the ages for 13 or 14. Fasting was a way for us to reconnect to mother earth, disconnect with the outside world, and to ground oneself.

Some of our community members continue to uphold this fasting tradition, while others have moved away from this practice. Consequently, many of our neshnabe where denied their rite of passage at their coming of age.

“Now we are seeing an influx of people understanding that for many years their intuition or a spiritual pull has brought them to fast. Many people are fasting for the first time later in their life, sometimes as old as their fifties or sixties,” said Keith Smith, Traditional Healer from Pokagon Traditional Healing Program.

Pokagons and Tribal Members from across the nation have come to help and fast during our seasonal mkedékéwen. Eric Shaer is one of the first Pokagons to participate in our seasonal mkedékéwen.

“My name is Eric Shaer, or mkedewa moewe (black wolf). I am married and have two beautiful daughters and another baby on the way. My family goes back to the Winchester family and we are thigwe’ (thunder) clan. I had been interested in fasting and had inquired about it for some time. When I was told we were going to start a fasting camp and bring this rite of passage back, I knew I wanted to be involved. It just so happened that I had some big decisions in my life that I needed guidance on. During my fast, it was humbling to be alone with only thoughts and prayers seeking the guidance of the creator. Making the sacrifice of comfort to receive these gifts seemed minimal when considering the overall picture. Taking everything in from all my senses gave me a serenity that you don’t get in our busy lives. Afterwards, I felt that my questions were answered. With the help of our



traditional healer, Keith Smith, I was able to understand the experiences I had while out fasting. I feel that the experience was something that everyone should have. There are many aspects to fasting that even I was unaware of. The pre and post ceremonies and finding out a little more about yourself, and a little about the path your life is on, made it all worth it. I plan on continuing this tradition and learning even more. I thank all of those who helped me with this experience and would recommend it to all. Migwetch.”

Spiritual fasting should only be conducted by qualified and legitimate individuals that have been given the rights and teachings by their mentors. Here at the Department of Language and Culture and Traditional Medicine program we hope to make fasting a community “norm.” Where youth will come to know this as their rite of passage again. We will support our community with the space and support to continue to fast, until it has become so normalized that there will be no need for us to host it.

Being prepared to fast is important. Tribal members interested in fasting should schedule an appointment with Traditional Medicine one to three months in advance of our department fasts which take place in the Spring and Fall. Typically, our Spring Fast is held in early May, and our Fall Fast is in late October.

For additional information please reach out to Rebecca Williams [Rebecca.Williams@PokagonBand-nsn.gov](mailto:Rebecca.Williams@PokagonBand-nsn.gov) at our Language and Culture department or schedule an appointment with Keith Smith of Traditional Medicine at (269)782-4141.



DEPARTMENT OF LANGUAGE & CULTURE

# MKEDÉKÉWEN

Pokagon Potawatomi Spring Fasting

## A RITE OF PASSAGE

FOR YOUNG BOYS, GIRLS, WOMEN & MEN

The Department of Language & Culture and traditional healer Keith Smith invites citizens and their families to participate in Mkedékéwen for a rite of passage.

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

OCTOBER 2020  
RODGERS LAKE CAMPGROUND

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## Pokagon Enrichment Program

By: Skye DePaul

The Enrichment Program is for all Pokagon Children ages Birth-12th grade and helps pay for extra-curricular activities such as: sports registration and equipment, dance, gymnastics, music lessons and equipment, drivers training, camps, and school or activity sponsored field trips. The program provides up to \$500 and runs from August 1 – July 31 every academic year. All programs/events must occur within the current academic year and an Educational Release/Consent to Disclose Education Records must be on file to be eligible.

To apply: Please fill out the Enrichment Program application, which is available on the website, and submit your receipt/payment confirmation\* or an invoice, along with a flyer or program information. \*If submitting receipts for equipment purchased for sports, etc., please label receipts with your children's name(s) and what each item is.

Skye DePaul (daughter Alexandria) said, *"I love being in charge of this program and the financial support it gives our children to pursue their interests. I am grateful that this program allows my daughter to participate in all the activities that she enjoys doing. She enjoys performing arts (dance, choir, theater) and softball. The Enrichment Program has relieved some of the costs of her activities from my husband and me."*

Margaret Mersereau (children Stephen, Isabella, Gryffin, & Helena) said, *"The Enrichment Program has afforded my kids the opportunity to participate in activities that they would otherwise be excluded from due to monetary restrictions. We appreciate the Enrichment Program because they're gaining valuable life and social skills through these activities."*

Heather Marshall (children Grace & Andrew) said, *"This program has been extremely beneficial for our children and family. We have the freedom to say "Yes" to what the kids want to do and what they want to pursue. My daughter loves softball and to be able to get her those "extra" private lessons and see how much that is helping is wonderful. Our son is just getting into extra-curriculars and is exploring swimming, which is something not offered in our town. So, to be able to say yes and take him the "extra mile" to something he truly enjoys has been great. The kids are more open to trying different things and asking for extra help as well. Thanks so much for taking care of us! We truly appreciate everything this program has to offer!"*



## Things To Consider When Buying A Car



CHI ISHOBAK

### 1. Know Your Credit Score Before Shopping Around

One of the biggest car buying mistakes you can make before you even step foot on a lot is not checking your credit. Your credit scores will impact whether you can get approved for a car

loan at all and the rates and terms banks, credit unions and dealership financing units will be able to offer you.

### 2. Research Online

Thanks to the internet, car buyers have a ton of information available to them these days. Websites like Kelley Blue Book, Cars.com and Edmunds all offer free information about car models, features, prices and you can even find owner ratings, car suggestions and reviews. Before you take your first test drive, you should compare cars in your price range, decide which car is right for you, and what price is fair to pay.

### 3. Fuel Efficiency

Will the car you purchase travel long distances with very little fuel? If yes this can be advantageous to you. Fuel efficiency cars will help you to save on gas despite the size and your everyday driving needs.



### 4. Think Price Instead of Monthly Payments

A standard car dealer trick is to talk to you about a car's cost in terms of what you are willing to pay each month instead of the actual price. This can be confusing and is often misleading because the salesperson will

use the longest auto loan term available (72+ months) to calculate your possible rates. That extended loan term may seem affordable and budget-friendly when you look at just the monthly payment, but taking on a longer loan term means you're upside down on the loan for longer, limiting your options for trading it in.

### 5. Affordability

It is a great step you are taking when you decide to purchase a car. It nice to want the finer things in life, however, you have to select a car that is budget friendly. That nice red Range Rover you like may not be what you can afford. There may be similar cars that you can purchase that is budget friendly. Most people cannot buy a car in cash and the best option is to borrow a loan. You should work out a budget and plan. How much of your earnings will you allocate towards car payment? Will you have a surplus to sustain yourself and your family?

## Indiana University Museum of Archaeology and Anthropology Seeks Summer Fellows DEADLINE EXTENDED!

The Indiana University Museum of Archaeology and Anthropology (IUMAA) in Bloomington Indiana is inviting Native Americans to apply for summer fellowships in museum studies, curation, exhibition and museum management. Two fellows will be selected to work alongside professional museum staff to handle regional archaeological and broader ethnographic collections for documentation. Although these fellowship opportunities are open to all Native peoples from anywhere in North America, preference will be given to college students.

The duration of the award is ten weeks and will start in the summer of 2020. It carries a stipend of \$10,000 and the first payment will occur after the fellows arrive at the IUMAA to begin their fellowships. A portion of the stipend can be used for travel arrangements prior to arrival in Bloomington. The purpose of the stipend is to offset the costs of travel, housing, and expenses. It is also important to note that the financial award is considered taxable income.

According to IUMAA its archaeological and ethnographic collections are "among the largest in the midcontinent, and feature a wide array of objects, artifacts, maps, and associated records. The museum features over 2 million artifacts and data from the Angel Mounds Site in Evansville, Indiana, and over 30,000 ethnographic pieces from across the world." IUMAA is preparing for renovations that require it to move its collections off site for more than a year. Exhibitions will be set to re-open when renovations are complete in 2022.

### Application Guidelines

Application materials should be submitted via email, however hard copy applications will be accepted if they arrive at the IUMAA office on or before March 20. All applicants must submit:

- A letter of interest explaining archaeological or museum experience and professional goals in museum or collections work
- A resume
- Contact information for two people who are willing to submit confidential letters of reference
- Proof of Native ancestry consisting of either copy of a Tribal Enrollment Certificate or a statement outlining Native ancestry and community involvement

Selection Criteria Will Also Include:

- Level of archaeological experience
- Museum or collections experience
- Current field of study

If you plan to apply, **please submit your information by April 3, 2020** to the following contact:

Edward Herrmann (email to: [edherrma@indiana.edu](mailto:edherrma@indiana.edu))

Executive Director, IUMAA

416 N. Indiana Ave.

Bloomington, IN 47408

Notifications regarding applications will occur in mid-to late April.

More information on the Indiana University Museum of Archeology and Anthropology can be found at [www.iucaa.iu.edu](http://www.iucaa.iu.edu).



**Lasalle Council Boys Scouts of America Honors Pokagon Police Chief William Lux with Soaring Eagle Award, *continued from page one***

still very much needed in today more than ever. Scouting has made a significant impact on the lives of thousands of youth in Southwestern Michigan and I believe strongly in the Scouting mission to instill the values of the Scout Oath and Law in young people."

"It is a privilege and honor to receive the Soaring Eagle Award from the LaSalle Council, Boy Scouts of America," said William Lux, Chief of the Pokagon Tribal Police. "I'd like to thank the Pokagon Tribal Council, Pokagon Government employees and members of the Pokagon Tribal Police for their continued support during my tenure as Pokagon Police Chief. I'd also like to thank my family for their patience and understanding during my 40-plus years in law enforcement."

"Chief Lux has been a valuable leader and instrumental in the long-term success of our Tribal Police Department, which was established in 2003," said Matthew Wesaw, Tribal Chairman of the Pokagon Band. "Not only has he continue to raise our professional standards, but he has also fostered great working relationships at local, state and federal levels. We are very pleased that he is being recognized for his contributions, along with the rest of the Pokagon Police Department."

Chief William Lux has proudly served the residents of Berrien, Cass, St. Joseph and Van Buren counties as a police officer for 42 years since starting his career in Lawrence, Michigan. Chief Lux has had many roles serving the community including: Chairman, Van Buren County Chiefs of Police Association; Law Enforcement Annex Head, Van Buren County Emergency Operations Center; Dive Team Captain/Liaison/Coordinator, Van Buren County Sheriff's Office; Chaplain, Fraternal Order of Police, Van Buren County Lodge #136; Varsity Softball Coach, Lawrence High School; Lawrence High School Board Member; Division Head of the Year, Van Buren County Sheriff's Office.

During the summer of 2020, Chief Lux and the Pokagon Tribal Police Department will be providing a "Youth Police Academy" for Pokagon Citizen Youth and will partner with the LaSalle Council, BSA to sponsor a "Police Explorer Post" in Dowagiac, starting in the fall of 2020, which will include all youth from 14 to 20 years of age.

The mission of the Pokagon Band Tribal Police is to provide a safe, welcome, and orderly environment for the Pokagon Band of Potawatomi community, defend the sovereignty of the Pokagon Band and the rights of all the people in its jurisdiction, and assist in improving the quality of life for all Pokagon Citizens. The Police Department consists of highly educated, trained men and women who put their lives on the line every day to protect the membership and the surrounding community. Pokagon Tribal Police Officers are licensed under Michigan Commission on Law Enforcement Standards (MCOLES), deputized by Berrien, Cass and Van Buren Sheriff's Offices as deputies in Michigan, and by St. Joseph County Sheriff's Office as officers in Indiana. All are also commissioned as federal officers by the Bureau of Indian Affairs.



For those interested in supporting youth programming and scouting in Southwestern Michigan, call (574)289-0337 or visit [www.lasallecouncilbsa.org](http://www.lasallecouncilbsa.org).

The LaSalle Council, Boy Scouts of America provides the nation's foremost youth program for character development and values-based leadership training to more than 5,500 youth from Kindergarten through high school in eight counties across Northern Indiana and Southwest Michigan. More than 2,000 adult volunteers deliver and support Scouting's impactful programs to boys and girls. More information on the LaSalle Council, Boy Scouts of American can be found at [www.lasallecouncilbsa.org](http://www.lasallecouncilbsa.org).



## Tips For Staying Home During COVID-19 From The CDC



Staying at home will help minimize the spread of the Coronavirus (COVID-19) to family, friends, co-workers and others we interact with on a daily basis. It will also help prevent the spread to at risk individuals who have compromised immune

systems and the elderly. If you suspect that you or a family member has the Coronavirus, the sick person should not leave the house for 14 days. The 14-day period starts from the day the first person in your house became ill.

If you require help with buying groceries, shopping, picking up medication, or walking a dog, please ask friends or relatives. Alternatively, you can order medication by phone or online. You can also shop for groceries online. Stores like Walmart may offer delivery or curb-side pick up in your area. Also services like Instacart offer delivery from local stores. You can visit their website [www.instacart.com](http://www.instacart.com) to see if deliveries are available in your area. As an extra precaution, you can ask delivery drivers to leave items outside of your front door.

If online ordering is not possible, then try to limit your social contact when you leave the house to get supplies.

It is likely that people living within a household will infect each other or may already be infected. Staying at home for 14 days will greatly reduce the overall amount of infection the household could pass on to others in the community.

Staying at home may be frustrating, but there are things that you can do to help make it easier. Some options include:

- Plan ahead and think about what you will need in order to be able to stay at home for the full 14 days.
- Talk to your employer, friends and family to ask for their help to access the things you will need to make your stay at home a success.
- Think about and plan how you can get access to food and other supplies such as medications that you will need during this period.
- Ask friends or family to drop off anything you need or order supplies online, but make sure these are left outside your home for you to collect.
- Keep in touch with friends and family over the phone or through social media.
- Think about things you can do during your time at home. Schedule time for cooking, reading, online learning and watching movies. Also get outside and take walks.
- Physical exercise is also good for your wellbeing. There are many free instructional videos on YouTube. Search "Pokagon Wellness" on YouTube to see new videos from Dean and Tia! You can also YouTube search for the following keywords for useful videos at your level:
  - Exercise
  - Home fitness
  - Home workout
  - Zumba
  - Pilates
  - Stretching
  - Balance

### Activities for children

The following are some recommended activities to help keep your children engaged and learning during their free time at home.

- Kids Activities Blog: [www.kidsactivitiesblog.com](http://www.kidsactivitiesblog.com)
- 2 weeks worth of fun and easy science experiments: [www.mkewithkids.com/post/here-are-two-weeks-worth-of-fun-and-easy-science-experiments](http://www.mkewithkids.com/post/here-are-two-weeks-worth-of-fun-and-easy-science-experiments)
- Free Relief packs for kids: [www.havefunteaching.com/](http://www.havefunteaching.com/)
- 20 fun games you can play with Alexa: [bestlifeonline.com/alexa-games/](http://bestlifeonline.com/alexa-games/)
- ABC Mouse is offering free membership now: [www.abcmouse.com](http://www.abcmouse.com) Code: SCHOOL7771

### If you have a vulnerable person living with you

Minimize, as much as possible, the time any vulnerable family members spend in shared spaces such as kitchens, bathrooms and sitting areas. Keep shared spaces well ventilated.

Aim to keep a space of 6 feet away from vulnerable people you live with. We understand that it will be difficult for some people to separate themselves from others at home. You should do your very best to follow this guidance and everyone in your household should regularly wash their hands, avoid touching their face, and clean frequently touched surfaces.

### What you can do to help yourself get better

Drink water to keep yourself hydrated; you should drink enough during the day so your urine is clear in color. Try to eat a well-balanced diet and get plenty of rest.

### If you or your family need to seek medical advice

Seek prompt medical attention if your illness or the illness of any household member worsens.

If it's not an emergency, contact Pokagon Health Services at (269)782-4141. If it is an emergency call 911 and be sure they know you are experiencing coronavirus symptoms.

All routine non-emergency medical and dental appointments should be cancelled while you and the family are staying at home.

## Veteran Voice

Bozho Jiyak from the Pokégnek Bodewadmik Ogitchedaw! The Ogitchedaw are committed to our roles as warriors and protectors of the Pokagon community. We maintain a constant vigil over the community while helping others through our journeys. This new forum will allow us to share some stories from our past, keep you current on our present activities, and let you know what we have planned in the future.

During this past year the Ogitchedaw have been diligent in honoring our warriors of the past. We were honored to participate in numerous memorial ceremonies commemorating the 75th anniversary of D-Day. Several members of the group were then blessed with the opportunity to march in the military parade recognizing Ira Hayes and the 75th anniversary of the flag raising over Mount Suribachi during the battle of Iwo Jima. The veteran's group was privileged throughout the year to perform numerous honor guards and memorials for our community heroes and their families. We will not forget the past as we actively participate in the present.

Part of our present programming is to remain supportive and present at all our major Pokagon events, including: Annual Meeting, Pow-Wows, Seasonal Ceremonies, Youth Programs, and more. We invite everyone to participate in the local parades and veterans' events with us and encourage you to Thank a Veteran throughout the year. Our annual golf outing has allowed us to establish an Ogitchedaw scholarship for all veterans, their children, grandchildren, and spouses. Those interested in the scholarship can apply with Pokagon Band Department of Education and qualified applications may receive up to \$1,500 per semester. This allows us to help our youth now while also preparing them for the future.

Our planned events for the remainder of this year include hosting the Veterans Honor Guard Conference and participating in the dedication ceremony for the National Native American Veteran Monument. The group also invites all eligible veterans to our family fun day, the annual appreciation dinner, and several other events for both veterans and their families. Please contact a member of the Ogitchedaw or the veterans service administrator, Ann.Morsaw-Banghart@pokagonband-nsn.gov, for more information on our upcoming events.

Future editions of this article will include personal stories from our veterans and continued updates of our activities. We hope to continue sharing through this publication so let us know if you are intrigued, would like to be involved, or want additional information on anything mentioned herein. The Ogitchedaw are committed to maintaining a good path for our community while promoting the values and virtues in our history and traditions.

Chi Migwetth,

Pokégnek Bodewadmik Ogitchedaw

## What's that Invasive Species? Common Teasel (*Dipsacus fullonum*)



Common Teasel (*Dipsacus fullonum*) is an invasive plant that is native to Europe. It is biennial, which means that during the first year of growth it exists as a basal rosette with many leaves. It only grows a vertical stem during the second year of growth. During the second year this plant can grow up to 7 feet tall and have multiple distinctive spiny flower heads with recurved leaves. These flower heads are covered in small purple to white flowers from April to September. Each plant can produce over 3,000 seeds which

can take root and crowd out native species. Common Teasel tends to grow in disturbed sites such as roadsides, ditches, fields, and pastures and can take over an area in just a few years. In small quantities, common teasel can be mechanically controlled through multiple mowings or cutting the plant just below the soil level with a shovel, preventing the plant from flowering. It is best to control this type of plant when there are as few plants as possible. If you believe you have identified Common Teasel on Pokagon land, please take as many pictures as possible and contact the Pokagon Band Department of Natural Resources, and report where the plant was located



POKÉGNEK BODÉWADMİK LANGUAGE & CULTURE

*Let's Make Regalia*

## Kë Wzhetomen Mizhathëwen

Please join us at this year's series of regalia making workshops. The instructors focus on assisting participants in making traditional regalia for men and women while sharing the necessary regalia teachings on how it should be worn and cared for. We have a limited supply of sewing machines, irons, and materials. Everyone is encouraged to bring their own sewing machines and materials if possible. There will be instructors available to assist with sewing and measuring to create patterns.

No RSVP is required. Meals are potluck, so please bring a dish to pass.

Classes will be held at the **Language & Culture Activity Room 12 p.m. - 5 p.m.**

**Classes will resume on Sundays in August 2020.**

Tribal Citizens, Spouses, and Parents/Guardians of Tribal Children are welcome to attend.  
 \*\*Please refer to the Indian Arts and Crafts Act regarding the federal laws that protect Native American artisans and the penalties for violating them.

Please contact Nicole Holloway at 269-783-3513 (desk), 269-783-6131 (cell) or [Nicole.Holloway@PokagonBand-nsn.gov](mailto:Nicole.Holloway@PokagonBand-nsn.gov) for any questions.

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## What's that Edible/Medicinal Species? Fireweed (*Chamaenerion angustifolium*)



Fireweed (*Chamaenerion angustifolium*) is a tall showy wildflower that can be found throughout most of the U.S., except the deep south. Fireweed can be found in open meadows and along streams and forest edges. This species responds well to fires, colonizing areas quickly following a fire. Fireweed is a perennial that typically grows 4 to 6 feet in height but may grow as tall as 9 feet. Leaves of the plant are willow-like, alternate, and deep green in color. Fireweed blooms from June to September and has magenta to rose colored flowers with 4 petals. Seeds of this plant form in a capsule that opens when ready, allowing the tufted seeds to float on the wind. The young, tender shoots of fireweed have been utilized as salad greens and are a good source

of vitamin C and A. These shoots can also be sautéed, boiled, or cooked with other spring vegetables or steeped to create a tea. As with any new edible or medicinal, please ensure that you have a positive identification before use and utilize in small quantities at first to make sure there are no allergic or adverse reactions.



POKÉGNEK BODÉWADMİK LANGUAGE & CULTURE + HEALTH SERVICES + EDUCATION

# Gdedésék

*Little Otters*

After School Program for Tribal youth ages 5-11

September - May | Thursdays 4 p.m. - 6 p.m.  
 Family Activity Center

**Weekly activities will include:** Seasonal teachings, language, wellness, nutrition, and outdoor activities  
 A healthy meal is available for all youth attending the program.

Program space is limited. If your child is interested in attending Gdedésék please contact Rebecca Williams for more information or registration.

For more information, please contact Rebecca Williams at (269)462-4296 or [Rebecca.Williams@PokagonBand-nsn.gov](mailto:Rebecca.Williams@PokagonBand-nsn.gov) or contact Susan at [Susan.Doyle@PokagonBand-nsn.gov](mailto:Susan.Doyle@PokagonBand-nsn.gov) contact

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### Youth Lock-In

By: Dan Stohrer

Our annual Pokagon Lock-In was held at The 3 Mile Project youth facility in Grand Rapids, Mich. The event provides an opportunity for native youth and their friends throughout the State of Michigan, a chance to spend time with others, be physically active, learn or be introduced to a few Potawatomi ways in a fun and safe environment. Tribal youth north of our service area, as well as tribal youth from other bands such as Nottawaseppi Huron Band of Potawatomi and Little Travers Bay Band of Odawa, were also in attendance.

Our key-note speaker, Christian Parrish AKA "Supaman," is a MTV Video Music Award winner and native rapper, who shared his uplifting story of how his faith carried him out from his humble beginnings. Our DJ for the night, Roger Radar, provided the hits all night long.

Attendees were able to enjoy the facility's skate park, three mini-movie theaters, basketball courts, volleyball courts, gaga ball, video games, board games, and ping-pong. They also had the opportunity to learn and play Potawatomi games such as Shishibe (Potawatomi Bingo), dice bowl and moccasin games, as well as learn and make loom beaded bracelets.

A special Migweth goes out to all of the staff and chaperones that made this event possible!



### Prescribed Burns Benefit Habitats and Wildlife

If you have travelled on tribal property in the spring in recent years, you may have noticed areas that have been burned. These locations are jarring to the senses, as they often appear to be blackened and unusable from the perspective of plants and animals. While a recently burned area looks to be bad for wildlife, they are one of the best things we can do to help preserve a healthy ecosystem.

Wildlife managers refer to the practice of intentionally burning an area as a prescribed burn or a controlled burn. A prescribed burn has important benefits for many plant species, especially for plants and animals in prairies. Fire in prairies is often the "trigger" that tells seeds in the ground that it is time to grow. The reduction of dead grass and leaf litter on the surface gives those seeds full access to the sun and rain, furthering their growth. Without fire, a prairie ceases to be and becomes a scrub-shrub area. Other habitats like forests rely on fire as well. Fires help reduce competition between trees by culling the dead and dying trees and by reducing the leaf litter to allow for understory plants to grow.

Fire was an important tool for Native Americans. They used it to clear land for agriculture, to attract animals like deer and turkey to certain areas (as they would feed on the newly growing plant shoots), and to reduce the chances of catastrophic wildfires. Europeans who first interacted with Native Americans wrote of the amount of fires that were set every year. These fires were used for thousands of years prior to European arrival. For the next few centuries very little burning occurred, and the cycles that plants and animals had become accustomed to were disrupted.

An example of this disruption is the relationship between the Kirtland's warbler and jack pine trees. Kirtland's warblers only nest in young jack pines, and jack pinecones only open when they are exposed to high temperatures. As Michigan was settled during the 1800s, fires were stopped, and the number of young jack pines dropped dramatically. Fire-intolerant tree species moved into the areas that were no longer being burned, further reducing jack pine numbers. As this happened, the number of Kirtland's warblers dropped because fewer birds were successfully reproducing. It wasn't until the 1970s that a recovery plan was initiated, including the reintroduction of wildfires. This had the intended effect, with the number of warblers increasing during 1970-2015 by over 10 times, resulting in the delisting of the Kirtland's warbler from the endangered species list.

Another kind of disruption was catastrophic fires. Only 50 years after European settlers began to move into Michigan in large numbers, an outburst of catastrophic fires occurred in the lower peninsula of Michigan (and numerous other areas in the Midwest). At least two to three million acres were burned, resulting in the loss of hundreds of lives, thousands of homes, and untold damage to wildlife. These catastrophic fires would occur periodically in Michigan throughout the next two centuries, as fire suppression continued to be the norm until the second half of the 20th century.

The use of fire by the Pokagon Band Department of Natural Resources (PBDNR) is intended to address these historic issues by reintroducing techniques that are part of the normal ecosystem cycling. While the impacts appear to be dramatic immediately after a controlled burn, the habitat quickly recovers, and wildlife are able to take advantage of new growth and habitat within a few weeks. Wildlife also benefit from the much longer-term effects of a fire. PBDNR only burns portions of an area at a time to allow wildlife an escape route, as well as to ensure we can conduct the prescribed fire within parameters that allow us to control where the burn occurs.



**POKÉGNEK BODÉWADMIK LANGUAGE & CULTURE**

## Native Nations Youth Council

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

We meet at 10 a.m. the second Saturday each month in the Community Center.

**Pokagon Citizens ages 12-24!**

- Develop future tribal leaders
- Promote and develop Potawatomi culture, language and identity
- Raffles at every meeting
- Team building
- Provide a voice for Pokagon youth
- Community service projects

For more information or to join, please contact Rebecca Williams at (269) 462-4296 or [Rebecca.Williams@PokagonBand-nsn.gov](mailto:Rebecca.Williams@PokagonBand-nsn.gov) or Polly Mitchell at (269) 462-4294 or [Polly.Mitchell@PokagonBand-nsn.gov](mailto:Polly.Mitchell@PokagonBand-nsn.gov).

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## April is Stress Awareness Month



Did you know April is Stress Awareness Month? Many of us are dealing with a significant amount of stress in our daily lives. From work, homelife, relationships, to health, financial issues and more, the causes of stress can come from many different aspects of life and sometimes it can be overwhelming. The important thing to remember is that you are not alone in feeling

stress and there are coping mechanisms that might help you manage your feelings and feel better.

### What are common signs or symptoms of stress?

Typical responses to stress can range from grinding your teeth to muscle tightness. Symptoms of prolonged stress exposure can also include:

- 30% experience muscle tension/tightness in back, neck, and shoulders
- 45-75% will experience stress headaches aka tension-type headaches per month
- 34% are have chronic fatigue due to exhaustion from stress

### What are the psychological symptoms of stress?

- 35% feel irritable or anger
- 45% lie awake at night thinking about things that cause stress
- One-third of adults reported feeling nervous or anxious

Many people also experience stress in their gut with symptoms of an upset stomach such as irritable bowel syndrome, diarrhea or severe constipation. High blood pressure and heart problems are also conditions caused by high chronic stress levels.

### What are the things that stress us out?

Research from the American Psychology Association (APA) "Stress in America: The State of Our Nation Report," showed the top five stressors for American's.

1. Apprehensive about the future of our country
2. Worried about financial/money problems
3. Concerned about work
4. Bothered about the current political climate
5. Concerned about violence and crime

### How do we deal with stress?

Unfortunately, many of use unhealthy coping skills to deal with stress. Here are few examples:

Over-eating: 43% say they overeat or eat unhealthy foods to manage stress. Stress hormones can push people towards overeating.

Overusing media/television: Significant numbers of people report watching TV for more than two hours a day (43%) and playing video games or surfing the Internet (39%). These activities can contribute to unhealthy habits like lack of physical activity and over-eating.

Alcohol and Tobacco use: Among those who drink, 39% said they drink more alcohol to deal with their stress. For those who smoke cigarettes, 19% said they may be more likely to increase smoking during periods of high stress.

Arguing: Stress can cause relationship issues and arguments with loved ones. Most arguments are about money problems, which is a top contributor to divorce. Poor communication between family and friends can increase levels of anxiety and depression by 23-29%.

### Motivating Factors in Lifestyle and Behavior Change

So, as you can see from the list above many of us do not deal with stress in healthy ways. Before you know it, stress coupled with these unhealthy behaviors can turn stress into "distress."

### What are some tips to deal with stress?

We can turn stress and distress into motivation to make a change. Typically, personal behavior changes do not come easy. You have to work at it for it to become part of your normal routine. Here are some healthy behaviors you can use to manage your stress:

Listen to music: 54% of us find that listening to our favorite music helps us to relax and unwind, especially slow, quiet classical music. Music can have a beneficial effect on our physiological functions, slowing the pulse and heart rate, lowering blood pressure, and decreasing the levels of stress hormones.

Read books or magazines: Reading can reduce stress by up to 68%. Reading relaxes your body by lowering your heart rate and easing the tension in your muscles. For some, it can work better and faster than other relaxation methods, such as listening to music or drinking a hot cup of tea.

Exercise or walk: 50% of us put on our gym shoes to hike out our frustrations. Spending time outside in nature also helps boost one's mood. The production of feel-good endorphins can improve self-esteem.

Spend quality time with family and friends: 40% of us that spend time with a close friend or do fun family activities enjoy life better. Healthy relationships can buffer the effects of having a bad day. Confiding in your family and friends is the best medicine.

Pray or meditate: 34% consider our spirituality as an important avenue to decrease stress. It is scientifically proven that both prayer and meditation can reduce stress significantly to the point where it builds protective tissue around axons in the brain to help against the outside forces.

### Moving forward

We hope these recommendations will help you lower your stress and improve your quality of life. There are many more ways you can lower your stress, so think about the things you enjoy or talk to friends and family to get more ideas. Try to incorporate these activities into your weekly routine. Stress may come and go, but you'll be better equipped to handle it when you regularly incorporate stress-reducing activities.

## Anishinaabek Caucus Reviews Its First Year



The Anishinaabek Caucus is the first Native American caucus of the Michigan Democratic Party. A caucus is a meeting of supporters or members of a specific political party or movement. Member of 12 Native Tribes in Michigan created the Anishinaabek

Caucus to organize around native concerns in Michigan politics. Anishinaabek translates to "natives" from Ojibwe, according to the Ojibwe People's Dictionary.

2019 was a year of growing strength of Indigenous voices in Michigan State governance. Our voices have always been strong and true, now that strength is being recognized beyond our tribes and allies.

As part of its one-year review, The Anishinaabek Caucus appreciates the work of many. For the first time, the 12 tribes of Michigan were invited and opened the Governor's Inauguration. Andrea Pierce, Chair of the soon to be Anishinaabek Caucus, carried in the tribal flag for Little Traverse Bay Bands of Odawa Indians.

In 2019 Governor Whitmer appointed Tribal Citizens to State Boards and Agencies. This list is not exhaustive, but it is representative of the strength of indigenous voices.

- Wenona Singel, Little Traverse Bay Bands of Odawa Indians, deputy legal counsel to the Office of the Governor. Singel is the first American Indian to hold this position in Michigan.
- Raeanne Madison – Minnesota Chippewa Tribe, Bois Forte Band /Ojibwa, Mexican, Early Childhood Investment Corporation
- Darryl Brown – Sault Ste Marie Tribe of Chippewa Indians, Arts and Cultural Affairs
- Frank Ettawageshik – Little Traverse Bay Bands of Odawa Indians, Water Use Advisory Council
- Michael Larson – UP Energy Task Force
- Warren "Chris" Schwartz – Keweenaw Bay Indian Community, UP Energy Task Force
- James Paquette – Iron Industry Museum Advisory Board
- Victoria Leonhardt – Iron Industry Museum Advisory Board
- Emily Proctor – Little Traverse Bay Bands of Odawa Indians, Census
- John Graham – Michigan Community Service Commission
- Patricia Sterling – Sault Ste. Marie Tribe of Chippewa Indians, Statewide Independent Living Council
- Brigitte LaPointe – Bay Mills Indian Community, Governor's Council on Physical Fitness
- Juliette Roddy – Sault Ste. Marie Tribe of Chippewa Indians., Correctional Officers Training Council
- Stephen Franko – Commission on Services to the Aging
- Theresa Thompson – Commission on Community Action and Economic Opportunity
- Dana Lasenby – Autism Council
- Whitney Gravelle – Bay Mills Indian Community, Michigan Women's Council
- Evelyn H. Ravindran – Keweenaw Bay Indian Community, Michigan's Mining Future Committee
- Melissa Lopez Pope – Nottawaseppi Huron Band of the Potawatomi, Michigan Domestic and Sexual Violence Prevention & Treatment Board
- John Petoskey – Grand Traverse Band of Ottawa and Chippewa Indians, Environmental Justice Advisory Council
- Bryan Newland – Bay Mills Indian Community, Environmental Justice Advisory Council

In 2019 the Anishinaabek Caucus brought the Indigenous perspective to the Michigan Democratic Party for the first time. The Anishinaabek Caucus wrote a Resolution condemning the use of the term "Redsk\*ins" to reference Native American People as mascots. "Sports team names, such as 'Redskins' in our Michigan schools undermines the educational experience of all children. Michigan Indigenous children deserve to receive an education in an environment free from this dictionary defined slur," said Julie Dye, Pokagon Band of Potawatomi, Anishinaabek Caucus Secretary.

In 2019, the Anishinaabek Caucus wrote a Position Statement to decommission Enbridge's Line-5. It was submitted to both Governor Whitmer, Attorney General Nessel, and recently to the Congressional Senate Committee on Energy and Public Works.

In 2019 the Anishinaabek Caucus spoke at the House Press Conference introducing House bills, 5290, 5291, 5292. This set of bills do three things: puts ground water into the Public Trust; closes the small bottle export loophole; restores to the Department of Natural Resources a power to enforce the law. Andrea Pierce, Anishinaabek Caucus Chair, reminds us, "Michigan Environmental Quality ignored 80,000 public comments in 2018 and granted Nestle the right to steal our water. Good legislation will give us the legal tools protect water in Michigan."

Center for Michigan hosted Water Forums across the state in 2019, the Anishinaabek Caucus participated in a panel in Lansing. The featured topic was Enbridge's Line-5.

Board Members Andrea Pierce, Julie Dye, and Thomas Stephens had a part in the following events: Pipe-Up and Paddle-Out at the Straits of Mackinac; Peace in the Streets Rally in Detroit; CNN presidential debate in Detroit; Four Directions and Nevada Tribal Nations American Presidential Forum in Las Vegas; Native Council of the Democratic National Committee in D.C.

The Anishinaabek Caucus looks forward to 2020 expanding membership in all Michigan Counties and turning up the volume of indigenous voices.

POKÉGNEK BODÉWADMIK LANGUAGE & CULTURE

# SHISHIGWEN WORKSHOP

AUGUST 2020  
Language & Culture Activity Room

Join us at Language & Culture to make your own rattle. This workshop will be instructed by Jason and Gerald Wesaw. Men and women are welcome to participate. Everyone will leave with a finished shishigwen. All participants will be required to stay until their rattle is complete. All participants under the age of 16 will need to be accompanied by an adult.

There is limited space available in this workshop. RSVP is required. Please contact Nicole Holloway at [Nicole.Holloway@PokagonBand-nsn.gov](mailto:Nicole.Holloway@PokagonBand-nsn.gov) or 269-783-3513 if you are interested in participating.

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monday	tuesday	wednesday	thursday	friday
6 Vegetable Soup Fish Sandwich Italian Pasta Salad	7 Pita Bread Spinach Artichoke Dip Pears	1 Stuffed Green Peppers Italian Pasta Salad Peaches	2 Beef Stew Brussels Sprouts Fruit Cocktail	3 Potato & Cheese Soup Pears Cottage Cheese
13 Bean Soup Fruit Cocktail Yogurt	14 Beef Stroganoff Green Beans Peaches	8 Mac N' Cheese Fruit Cocktail	9 BBQ Pulled Pork Baked Chips Cottage Cheese	10 <b>CLOSED</b> Good Friday
20 Potato Soup Fruit Cocktail Yogurt	21 Sloppy Joes Baked Chips Cottage Cheese	15 BBQ Pulled Chicken French Style Green Beans Fruit Cocktail	16 Mostaccoli Mixed Veggies Broccoli Slaw	17 Au Gratin Potatoes Cottage Cheese Fruit Cocktail
27 Broccoli & Cheddar Soup Pears Yogurt	28 Breakfast Sandwich Oatmeal Bar Cereal	22 Alfredo with Cavatappi Noodles Asparagus Pears	23 Scalloped Potatoes Rice Pilaf Coleslaw	24 Stuffed Pepper Soup Brussels Sprouts Roasted Red Pepper Pasta Salad

**PLEASE CALL THE DAY BEFORE** Please call the day before by 12 p.m. If you will need a to-go meal (269) 782-0765. Meals subject to change. Until further notice only to-go lunches will be served. to-go meals may be picked up at Elder's Hall at 12 p.m.

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 the Enrollment Office at (269) 782-1763 or the Finance Department at (269) 462-4209.

Name	Christmas 2018	Monthly Per Cap
Bobby M. Haynes		x
Carlin M. Elrod		x
Jeffery S. Morseau	x	x
Scott A. Brewer Jr		x
Deloris Wesaw		x
Rhianon Wesaw		x
Brian Antisdell		x
Steven Smedberg		x
Angeline Case		x
Angela Brown		x
Brian Shelton		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.

Per Capita Important Dates

Deadline to receive changes/updates/additions	Checks mailed out on	Check date Direct deposits in accounts
Wednesday, April 15	Wednesday, April 29	Thursday, April 30
Friday, May 15	Thursday, May 28	Friday, May 29
Monday, June 15	Monday, June 29	Tuesday, June 30
Wednesday, July 15	Thursday, July 30	Friday, July 31
Friday, August 14	Thursday, August 27	Friday, August 28
Tuesday, September 15	Tuesday, September 29	Wednesday, September 30
Thursday, October 15	Thursday, October 29	Friday, October 30
Friday, November 13	Tuesday, November 24	Wednesday, November 25
Tuesday, December 15	Wednesday, December 30	Thursday, December 31

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

**POKÉGNEK BODÉWADMIK DEPARTMENT OF SOCIAL SERVICES**

### Kid's Cooking Class

The Pokagon Band Food Distribution Department is pleased to announce a children's cooking class for Pokagon children, 7-12 years old and their siblings. These classes will teach your children food preparation basics from safe food handling to reading and executing instructions on a recipe.

The class will take place once a month on the second Saturday. The classes will start in May and end in October. Classes will be held in the commodities kitchen and will run from 10 a.m. - 11:30 a.m.

**May 9 • June 13 • July 11  
August 8 • September 12 • October 10**

Each child who attends all six classes will receive an apron and a copy of the six recipes they will prepare. If you are interested, please register your child by contacting David Halquist at David.Halquist.Jr@PokagonBand-nsn.gov. Space is limited to 12 participants.

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**POKÉGNEK BODÉWADMIK LANGUAGE & CULTURE**

### Déwégaskéwen

learn songs  
with instructor John T. Warren  
hear teachings  
men and boys

### DRUM CLASS

All classes are from 6 p.m. - 8 p.m.  
**JUNE 18 & 25**  
CLASS WILL RESUME IN AUGUST 2020.

Men and boys from the community may come hear teachings, learn songs, and understand how to conduct themselves as singers with instructor John T. Warren. Children under the age of 16 must be accompanied by an adult. Women are welcome to attend with participants as chaperones or guests. A light dinner will be provided. Anyone who attends both classes in one month will receive a \$25 gas card.

No RSVP required. Please contact Nicole Holloway with any questions at (269) 783-3513, (269) 783-6131, or nicole.holloway@pokagonband-nsn.gov.

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**Tribal Council April Calendar of Events**

Stay connected. Check pokagon.com for the latest information.

- 6 Gaming Authority Closed Session, Four Winds New Buffalo, 10 a.m.
- 7 Tribal Council Special Session, Administration, 10 a.m.
- 9 Tribal Council Special Session, Administration, Tentative
- 11 Tribal Council Citizen Meeting, Community Center, 10 a.m.
- 13 Gaming Authority Closed Session, Four Wind South Bend, 10 a.m.
- 14 Tribal Council Special Session, Administration, 10 a.m.
- 16 Tribal Council Special Session, Administration, Tentative
- 20 Gaming Authority Closed Session, Four Wind New Buffalo, 10 a.m.
- 21 Tribal Council Special Session, Administration, 10 a.m.
- 27 Gaming Authority Closed Session, Four Wind South Bend, 10 a.m.
- 28 Tribal Council Special Session, Administration, 10 a.m.
- 30 Tribal Council Special Session, Administration, Tentative

**Tribal Council May Calendar of Events**

Stay connected. Check pokagon.com for the latest information.

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- 12 Tribal Council Special Session, Administration, 10 a.m.
- 14 Tribal Council Special Session, Administration, Tentative
- 18 Gaming Authority Closed Session, Four Wind New Buffalo 10 a.m.
- 19 Tribal Council Special Session, Administration 10 a.m.
- 21 Tribal Council Special Session, Administration, Tentative
- 25 MEMORIAL DAY OFFICE CLOSED No Gaming Authority Meeting
- 26 Tribal Council Special Session, Administration 10 a.m.

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

**FOUR WINDS SUMMER INTERNSHIP**

This paid internship program is for Pokagon Band Citizens, tribal spouses, and custodial parents who are currently enrolled in an accredited college/university and are 18 years of age or older

The eight-week program will begin on June 3rd and run through July 31st. The internship is for students with future goals of permanent employment at Four Winds Casino or as a means to build valuable work experience

<b>Departments available for Internship</b>	<b>Incentives</b>
<ul style="list-style-type: none"> <li>• Facilities</li> <li>• Finance</li> <li>• Food &amp; Beverage</li> <li>• Hotel</li> <li>• Human Resources</li> <li>• Information Technology</li> <li>• Marketing</li> <li>• Entertainment</li> <li>• Security</li> <li>• Slots</li> </ul>	<ul style="list-style-type: none"> <li>• Housing Stipend up to \$400 <i>(for those that meet requirements)</i></li> <li>• \$250 Clothing Stipend</li> <li>• Mileage Reimbursement up to \$225</li> </ul>

Application deadline, May 8, 2020  
Please apply online at [www.fourwindscasino.com](http://www.fourwindscasino.com)  
For more information, please contact  
Madolyn Wesaw @ 269-926-5249 [mwesaw@fourwindscasino.com](mailto:mwesaw@fourwindscasino.com)  
\*Certain restrictions apply

**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.

**Tribal Office Directory**

- Administration**  
58620 Sink Road  
(269) 782-8998  
Toll Free (888) 281-1111
- Commodities**  
(269) 782-3372  
Toll Free (888) 281-1111  
Fax (269) 782-7814
- Communications**  
58620 Sink Road  
(269) 782-8998
- Compliance**  
58620 Sink Road  
(269) 782-8998
- Chi Ishobak**  
27043 Potawatomi Trail  
(269) 783-4157
- Education**  
58620 Sink Road  
(269) 782-0887  
Toll Free (888) 330-1234  
Fax (269) 782-0985
- Elders Program**  
53237 Townhall Road  
(269) 782-0765  
Toll Free (800) 859-2717  
Fax (269) 782-1696
- Elections**  
58620 Sink Road  
(269) 782-9475  
Toll Free (888) 782-9475
- Enrollment**  
58620 Sink Road  
(269) 782-1763  
Fax (269) 782-1964
- Facilities**  
57824 East Pokagon Trail  
(269) 783-0443  
Fax (269) 783-0452
- Finance**  
58620 Sink Road  
(269) 782-8998  
Toll Free (800) 517-0777  
Fax (269) 782-1028
- Housing & Community Development**  
57824 East Pokagon Trail  
(269) 783-0443  
Fax (269) 783-0452
- Human Resources**  
58620 Sink Road  
(269) 782-8998  
Fax (269) 782-4253
- Information Technology**  
58620 Sink Road  
(269) 782-8998  
Toll Free (800) 517-0777  
Fax (269) 782-6882
- Language & Culture**  
59291 Indian Lake Road  
(269) 462-4325
- Mno-Bmadsen**  
415 East Prairie Ronde Street  
(269) 783-4111
- Natural Resources**  
32142 Edwards Street  
(269) 782-9602  
Fax (269) 782-1817
- Pokagon Health Services**  
58620 Sink Road  
(269) 782-4141  
Toll Free (888) 440-1234
- Social Services**  
58620 Sink Road  
(269) 782-8998  
Toll Free (800) 517-0777  
Fax (269) 782-4295
- South Bend Area Office**  
3733 Locust Street  
South Bend, Indiana 46614  
(574) 282-2638  
Toll Free (800) 737-9223  
Fax (574) 282-2974  
(269) 782-8998
- Tribal Council**  
58620 Sink Road  
(269) 782-6323  
Toll Free (888) 376-9988  
Fax (269) 782-9625
- Tribal Court**  
58620 Sink Road  
(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
- Zagbëgon**  
58620 Sink Road  
(269) 783-2469  
Fax (269) 782-8680

**Tribal Council Directory**

- (888) 376-9988**
- Chairman**  
Matthew Wesaw  
(269) 462-5379  
[Matthew.Wesaw@pokagonband-nsn.gov](mailto:Matthew.Wesaw@pokagonband-nsn.gov)
  - Vice Chair**  
Andrew Bennett  
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**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.

- Curriculum Committee
- Development Authority, Board of Directors
- Ethics Board
- Ggatenmamen Gdankobthegnanek Pow Wow Committee
- Health Care Advisory Board
- KBMK Pow Wow Committee
- Land Use Board
- Rights Board
- Salary Commission
- Tribal Art Review Committee
- Gaming Commissioner

POKÉGNEK BODÉWADMIK HEALTH SERVICES



**ND42** BASKETBALL CAMPS

# BASKETBALL CAMP

ESTABLISHED IN 2012  
CAMPS IN 20 DIFFERENT STATES  
PROFESSIONAL AND COLLEGIATE BASKETBALL PLAYERS AS STAFF MEMBERS  
CAMP PROGRAM THAT IS CENTERED AROUND MENTAL TOUGHNESS  
LEARN FROM A 9 YEAR PROFESSIONAL & EUROPEAN NATIONAL CHAMPION

DOWAGIAC, MICHIGAN FAMILY ACTIVITY CENTER  
AUGUST 17 - AUGUST 18  
BOYS AND GIRLS ENTERING 4TH - 12TH GRADE FROM 8 A.M. - 12 P.M.  
Free for youth within Pokagon Band of Potawatomi Community

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POKÉGNEK BODÉWADMIK DEPARTMENT OF EDUCATION

*Discover something new!*



*Don't miss your chance*

Available for all Pokagon Youth, 17 and under (by May 2020) who have a 2019-2020 Educational Records Release on file. Discovery Kits are an age-appropriate assortment of games, activities, and toys that keep youth engaged during summer months. Kits are educational, focusing on STEAM (science, technology, engineering, art, and mathematics) subjects.

*Register* Search "Discovery Kit 2020" on pokagonband-nsn.gov

*April 30* is the online application deadline. If you live 50 miles or more from our Rodgers Lake campus, we will mail you your kit. All others must pick them up between June 1-30 at the Department of Education, Monday-Friday between 8 a.m. and 5 p.m.

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PHS + EDUCATION  
9TH ANNUAL

# A HEALTHY STEP WITH EDUCATION

**Saturday, August 15**  
10 a.m. - 1 p.m. at Pokagon Health Services

The Department of Education and Pokagon Health Services invite you to A Healthy Step with Education.

This day will be filled with health education, screenings, PreK-12 program registration, and activities. This event is for the whole family, birth to elder. It is open to all tribal citizens, employees, and their families.

**Please come and join in the fun.**  
Questions? Contact Melody Pillow at (269) 462-4441 or Susan Doyle at (269) 782-0887.

PHS Wellness is hosting a Minor Mudder immediately following A Healthy Step

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POKÉGNEK BODÉWADMIK LANGUAGE & CULTURE

# People of The Lake

Tuesdays beginning SEPT 9, 2020  
3:30 P.M. to 5:30 P.M.  
Language and Culture building  
59291 Indian Lake Road  
Dowagiac, MI 49047

This after-school program serves youth ages 12-18 years of age. Youth will be provided with seasonal teachings, introduction to Potawatomi Language & Culture, Seven Grandfather teachings, and spending time with their Pokagon peers.

Youth will be provided cultural teachings, outdoor and teambuilding activities, nature walks, fishing and occasional field trips.

Dinner is available for all youth attending the program. If you need transportation, please contact Youth Services Coordinator.

For more information, please contact Daniel Stohrer at (269) 462-5844 or Daniel.Stohrer@PokagonBand-nsn.gov

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