



# POKÉGNEK YAJDANAWA

## THE POKAGONS TELL IT

Bbon gizes December 2017

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### Lil Miss and Mr Pokagon carrying on traditions



Judges crowned Pokagon youngsters Sydney Olson and Logan Spencer as 2018's Lil Miss and Mr Pokagon at a competition at the 2017 Kee-Boon-Mein-Kaa Pow Wow.

Both Sydney and Logan will represent the tribe at area pow wows and the Gathering in 2018. They hope to learn more about their culture and share that knowledge and passion with their Pokagon peers.

Sydney was excited to continue a family tradition, pointing to her cousin, Rhonda Purcell, who served as Miss Potawatomi years ago. She looks forward to learning about her history and gaining confidence as she takes on this role.

"It can help me have more courage for my basketball league," Sydney said. Currently Sydney plays for the Kitty Kats at Brandywine Elementary School and on the travel team Brandywine Bobcats.

Logan hopes to influence other Pokagon kids to join him in language learning and in understanding their culture better. Logan proudly drums and dances all dance types, but the grass dance is his current favorite.

Logan invited the Education Department to his middle school class recently, where he and staff members danced for his classmates. He was afraid of what the other students might think, but they were eager to learn more.

Sydney helped design the regalia she wore for the competition, featuring spiral suns, a blue shawl, and a pink yoke. Logan also helped design his own regalia, and he's eager to make a new set featuring the four colors. Sydney received a crown and sash as Lil Miss Pokagon, beaded by Carla Collins. Logan received a sash and shield, made by Jason S. Wesaw. The judges were citizens Kevin Doughtry, Faye Magnuson, Katy Morseau-Rader, Rhonda Purcell, and Steve Winchester.

Be looking out for these two young leaders at the next pow wow.

### Clean Body, Clean Spirit: prevent opiate abuse

It has been all over the news recently: our country's opiate epidemic. In October the White House declared it a public health emergency, but the crisis has been brewing for years. Since 1999, the number of opiate overdose deaths, which includes prescription opiates and heroin, have quadrupled, according to the Center for Disease Control. Today, nearly 100 Americans die every day from an opiate overdose.

The epidemic is especially severe in rural areas and among Native Americans and whites. Deaths from opiate overdose in rural areas rose by 325 percent since 2000, and by more than 500 percent among Native Americans and native Alaskans. Native Americans fare the worst of all people of color, according to the Centers for Disease Control and Prevention. The National Institute on Drug Abuse found that

American Indian students' annual heroin and OxyContin use was about two to three times higher than the national averages.

The problem exists in the Pokagon community as well.

"It's just not on TV, or in the neighboring county or state. It's actually here in our backyards," said Daun Bieda, Behavioral Health supervisor at Pokagon Health Services. "It's real. I

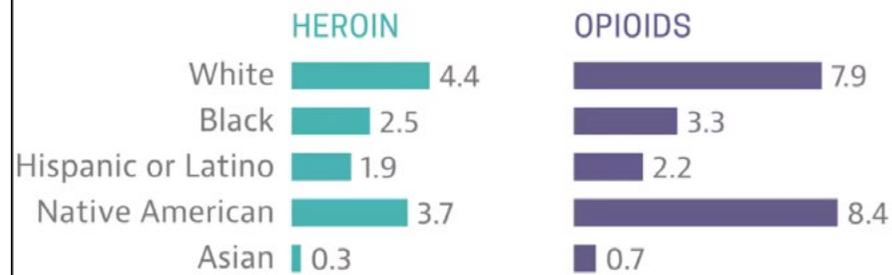
Please turn to page 8

## Clean Body, Clean Spirit: prevent opiate abuse continued from page one

see it every day here. We have a lot of opiate abuse; we have a lot of heroin abuse. We've dealt with it. We continue to deal with it. And we won't go away."

Keep in mind that the opiate crisis is more than a heroine problem. Overdoses from prescription opiates are a driving factor in the 15 year increase in opiate overdose deaths. The amount of prescription opiates sold to pharmacies, hospitals, and doctors' offices nearly quadrupled from 1999 to 2010, yet there had not been an overall change in the amount of pain that Americans reported. So addictions after taking opiates for pain management make up a large part of the soaring numbers.

### Overdose Deaths by Race in 2014 per 100,000 people



Data: CDC

You'll be hearing and seeing more about this in the months to come. PHS has partnered with the U.S. Substance Abuse and Mental Health Services Administration to create an opiate awareness campaign for the Pokagon community: Clean Body, Clean Spirit.

"We're trying to make the community aware of this, so it can be heard and it becomes our problem, instead of their problem," said Bieda.

"It's estimated that five Native babies are born addicted to opiates each month. These are astounding numbers," she said. "This is why it's so important is to get the word out. If you have a family member that's suffering from addiction—or you are suffering from addiction—there's help. We have help."

Bieda stresses that PHS strives to heal the whole person, the family and the community.

"It's a community illness, it's a community treatment."

Look for personal stories of hope and recovery, videos, podcasts, posters and social media messages about Clean Body, Clean Spirit in 2018.

## Hoosier governor's staff visit Indiana homelands



Representatives from Indiana Governor Holcomb's office visited Pokagon Band land in South Bend recently, learning about Potawatomi culture and history, the tribal community, and the importance of the South Bend site as the restoration of a Pokagon Band homeland in Indiana. The seven state officials met with several Tribal Council members and government team members to tour the housing development, Tribal Police Substation and Four Winds South Bend.



### Orange-Glazed Turkey with Potatoes & Carrots

#### Ingredients

Cooking spray  
1½ to 1¾ pound boneless turkey breast roast, skin and fat removed  
2 tsp. mixed dried herbs (mix a combination of any/all – rosemary, basil, parsley, tarragon, chives, thyme, sage)  
¼ tsp. salt  
½ tsp. black pepper

½ tsp. garlic powder  
3 Tbsp. no-sugar added orange marmalade  
1 pound potatoes scrubbed and cut in to 1-inch cubes (can use any type of potatoes)  
1 Tbsp. extra virgin olive oil  
4 medium carrots, peeled and cut in to 1-inch sections

#### Directions

1. Preheat oven to 375 degrees.
2. Spray a 9×13-inch casserole dish with cooking spray and place the turkey in the dish.
3. In a small bowl, mix dry ingredients (herbs, salt, pepper, garlic powder). Rub half of mixture over the turkey.
4. Spread marmalade over turkey.
5. Stir potatoes, carrots and oil into remaining herb mixture. Place vegetables in dish around the turkey. Bake for 1 hour.

Pour dressing over quinoa mixture; toss to coat. Stir in cilantro; season with salt and black pepper. Serve immediately or chill in refrigerator.

## 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



## Healthy eating during the holidays

Here are some simple ways you and your family can eat healthy this time of year.

- Include fruits and vegetables, whole grains, beans and legumes, nuts and seeds, fish, skinless poultry, and plant-based alternatives, and healthier fats and non-tropical oils.
- Limit sodium and salt, saturated fat, sweets and added sugars, including sugar-sweetened beverages, and red meats (unless you choose the leanest cuts).
- Avoid trans fat and partially hydrogenated oils.
- Choose wisely, even with healthier foods. Ingredients and nutrient content can vary by brand and preparation. Compare nutrition information on package labels and select products with the lowest amounts of sodium, added sugars, saturated fat and trans fat, and no partially hydrogenated oils. Watch your calorie intake.
- To maintain weight, consume only as many calories as you use up through physical activity. If you want to lose weight, consume fewer calories or burn more calories. Eat reasonable portions. Often this is less than you are served. Eat a wide variety of foods to get all the nutrients your body needs. Prepare and eat healthier meals at home. You'll have more control over ingredients. Look for the Heart-Check mark to easily identify foods that can be part of an overall healthy diet.



## Healthier holidays

Don't let the stress of the holidays ruin your workout progress. Avoid the unwanted pounds and maintain your fitness level whether you're dealing with family at home, traveling somewhere else, or don't have as much time as usual, here are some exercises you can do just about anywhere with little to no equipment. As long as you push yourself and move quickly from exercise to exercise, you'll be able to get through some productive workouts in a short period of time. Feel free to mix and match these exercises so your out-of-gym workouts don't get stale, while addressing every part of the body.

### Pushups

Great upper body exercise activating the chest, shoulders, arms and core.

### Side-ups

Great exercise to strengthen the obliques. Lie down on your side and engage your obliques by raising your legs while lunging your free elbow toward them simultaneously.

### Dirty Dogs

An awesome exercise to target the hips and glutes. This can be done utilizing a few different variations. The easier one involves rotating one of your legs out while on your knees. A much more intense, engaging version requires you to get into a completed pushup position and rotate one of your legs away from your body and then across it, repeating until fatigue sets in on your core.

### Single-Leg Squats

Single leg squats are a great exercise because they are challenging in two ways. First, you have to lift the whole weight of your body with only one leg, and second, this you must focus on your balance.

**How often?** You should start with 20 minutes once a week for beginners and advance up to 45 minutes three times a week for high level athletes. Adjust the tempo of your workout to fit your individual needs. Finish strong!



## Combat holiday depression

Holidays are supposed to be a time of joy and celebration, but for some people they are anything but. Depression may occur at any time of the year, but the stress and anxiety during the months of November and December may cause even those who are usually content to experience loneliness and a lack of fulfillment.

Why is depression so common during the holidays?

**Social Isolation:** Social isolation is one of the biggest predictors of depression, especially during the holidays. Some people may have a small social circle or a lack opportunities for socialization. People who have feelings of disconnectedness often avoid social interactions during the holidays. Unfortunately, withdrawing often makes the feelings of loneliness and symptoms of depression worse. These individuals may see other people spending time with friends and family, and ask themselves, "Why can't that be me?" or "Why is everyone else so much happier than I am?" One of the best ways to deal with social isolation is to reach out to friends or family for support. You can also try talking to a therapist. They can help you figure out where your feelings come from and develop solutions to overcome them.

**Grieving during the holidays:** Some people may be keenly aware of the loss of a loved one during the holiday season. Here are several ways to stave off the holiday blues that may descend at this time:

**Begin a new tradition:** Try planning a family outing or vacation, instead of spending the holidays at home.

**Don't give in to holiday pressures:** Feel free to leave an event if you aren't comfortable. Be willing to tell others, "I'm not up for this right now."

**Volunteer:** Helping others can also be very helpful for you, too. For example, you might try working at a soup kitchen, organizing a gift drive, helping your neighbor with a yard or house task.

**Get back to nature:** Going for a walk in the park or the woods helps many people relax and feel better when they are feeling overwhelmed.

You can improve your mood by practicing self-care during the holidays. Eat a healthy diet and maintain regular sleep and exercise programs. As little as 30-minutes of cardiovascular exercise can provide an immediate mood boost similar to the effects of an antidepressant medication. Joining a support group where you talk to people with similar experiences to yours can also help.



## Cut caffeine for better sleep

Simply put, caffeine can keep you awake. It can stay in your body longer than you might think the effects of caffeine can take as long as eight hours to wear off. So if you drink a cup of coffee in the afternoon and are still tossing at night, caffeine might be the reason. Cutting out caffeine at least four to six hours before bedtime can help you fall asleep easier.

### Pokagon community marks Veterans Day with appreciation lunch



## Pokagon citizen raising funds for Navajo Water Project



Jeannie Mollett was watching television one morning when a segment came on the CBS Morning News about the Navajo Nation in New Mexico. It revealed that 40 percent of the families living there are without running water, miles away from even a well from which to draw. Jeannie felt deeply touched, and she leapt into action, already raising \$20,000 to dig two wells on the reservation.

“That is our people,” Jeannie expressed. “We’re all Native.”

The news story focused on one Navajo woman, Darlene Arviso, whom the community calls “The Water Lady.” She brings water to families in a water tanker truck, donated years ago by the local Catholic Church. Darlene can only visit each family about once a month, though, forcing families to ration their water frugally.

The Navajo Water Project is raising funds to dig wells across the community so families can have constant access to water. The land where the reservation sits is contaminated from mining, so these wells must be dug deep underground, below the contamination.

Jeannie visited the reservation herself this spring, and she travelled with Darlene as she transported water to families. With her came 48 boxes of warm clothing that she collected from other Pokagon citizens, sent by Four Winds Casino.

Jeannie collected information on what the Navajo nation needs and the costs, and she sent out requests to the 12 tribes of Michigan to donate \$10,000 each. Thus far, the Nottawaseppi Huron Band of the Potawatomi has responded with a \$10,000 donation.

Unexpectedly, a friend of Jeannie’s encouraged their local employer to donate, and the business gave \$10,000, as well.

These two wells will be dug and gifted to one elder each. These elders will bring their families nearby so they can share the supply.

“If you get one well, the kids move in around it,” Jeannie explained.



Learn more about the Navajo Water Project on their website [www.navajowaterproject.org](http://www.navajowaterproject.org).



Pokégnek Bodéwadmik Pokagon Band of Potawatomi

Department of Language & Culture

# Archives Open House

Wednesday **January 17, 2018** 6:00 p.m. – 9:00 p.m.  
Language & Culture **Multi Purpose Room** 59291 Indian Lake Road, Dowagiac, MI

Join the Department of Language & Culture for the inaugural open house of the tribe’s archives. We plan to share a meal with the community and bring important cultural and historical artifacts out of the archives for the public to view.

Dinner will be from 6:00–7:00 pm and objects will be on view from 7:00–9:00 pm.

This is the first of planned quarterly archives events for 2018.

Pokagon Band of Potawatomi | Department of Language & Culture

4th annual

# SUGAR SEASON KICK OFF PANCAKE Breakfast

**P**lease join us for the sugar season kick off pancake breakfast and tapping the first tree of the season at the newly enclosed Rodgers Lake Pavilion.

Meet the sugar bush lead for our 2018 season and see the equipment used for the sugaring process and learn how works. Interested in volunteering? Sign up to be notified when the sap starts to flow. Help out with collecting, cooking, bottling, and making candy and sugar.

**January 27, 2017 | 10:00 am**  
**Rodgers Lake Pavilion**



If you have any questions please contact Language & Culture at (269) 462-4325 or Nicole Holloway at (269) 783-3513 / [nicole.holloway@pokagonband-nsn.gov](mailto:nicole.holloway@pokagonband-nsn.gov).

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## What's that invasive species? Akebia Chocolate-vine (*Akebia quinata*)



The akebia or chocolate-vine (*Akebia quinata*) is an invasive vine species, native to eastern Asia. This vine was introduced in 1845 as an ornamental plant because the plant grows rapidly in multiple habitats as both a climbing vine and ground cover. Chocolate-vine has been found more recently in Michigan and poses a threat to native plants due to its rapid growth and ability to shade out, girdle, or strangle any vegetation upon which it grows. The seeds of the chocolate-vine are dispersed by mammals and birds. This invasive species can be identified by having a leaf composed of five oval leaflets which are slightly notched at the tip. The vine produces flowers which droop and are most often purple or white in color. When the vine produces fruit, the fruit is fleshy and also can be white or purple in color. The fruit matures in the fall and splits lengthwise to reveal approximately 200 seeds. Since this invasive species grows rapidly and spreads easily, control methods include both chemical and mechanical removal. Any occurrence of chocolate-vine should be reported in order to remove this invasive species before it becomes established. If you think you have seen chocolate-vine on tribal properties, please take pictures and report the plant's location to the Pokagon Band Department of Natural Resources.

## What's that edible plant? American Crabapple or Sweet Crabapple (*Malus coronaria*)



The American crabapple or sweet crabapple (*Malus coronaria*) is a small tree which reaches 15–25 feet at maturity. The sweet crabapple usually has a trunk that is not straight and produces thorns on its branches. The crabapple is in the rose family and produces perfect flowers with five petals, ranging in color from white to pink. Since these trees flower early in the year, they provide a great pollen source for bees and other insects. The fruit produced by the American crabapple is smaller than 2 inches in size and is typically sour. The fruits taste sweeter after the first frost, but can be utilized prior to the first frost in creating crabapple butter, jelly, jam, cider or vinegar. Since crabapples are high in pectin, many times a pectin source is not needed when creating crabapple jams or jellies. Be sure not to eat the leaves or seeds from this plant in high quantities as they contain hydrogen cyanide. The bark has been utilized in infusions as a wash for sore mouths or sore eyes. Crabapple nutrition includes vitamins A, B1 & C, calcium, iron, manganese, copper, and potassium. As with any new edible, be sure to have a positive identification before consumption and utilize the edible in small quantities at first to make sure there are no allergic reactions.



Pokagon Band of Potawatomi Pokagon Health Services

## Wild Game Dinner

FRIDAY, MARCH 2, 2018 \* 6:00—8:00 PM \* COMMUNITY CENTER

Pokagon Health Services invites all tribal fathers, father figures and their families to join them for a wild game dinner. The evening includes a presentation and other fun activities, including giveaways.

Kindly RSVP by **February 23** to Ingrid Gschwind at (269) 783-2478 or [ingrid.gschwind@pokagonband-nsn.gov](mailto:ingrid.gschwind@pokagonband-nsn.gov).

PHS Fatherhood Initiative



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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

FIRST WEDNESDAY EVERY MONTH  
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).

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](http://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](mailto:topash240512@gmail.com) or Autumn Laraway at [Autumn.Laraway@PokagonBand-nsn.gov](mailto:Autumn.Laraway@PokagonBand-nsn.gov).

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Débénwéthék  
Parent Group

## Winter driving tips from the Tribal Police

### PREPARE for the trip PROTECT yourself PREVENT crashes on the road



Winter driving can be hazardous and scary, especially in northern regions that get a lot of snow and ice. Additional preparations can help make a trip safer, or help motorists deal with an emergency. Help prevent motor vehicle injuries due to winter storms.

#### PREPARE

Maintain your car: Check battery, tire tread, and windshield wipers, keep your windows clear, put no-freeze fluid in the washer reservoir, and check your antifreeze.

Have on hand: flashlight, jumper cables, abrasive material (sand, kitty litter, even floor mats), shovel, snow brush and ice scraper, warning devices (like flares) and blankets. For long trips, add food and water, medication and cell phone.

Stopped or stalled? Stay in your car, don't overexert, put bright markers on antenna or windows and shine dome light, and, if you run your car, clear exhaust pipe and run it just enough to stay warm.

Plan your route: Allow plenty of time (check the weather and leave early if necessary), be familiar with the maps/directions, and let others know your route and arrival time.

Practice cold weather driving!

- During the daylight, rehearse maneuvers slowly on ice or snow in an empty lot.
- Steer into a skid.
- Know what your brakes will do: stomp on antilock brakes, pump on non-antilock brakes.
- Stopping distances are longer on water-covered ice and ice.
- Don't idle for a long time with the windows up or in an enclosed space.

#### PROTECT YOURSELF

- Buckle up and use child safety seats properly.
- Never place a rear-facing infant seat in front of an air bag.
- Children 12 and under are much safer in the back seat.

#### PREVENT CRASHES

- Drugs and alcohol never mix with driving.
- Slow down and increase distances between cars.
- Keep your eyes open for pedestrians walking in the road.
- Avoid fatigue – Get plenty of rest before the trip, stop at least every three hours, and rotate drivers if possible.
- If you are planning to drink, designate a sober driver.



Pokagon Band of Potawatomi  
Pokagon Health Services

# HEALTHY LUNCH

Join Marcy Herbert, Pokagon Band dietician, for a healthy lunch Wednesday, December 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](mailto:marcy.herbert@pokagonband-nsn.gov).

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## Chi Ishobak attends Native CDFI Network's (NCN) Annual Meeting



Sean Winters, Executive Director of Chi-Ishobak and Congressman Don Young of Alaska

Chi Ishobak Executive Director Sean Winters recently traveled to Washington D.C. to meet with representatives from the Senate Finance Committee and the Small Business Administration to discuss financial barriers for Native CDFIs and entrepreneurs today and for future generations.

Chi Ishobak was one of seven organizations to be awarded the NCN Leadership Program Capacity Building Grant. This grant will help Chi Ishobak identify new and effective strategies to empower tribal citizens.

NCN also hosted its First Annual Congressional Champions Awards Ceremony. Congressman Don Young was recognized for his continued legislation and support for the benefit of Native Americans and Native Alaskans for over 23 years.

## Oh no, the roof is leaking!

With the holidays upon us, we all plan for the annual gatherings including family, food, and fun. What we may not plan for are the day to day incidents that can come about without any warning. An emergency home repair, busted water heater, or a broken garage door can add heartbreak and headache during the holiday season. When that happens, know that Chi Ishobak may be able to help.

Actually, our Consumer Loans are available for emergency repairs that may come up any time of the year. We can help you determine the right loan for you. From a leaky roof to an unexpected vehicle repair, we're here to support you on your financial journey.

Know that we're always here to help. We offer many workshops and classes on financial wellness and can help with individual counseling as well. Chi Ishobak is only a phone call away. Call us at (269) 783-4157 to get started on the help you may need with unexpected expenses.



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](mailto: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.  
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## 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.

### PHS team members recognized with national award



Daun Bieda, behavioral health supervisor, and Dean Orvis, wellness coordinator, won awards from the Bemidji Area Director of the Indian Health Service recently. In his nomination of Orvis for the Health and Wellness Award, PHS Director Matt Clay said, “Dean relentlessly advocates for opportunities to make patients healthier. For example, he implemented the Minor Mudder, an obstacle course event for children aged 4–14. It had 185 participants during its inaugural year. He has also created a 1.5 mile fitness trail with 10 different exercise stations, established the Mejnewa Running Team, and monthly incentives for all who come into PHS Wellness Center.”

In nominating Daun Bieda for the Outstanding Tribal Health Employee Award, Clay said, “Daun is phenomenal at recognizing the needs of our population. For example, she

collaborated with Alkermes Pharmaceuticals to offer those addicted to opiates medication assisted treatment at PHS. She has also developed a creative program to holistically address patients’ anxiety, depression, and cigarette smoking. Circuit Healing is a 16-week circuit of auricular acupuncture, talk therapy, and massage therapy. To date, we have seen over a 70% collective decrease in smoking, anxiety, and depressive symptoms. She recently began a home-based counseling program which services at-risk youth. This program is already at capacity.”

Pokagon Band of Potawatomi  
DEPARTMENT OF EDUCATION  
EARLY CHILDHOOD EDUCATION PROGRAM

Gwikwé'amen  
**Holly Fair**

Saturday, December 2  
11:00 am–2:00 pm  
Dowagiac Middle School  
57072 Riverside Dr | Dowagiac, MI 49047

Enjoy holiday shopping with free gift wrapping, make and take crafts, and have your picture taken with Santa!  
Open to the public. Lunch is provided.  
Register online by November 30 to be entered in raffles.

For a description of the full meaning behind Gwikwé'amen, please see [www.pokagonband-nsn.gov/government/departments/education](http://www.pokagonband-nsn.gov/government/departments/education)

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Pokagon Band of Potawatomi  
Department of Social Services

**Women's Gathering**  
with Betty Davis *part 4*

Friday, December 8  
9:00 a.m.–4:00 p.m.  
**Community Center**  
27043 Potawatomi Trail :: Dowagiac, MI 49047

Women in the community are invited to attend a Women's Gathering with Betty Davis (Turtle Mountain Ojibwe). This event is for women to learn about healthy relationships and participate in fun activities to encourage fellowship. Please dress comfortably and bring a pillow, blanket, and yoga mat if you'd like. This is the fourth in a series of gatherings Betty has hosted.

Breakfast and lunch will be provided. This event is open to women only.  
If you are interested in attending, contact Casey Kasper at (269) 462-4324 or [casey.kasper@pokagonband-nsn.gov](mailto:casey.kasper@pokagonband-nsn.gov).

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# Bbon gizes De

Nëm'e gizhëk SUNDAY	Ngot gizhëk MONDAY	Nizh gizhëk TUESDAY	Aptë gizhëk WEDNESDAY
3	4 Circuit Training Day Language Class L&C Department Language Class Elders Health and Wellness Circuit Training Beginners Yoga Auricular Acupuncture Zumba Znëget 1 + 3 Language Classes	5 Lean Lunch Afterschool Program Tone Up! L&C Kids Language Class: Dowagiac L&C Adult Language Class: Dowagiac	Circuit Training Elders Health and Wellness Circuit Training Neshnabé Mbokén L&C Znëget 2 Intermediate L & C Men and Boys
10	11 Circuit Training Day Language Class L&C Department Language Class Elders Health and Wellness Circuit Training Beginners Yoga Auricular Acupuncture Zumba Znëget 1 + 3 Language Classes	12 Lean Lunch Afterschool Program Tone Up! L&C Kids Language Class: Dowagiac L&C Adult Language Class: Dowagiac	Circuit Training Elders Health and Wellness Circuit Training Débénwéthëk Parent L&C Znëget 2 Intermediate
L&C Wrapped Quill Workshop 17	18 Circuit Training Day Language Class L&C Department Language Class L&C Wrapped Quill Workshop Elders Health and Wellness Circuit Training Beginners Yoga Auricular Acupuncture Zumba Znëget 1 + 3 Language Classes	19 L&C Wrapped Quill Workshop Lean Lunch Afterschool Program Tone Up! L&C Kids Language Class: Dowagiac L&C Adult Language Class: Dowagiac	Circuit Training Elders Health and Wellness L&C Wrapped Quill Workshop Healthy Lunch Circuit Training L&C Znëget 2 Intermediate L & C Men and Boys
24	25 Tribal government offices closed for Christmas	26 Lean Lunch Afterschool Program Tone Up! L&C Kids Language Class: Dowagiac L&C Adult Language Class: Dowagiac	Circuit Training Elders Health and Wellness Circuit Training L&C Znëget 2 Intermediate

# December 2017

WEDNESDAY	Nyéw gízhëk THURSDAY	Nyano gízhëk FRIDAY	Odankè gízhëk SATURDAY
		1 Circuit Training Elders Health and Wellness Circuit Training	2 Pokagon Band Holly Fair Art Extravaganza
6 Wellness Intermediate Language Drumming	7 Lean Lunch Men's Sweat Lodge L&C Adult Language Class: South Bend L&C Potawatomi 201	8 Circuit Training Women's Gathering with Betty Davis Elders Health and Wellness Circuit Training	9 Tribal Council Meeting Pokagon Round Dance
13 Wellness Group Intermediate Language	14 Lean Lunch L&C Potawatomi 201 L&C Adult Language Class: South Bend	15 Circuit Training Elders Health and Wellness L&C Wrapped Quill Workshop Circuit Training	16 L&C Wrapped Quill Workshop
20 Wellness Workshop Intermediate Language Drumming	21 PALS (Play and Learn Social) Lean Lunch L&C Potawatomi 201 L&C Adult Language Class: South Bend	22 Tribal government offices closed in observation of the Christmas holiday	23
27 Wellness Intermediate Language	28 Lean Lunch L&C Adult Language Class: South Bend L&C Potawatomi 201	29 Tribal government offices closed in observance of New Year's holiday	30

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



DEPARTMENT OF EDUCATION

# Elders Health + Wellness

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

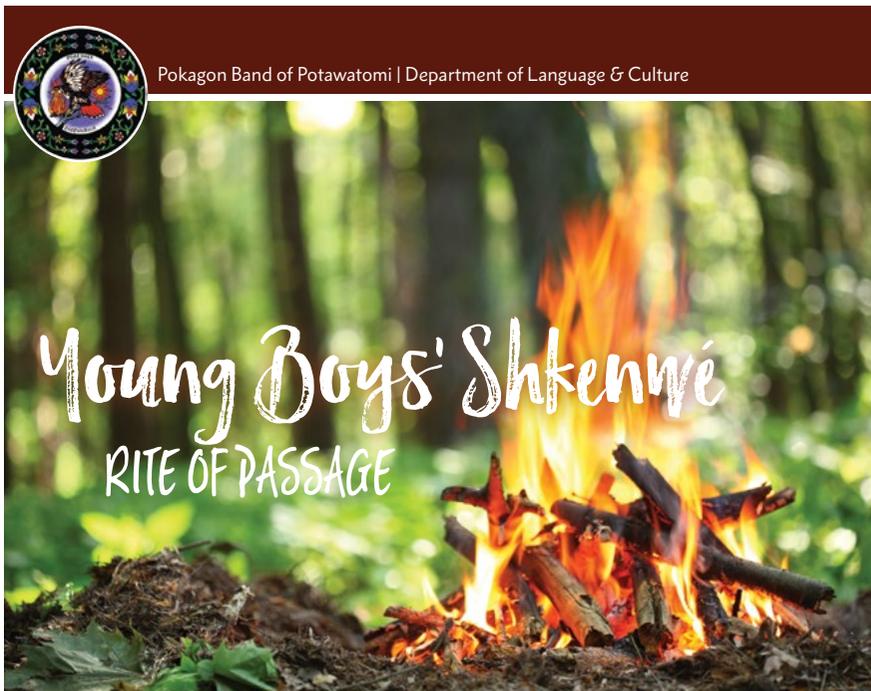
### Chair aerobics

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 Band of Potawatomi | Department of Language & Culture

# Young Boys' Shkenwé RITE OF PASSAGE

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](mailto: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.

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

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

### 2018

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

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



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



Pokégnek Bodéwadmik  
POKAGON BAND OF POTAWATOMI

# Tribal Housing Vacancies

Quaint 2 bedroom, 1 bath available in the **Dowagiac Elders Village**.

Spacious 3 Bedroom, 2 bath unit available in the **Hartford Village** for citizens with physical disabilities.

If you are currently on the waiting list for any Tribal housing unit and are still interested in being on the waiting list or have questions about the available units please contact Megan Rick at (269) 462-4251.



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2017

# CHRISTMAS BASKETS

Pokégnek Bodéwadmik • Pokagon Band of Potawatomi • Department of Social Services

## Hours of distribution

**December 7**

9:00 am to 6:00 pm

**December 8**

9:00 am to 5:00 pm

**December 9**

9:00 am to 1:00 pm

**December 10**

9:00 am to 1:00 pm

## Commodity Building | 58620 Sink Road, Dowagiac

Distribution will begin **Thursday, December 7** and run through **Sunday, December 10** on a first come, first serve basis. After December 7 dates and time are dependent on basket availability.

**You may pick up no more than four baskets for other citizens with a written and signed permission slip.**

Families with 1–4 household members receive one basket, 5–8 receive two baskets, and 9 or more receive three baskets.

**A copy of your tribal ID card is required. No exceptions.**

If you have any questions, please contact the Commodity Food Program at (269) 782-3372 or (888) 281-1111.

2017 Christmas Baskets are funded in part through Tribal Council and University of Notre Dame.

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

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

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

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

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

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

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

## Notice of Open Positions

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

- Pokagon Band Salary Commission
- Kee-Boon-Mein-Kaa Pow Wow Committee
- Election Board
- Pokagon Promise
- Ethics Board
- Oshke Kno Kewéwen Pow Wow Committee
- Tribal Art Review Committee
- Enrollment Committee
- Mno Bmadsen Board
- Land Use Board
- Pokagon Rights

Pokégnek Bodéwadmik  
Pokagon Band of Potawatomi  
Pokagon Health Services



# DONATE Blood

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

**Thursday, January 25**

---

March 29    May 24    July 26    September 27

Pokagon Health Services  
Multi Purpose Room  
10:00 a.m. – 4:00 p.m.

Sign up at [MIBlood.org](http://MIBlood.org) or contact Elizabeth Leffler at [elizabeth.leffler@pokagonband-nsn.gov](mailto:elizabeth.leffler@pokagonband-nsn.gov) or (269) 462-4406.

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**Pokagon Band Elders  
Snow Removal Reimbursement Application Form**

November 1, 2017 through April 1, 2018

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State & Zip Code: \_\_\_\_\_

Phone No: \_\_\_\_\_ Tribal ID: \_\_\_\_\_

**Third Party Snow Removal Service Provider Information**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State & Zip Code: \_\_\_\_\_

Phone No: \_\_\_\_\_

Business Name: \_\_\_\_\_

Pokagon Band Elders anywhere in the U.S may be reimbursed for snow removal services provided to their residence by third party service providers. The maximum reimbursement for any one of snow removal is \$25 per household and the maximum reimbursement an Elder may receive over the entire season is \$175 per household.

You are responsible for finding your own third party snow removal service provider. You will not be reimbursed if you are the person who removes snow from your own driveway. Except for those residing at Phase II (Rent to Own), those residing at Pokagon Band Housing are not eligible for reimbursement, as the Pokagon Band already provides snow removal.

To be eligible for reimbursement, you must complete and return this application. Additionally, you must include the invoice(s) or receipt(s) from third party service provider. All invoices or receipts must be from the third party service provider and not the Elder. We may contact your third party snow removal provider for verification. **Incomplete applications, applications without invoice(s)/receipt(s), and applications received after April 15, 2018 will not be processed.**

The completed application with accompanying invoice(s)/receipt(s) must be returned to:

Elders Council  
P.O. Box 180  
Dowagiac, Michigan 49047

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

By my signing below, I certify that all information provided on this application is true/correct.

Signature of Applicant: \_\_\_\_\_ Date: \_\_\_\_\_

Print Name: \_\_\_\_\_

monday

tuesday

wednesday

thursday

friday

# december

4 **language**

Chicken and Broccoli Alfredo  
Red Potatoes  
Bruschetta  
Garden Salad  
Dessert

11 **language**

Ham  
Scalloped Potatoes  
Spinach  
Garden Salad  
Roll

18 **language**

Smoky Applewood Salmon  
Rice Pilaf  
Mixed Greens  
Garden Salad  
Roll

25 **closed | christmas day**



5

Tortilla Crusted Tilapia  
Quinoa  
Mixed Vegetables  
Coleslaw  
Roll

12

Breakfast

19

Beef Roast  
Red Potatoes  
Carrots  
Cucumber Salad  
Roll

26

Salisbury Steak  
Mashed Potatoes and Gravy  
Corn  
Garden Salad  
Cottage Cheese and Fruit  
Roll

6

Pork Roast  
Potatoes  
Carrots  
Tomato Salad  
Roll

13

Sloppy Joes  
Baked Beans  
Baked Chips  
Veggie and Relish Tray

20

Swedish Meatballs  
Mashed Potatoes and Gravy  
Asparagus  
Ambrosia Salad  
Roll

27

BBQ Chicken  
Spanish Rice  
Garden Salad  
Garlic Bread

7 **business**

Goulash  
Brussels Sprouts  
Garden Salad  
Fruit Bowl  
Garlic Bread  
Cake

14

Buffalo Tips in Noodles  
and Gravy  
Broccoli  
Garden Salad  
Corn Bread

21 **elders christmas party**

Prime Rib/Fried or Baked Chicken  
Regular OR Sweet Potato  
Stuffing and Gravy  
Green Bean Casserole OR Corn  
Garden Salad  
Rolls, Cake, & Appetizers

28

Parmesan Kale and Sausage  
Soup  
Egg Salad Sandwich  
Relish and Veggie Tray  
Dessert

1

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

8

Salad Bar

15

Potato Soup  
Fish Square Sandwich  
Relish and Veggie Tray  
Jell-O W/ Fruit

22 **closed | christmas holiday**



29 **closed | new year holiday**



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

## Per Capita News

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

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

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

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

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

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

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

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

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

## Elders Stipend increments

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

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

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

## Per Capita Important Dates

Deadline to receive Changes/updates/additions	Checks mailed out on	Check date Direct deposits in accounts
Friday, December 15, 2017	Thursday, December 28, 2017	Friday, December 29, 2017
Friday, January 12, 2018	Tuesday, January 30, 2018	Wednesday, January 31, 2018
Thursday, February 15, 2018	Tuesday, February 27, 2018	Wednesday, February 28, 2018
Thursday, March 15, 2018	Wednesday, March 28, 2018	Thursday, March 29, 2018
Friday, April 13, 2018	Thursday, April 26, 2018	Friday, April 27, 2018
Tuesday, May 15, 2018	Tuesday, May 29, 2018	Wednesday, May 30, 2018
Friday, June 15, 2018	Thursday, June 28, 2018	Friday, June 29, 2018
Friday, July 13, 2018	Monday, July 30, 2018	Tuesday, July 31, 2018
Wednesday, August 15, 2018	Thursday, August 30, 2018	Friday, August 31, 2018
Friday, September 14, 2018	Thursday, September 27, 2018	Friday, September 28, 2018
Monday, October 15, 2018	Tuesday, October 30, 2018	Wednesday, October 31, 2018
<b>Thurs, November 8, 2018*</b>	<b>Tuesday, November 20, 2018</b>	<b>Wed, November 21, 2018</b>
Friday, December 14, 2018	Thursday, December 27, 2018	Friday, December 28, 2018

\* Please note, in 2018, the November deadline for changes is November 8. This is due to time limitations on all the events that occur at this time of the year.

## Per Capita Direct Deposit & Tax Withholding Forms

The tribe has mandatory direct deposit for per capita checks. This 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](http://www.Pokagonband-nsn.gov).

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

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

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

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

## Tribal Council December Calendar of Events

- 4 Tribal Council Special Session Meeting, Administration, 10 a.m.
- 5 Gaming Authority Closed Session, Four Winds New Buffalo, 10 a.m.
- 9 Tribal Council Meeting, Community Center, 10 a.m.
- 11 Tribal Council Special Session Meeting, Administration, 10 a.m.
- 12 Gaming Authority Closed Session, Four Winds New Buffalo, 10 a.m.
- 18 Tribal Council Special Session Meeting, Administration, 10 a.m.
- 19 Gaming Authority Closed Session, Four Winds Hartford, 10 a.m.
- 25 Tribal government closed for Christmas holiday
- 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](http://www.pokagonband-nsn.gov/citizens/web-casting). Any questions, please call Stanley Morseau, Elders Chairman, (269) 783-6828.

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



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](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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## Tribal Council January Calendar of Events

- 1 Tribal government closed for the New Year holiday
- 2 Gaming Authority Closed Session, Four Winds New Buffalo, 10 a.m.
- 8 Tribal Council Special Session Meeting, Administration, 10 a.m.
- 9 Gaming Authority Closed Session, Four Winds New Buffalo, 10 a.m.
- 13 Tribal Council Meeting, Community Center, 10 a.m.
- 15 Tribal government closed for Martin Luther King Jr holiday
- 16 Gaming Authority Closed Session, Four Winds Hartford, 10 a.m.
- 22 Tribal Council Special Session Meeting, Administration, 10 a.m.
- 23 Gaming Authority Closed Session, Four Winds New Buffalo, 10 a.m.
- 29 Tribal Council Special Session Meeting, Administration, 10 a.m.
- 30 Gaming Authority Closed Session, Four Winds New Buffalo, 10 a.m.

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



Pokégnek Bodéwadmik  
Pokagon Band of Potawatomi

## Regalia Workshop

This year the regalia workshops will focus on sewing, applique, ribbon work, making traditional regalia and traditional ceremony clothing. We have a limited supply of sewing machines, irons, and materials. Everyone is encouraged to bring their own sewing machines and materials if they have it. There will be instructors available to help with sewing and measuring to make patterns. Special gifts will be given at the conclusion of the series of workshops to participants of the class who attend frequently and complete pieces that they worked on.

No RSVP necessary. We hope to see you there.

### January

Sunday, January 7  
Sunday, January 21

### February

Sunday, February 4  
Sunday, February 25

### March

Sunday, March 4  
Sunday, March 18

### April

Sunday, April 8  
Sunday, April 29

### May

Sunday, May 6  
Sunday, May 20  
(last class potluck and feast)

**All classes are 12:00 pm – 5:00 pm**

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

If you have any questions, please contact Language & Culture at (269) 462-4325 or Nicole Holloway at (269) 783-3513 or email her at [nicole.holloway@pokagonband-nsn.gov](mailto:nicole.holloway@pokagonband-nsn.gov).

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

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## Tribal Office Directory

### Administration

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

### Commodities

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

### Communications

58620 Sink Rd.  
(269) 782-8998

### Compliance

58620 Sink Rd.  
(269) 782-8998

### Chi Ishobak

27043 Potawatomi Trail  
(269) 783-4157

### Education

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

### Elders Program

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

### Elections

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

### Enrollment

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

### Facilities

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

### Finance

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

### Head Start

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

### Pokagon Health Services

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

### Housing & Community Development

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

### Human Resources

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

### Language & Culture

59291 Indian Lake Rd.  
(269) 462-4325

### Mno-Bmadsen

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

### Natural Resources

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

### Social Services

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

### South Bend Area Office

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

### Tribal Council

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

### Tribal Court

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

### Tribal Police

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

## Tribal Council Directory

(888) 376-9988

### Chairman

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

### Vice-chairman

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

### Treasurer

Eugene Magnuson  
(269) 783-9297  
Eugene.Magnuson@pokagonband-nsn.gov

### Secretary

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

### Member at large

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

### Member at large

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

### Member at large

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

### Member at large

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

### Member at large

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

### Member at large

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

### Elders Representative

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

### Executive Secretary

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

## Elders Council Directory

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

### Chair

Vacant

### Vice Chair & Acting Chair

Maxine Margiotta  
(269) 783-6102

### Secretary

Judy Augusta  
(269) 783-6304

### Treasurer

Clarence White  
(269) 876-1118

### Member at Large

Cathy Ford  
(269) 783-9380

## Senior Youth Council Directory

### Chairman

Michael Gamache  
Michael.Gamache@pokagonband-nsn.gov

### Treasurer

Andy Murray  
Andy.Murray@pokagonband-nsn.gov

### Secretary

Mahogan Shepard  
Mahogan.Shepard@pokagonband-nsn.gov

### Member at large

Skyler Daisy  
Skyler.Daisy@pokagonband-nsn.gov

### Member at large

Robert Dick  
Robert.Dick@pokagonband-nsn.gov

### Rebecca Williams

**Youth Culture Coordinator**  
(269) 462-4325

## Junior and Senior Youth Council Members Wanted

Both Senior and Junior Youth Councils are open to any Pokagon youngster. Anyone can join, and eventually run for the executive board. Besides the age divisions, there are differences between the two groups. The Junior Youth Council provides a voice for native youth between the ages of 12 and 18. The Council promotes the development of future tribal leaders through educational attainment and Potawatomi language, culture, pride, and identity. The Junior Youth Council also coordinates community service projects and provides opportunities for native youth to interact for fun and friendship.

The Senior Youth Council provides a voice for Pokagon citizens between the ages of 18 and 24. The Senior Youth Council also coordinates community service projects and provides opportunities for Pokagon young adults to interact for fun and friendship. The Council mobilizes members toward positive goals, promotes the development of future tribal leaders and educates native youth about tribal government.

# Bbon gizes December Citizen Announcements



How my baby has grown...  
Happy 13th belated birthday  
little man! Not no baby anymore.  
How time flies!!! I love you **Jacob  
Ray!** You turned into a fine  
looking man! Love you more!  
From Mom and Alex

The family of Mary Maddox would like to extend our deepest thanks to the Pokagon Band Department of Social Services Bereavement Services. Thanks to Melissa Rodriguez for organizing the after service luncheon and to Susan Doyle, Donald Sumners, and Michele Winchester who set up and served that day.

We so appreciated how everything came together that day to honor our beloved mother and sister. Thanks to the awesome Facilities Department that cleaned up afterward.

Losing a family member is the hardest part of life. It was so nice to have one less worry, and our celebrational luncheon on October 20 gave us a chance to connect with many with love. It was perfect!

-Family of Mary Maddox

Your Health, Your Choice



## Finish Strong!

Pokagon Health Services

### Final Quarter Measurement Dates

2017's Healthy Lifestyles Campaign is nearing the finish line. Are you still committed? Are you on track to meet your goals? Rededicate yourself; finish the year strong.

**Quarter 4 measurement dates are December 4-14.**

Everyone who weighs in receives a special HLC gift. In order to be eligible for one of the following gifts, you must have weighed in all four quarters. Prizes include 2 Hilton Head Health Spa week-long stays, 2 Swiss Valley or Timber Ridge season passes, 2 sets of your choice of skis or a snowboard.

Healthy Lifestyles 2017 is designed to inspire and empower our people to healthier lifestyles. Join us or keep your momentum going for 2018. Stay tuned for the 2018 HLC Kick Off.

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 Art Review Committee is happy to host the

## ART EXTRAVAGANZA

Pokagon Annual Holiday Craft Show



Sunday **December 2**  
11:00 am – 4:00 pm  
**Community Center**



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Pokagon Band of Potawatomi  
Department of Language & Culture



# Pokagon Round Dance

JOIN US IN SINGING, DANCING, AND REMINISCING AS WE CELEBRATE OUR LOVED ONES WHO HAVE TRAVELED THROUGH THE WESTERN DOOR AND ENJOY THE COMPANY OF FAMILY AND FRIENDS WHO ARE STILL WITH US TODAY.

Our teachings tell us that the spirit world has daytime during our night time therefore, we Round Dance into the night to celebrate with the spirits. This year we will be honoring our singers who are blessed with the ability to receive songs from the spirits. Our singers share these special songs with us using their beautiful voices and strong hearts. Kë gatenmamen gi nêgmojëk!

<b>4:00-6:00 pm</b> Jibakwé Community Feast	<b>9:30-11:00 pm</b> Singing + Dancing	<b>12:00-2:00 am</b> Singing, Dancing + Community Giveaway
<b>8:30 pm</b> Opening Ceremony	<b>11:00 pm-12:00 am</b> Community Competitions	Great Lakes Native vendors are invited to sell artwork and crafts

#### Competition Categories

Hand Drum: Two Man/One Female Group | Best Applique Shirt, Best Applique Skirt, Best Moccasins, Best Neshnabé Joke | Moccasin Game Tournament: Minimum 2 Adults per Team

SATURDAY DECEMBER 9 9:00 PM  
The Mendel Center Grand Upton Hall  
1100 Yore Avenue, Benton Harbor, MI 49022

**Hotel**  
Holiday Inn Express & Suites Benton Harbor  
2276 Pipestone Rd Benton Harbor, MI 49022 | (269) 927-4599

For more information, please contact the Pokagon Band Department of Language and Culture at (269) 462-4325

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

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There will be a bake sale and lunch, snacks and refreshments available for purchase. Interested vendors should contact **Angie Rice at (574) 273-8828 / angela.rice@pokagonband-nsn.gov.**