

Pokégnek Yajdanawa

gon gizes [snow moon] February 2019



Page 2

Youth dress up and celebrate.

Page 5

Online Potawatomi dictionary now available.

Page 10

Get involved in sugar bush.



Healthy Lifestyles 2019 kicks off



This year's campaign kicked off in January at the YMCA of Southwest Michigan with more than 200 community members participating in basketball, cardio drumming, meditation, nutrition classes, swimming, and much more. If

you'd like to join the Healthy Lifestyles Campaign, stop by the Wellness Center on our Dowagiac Campus or visit our website.

 www.pokagonband-nsn.gov/hlc

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Snite Museum at Notre Dame featuring Pokagon artists



Black Ash Basket by Christine Rapp-Morseau

The Snite Museum of Art, the University Notre Dame's on-campus art museum, is opening a new exhibit on February 2 called *Revisions: Contemporary Native Art*, and it will feature work from three Pokagon Band artists alongside other Native artists.

The exhibit "focuses on strategies of revision, reuse, and appropriation in contemporary native art," according to the museum's website. Citizens David Martin, Christine Rapp-Morseau, and Jason S. Wesaw will have art on display.

David will have beadwork on display, Jason's displayed artwork will be a textile piece, and Christine will have a black ash basket in the exhibit that was actually commissioned by the Snite Museum. This basket is the first contemporary object by a Pokagon Band artist to join Snite's collection.

"The project to commission Christine to make a basket actually began long before this exhibition," says Frances Jacobus-Parker, visiting curator for the Snite Museum.

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Box 180 • 32487 Moewe
Dowagiac, Michigan 49047

Pokégnek Bodéwadmik
Pokagon Band of Potawatomi



Youth Council hosts first winter formal dance

The Pokagon Band Native Nations Youth Council members hosted their first ever youth formal winter dance on December 20. Tribal youth from across the area gathered to dine and dance the night away. They competed in dance competitions and for our first annual Snow King and Queen. Michael Matthews was crowned king and Zoe Loonsfoot was crowned Queen. Look for more events like this from the Native Nations Youth Council in 2019!



At the heart of a healthy lifestyle: good nutrition

According to the American Heart Association, making smart food choices can help reduce your risk of heart disease and stroke. Some simple tips can help you and your family follow an overall healthy dietary pattern:

Include

- Fruits and vegetables
- Whole grains (look for products that have three or more grams of fiber per serving)
- Beans and legumes
- Nuts and seeds (almonds, hazelnuts, peanuts, pistachios, walnuts, pumpkin and sunflower seeds)
- Fish (albacore tuna, herring, lake trout, mackerel, sardines and salmon), skinless poultry, and plant-based alternatives
- Fat-free and low-fat dairy products
- Healthier fats and non-tropical oils (avocado, canola, corn, grapeseed, olive, peanut, safflower, sesame, soybean and sunflower)

Limit

- Sodium and salt
- Saturated fat (lamb, pork, poultry with skin, lard, cream, cheese and butter)
- Sweets and added sugars, including sugar-sweetened beverages
- Red meats (if you choose to eat red meat, select lean cuts)

Avoid

- Trans fat (examples include cakes, pie crusts, biscuits, frozen pizza, cookies, crackers, and stick margarines) and partially hydrogenated oils

Tips

- 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.

Tribal Police celebrate officer accomplishments

Pokagon Band Tribal Police staff recently celebrated three officers for saving lives and recognized one officer's promotion. Claire Coulston, Travis Parrish, and Matthew Walls each earned a lifesaving award, and Caleb Slavens earned a promotion to detective sergeant.



POKAGON HEALTH SERVICES
WELLNESS CENTER

Can you climb Mount Everest?

More than 1,200 people each year accept the challenge to climb the tallest mountain in the world. We take the risk and cost out of the challenge by offering you a chance to move the distance of this famous climb in our Wellness Center.

Be one of the 500 people who reach the summit each year. Conquer this distance and save the \$30,000 - \$100,000 it costs to climb Mount Everest. The permit alone is \$11,000!

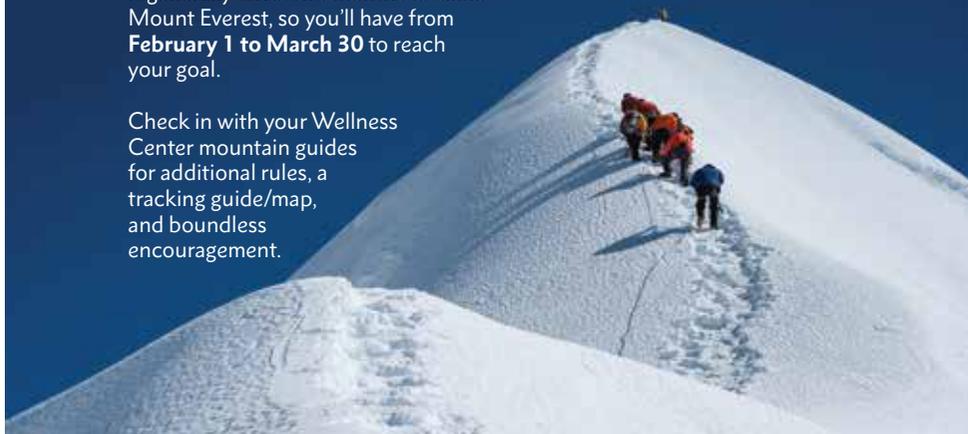
To complete this challenge and reach the summit, accomplish the following:

- 1 1,712 stories on the stair climber**
This is nearly 11 times taller than the world's tallest building.
- 2 58 miles on the treadmill at a minimum incline of 5**
This covers the 45 miles to Base Camp and the additional 13 miles to the summit via the south ridge route.

You can do it!

It generally takes two months to climb Mount Everest, so you'll have from **February 1 to March 30** to reach your goal.

Check in with your Wellness Center mountain guides for additional rules, a tracking guide/map, and boundless encouragement.



Pokagon Band of Potawatomi
Department of Language & Culture

Join the Department of Language and Culture for

Shishibé

Potawatomi Language Bingo

FRIDAY **FEBRUARY 8** 6:00 PM
COMMUNITY CENTER

Come join us for this fun gathering. Pizza dinner starts at 6:00 pm and Shishibé Bingo begins at 7:00 pm. The evening ends at 9:00 pm. This event is open to tribal citizens and spouses, all ages are welcome, and children under 12 must be accompanied by an adult.

Please contact Carla.Collins@PokagonBand-nsn.gov with any questions regarding this event.



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

City, agencies celebrate first local agreement distributions from Pokagon Band

The Pokagon Band of Potawatomi Indians presented a check for \$1.56 million January 17 to South Bend Mayor Pete Buttigieg as well as representatives from area non-profits that will each receive a share of the funds to assist with their programming. The donation is part of a voluntary local agreement between the Pokagon Band and the City of South Bend.

The check presentation was held in the Grand Rotunda of Four Winds Casino South Bend. The Casino, which celebrated its first anniversary January 16, is the fourth owned and operated by The Pokagon Band, and is the only tribal-owned casino in Indiana.

Agencies receiving a portion of the revenue share are:

The Boys & Girls Clubs of St. Joseph County will receive \$100,000 over five years. The annual amount will be used for academic enrichment programming.

The YWCA of North Central Indiana will receive \$125,000 over five years. \$20,000 of each annual amount will be applied to crisis services programs to help clients work toward self-sufficient and violence-free lives. \$5,000 will be applied to children's services to ensure the safety of children, mitigate toxic trauma, and break the cycle of violence.

The Food Bank of Northern Indiana will receive \$100,000 over five years. The annual amount will be used for the Senior Nutrition Program, funding 200 additional seniors who would receive a 7 – 10 lb. bag of assorted food items. The Senior Nutrition Program currently serves 750 seniors a month. This program serves low-income seniors in Elkhart, Kosciusko, LaPorte, Marshall, Starke and St. Joseph Counties.

Jobs for Americas Graduates—Indiana will receive \$250,000 over five years. The annual amount will be used to identify youth needing services via mobile units and Goodwill and Youth Service Bureau street programs and provide programs for staying in school and career training and guidance.

The Bowman Creek Project receives \$500,000 over five years to restore Bowman Creek and catalyze social, economic and environmental improvements and sustainability in the surrounding community.

Beacon Children's Hospital receives \$500,000 over five years, which helps fund improvements that include space for the General Pediatrics Unit, Pediatric Intensive Care Unit (PICU), the Pediatric Hematology/Oncology Clinic, and Newborn Intensive Care Unit (NICU). The new facility includes all-private patient rooms, playrooms, teen hideout spaces, Family Enrichment Centers, roof gardens and a two-story glass ceiling Atrium.

The South Bend Community School Corporation will receive \$500,000 over 5 years, for dual language immersion, a summer academy, and national board certification for teachers.

The City of South Bend, through South Bend Venues, Parks and Arts, receives \$2,225,000 over five years for the redevelopment of Howard Park.

The Pokagon Band also contributed \$700,000 to resurface and enhance the landscape of Prairie Avenue within the public right-of-way from US-31 to Locust Road (this project was completed and celebrated in July 2018).



Census report available on website



In the spring of 2018, the Pokagon Band conducted a tribal-wide census to better understand and address the priorities and needs of its citizens. The first such census was conducted in 2012. The results of the subsequent census are posted at www.pokagonband-nsn.gov/census for citizen information.

This data from the 2018 census will facilitate the planning, development, and funding of Pokagon programs and services, as well as inform land acquisition and economic development strategies.

Strengthening Relationships: Michigan Hall of Justice Unveils New *People of Three Fires* Exhibit

By John Morseau

Part two of a two part series.

Tribal judges and representatives together with justices of the Michigan Supreme Court unveiled the new “People of the Three Fires (Anishinaabeg)” exhibit in the Hall of Justice’s interactive learning center.

The Hall of Justice’s interactive learning center annually hosts thousands of students across Michigan who tour the center to learn about Michigan courts, and now those students

can learn how federal, state, and tribal courts exist within a tripartite system of government. The exhibit offers an interactive learning experience in which guests of the center can learn about the operation of tribal courts and the ongoing collaborative efforts between Michigan and tribal courts, especially in regard to child welfare issues.

Chief Judge Michael Petoskey, Pokagon Band Tribal Court, and Michigan Supreme Court Justice Bridget McCormack discussed how the exhibit was the result of the Michigan Tribal State Federal Judicial Forum and that it reflects a continued intent manifested in recent decades between Michigan courts and tribal



courts to work together for the benefit of their citizens.

The events of the day were eye-opening and have inspired me to re-examine the practices of the Pokagon Band Tribal Court to see how we can further implement our own Bodéwadmik

views of justice, such as the teachings of Mno-Bmadzewen and the Seven Grandfather Teachings. The Pokagon Band Tribal Court has been working on these issues as part of its Native Justice Initiative. Revitalization of Bodéwadmik laws and traditional dispute resolution is important to our continued existence.

As noted by native law Professor Christine Zuni Cruz, “[t]o the extent that tribal justice systems pattern themselves . . . after federal and state court systems, they surrender their own unique concepts of native law and participate, at a certain level, in their own ethnocide.”

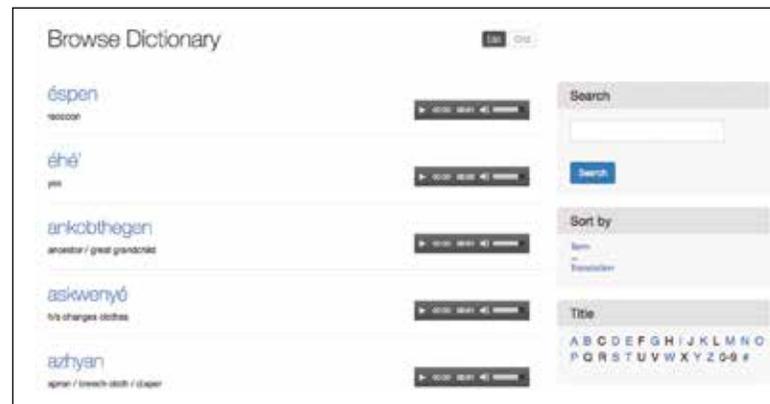
I hope more tribal citizens become interested in preserving our traditional values by way of learning our traditional conceptions of justice. If you are interested in learning more about the Tribal Court’s Native Justice Initiative, contact Stacey Rock, Native Justice Initiative support staff, at (269) 783-0505 or by email at Stacey.Rock@PokagonBand-nsn.gov.



Language & Culture developing Wiwkwébhëgen

More than 100 citizens are already registered on Wiwkwébhëgen, the tribe’s online, digital archives. This site houses historical photos of our ancestors and lifeways, photos of traditional objects, important documents, video and audio recordings of citizens, and hundreds of Potawatomi words, complete with recordings of their pronunciations.

After months of preparation, our Department of Language & Culture opened the site to the community in November. This site is tightly secured, and most content is only available to citizens. You can request an account following the link on the site’s homepage.



The Potawatomi dictionary on Wiwkwébhëgen features more than 300 words thus far, and the Language Program continues to add words regularly. This database is unlike anything that exists, for several reasons. One reason is because it is constantly being updated, so users can be sure the spelling and other details are correct. Each word includes a recording of it being spoken, enabling citizens to practice pronunciation. Many words also include sentence examples with first, second, or third person formatting.

Potawatomi language students are encouraged to use the dictionary on Wiwkwébhëgen to check their pronunciation and grow their vocabularies. Citizens living too far to attend language classes now have this dynamic dictionary to continue or begin their language learning.

If you have any questions about how to use or access Wiwkwébhëgen, call the Language & Culture Department at (269) 462-4325.



www.pokagon.libraries.wsu.edu

Thank you from Native Nations Youth Council

Native Nations Youth Council would like to thank all the Pokagon government employees and community members who helped to make the Christmas Food Drive a success. The food and monetary donations were dropped at the Center for the Homeless located in South Bend. The center was extremely thankful for all that was collected and given. Migwëth for all you shared.



What's that Invasive Species? Elongate Hemlock Scale (*Fiorinia externa*)



The Elongate Hemlock Scale (EHS; *Fiorinia externa*) is an invasive armored scale insect, native to Japan, that negatively affects eastern hemlock and Carolina hemlock trees. This armored scale insect also uses pines, spruces, and firs as nonpreferred hosts.

Elongate hemlock scale was unintentionally introduced in New York in 1908. EHS has been identified in at least 16 eastern states, including Michigan. Additionally, EHS has been found in the same areas as the hemlock woolly adelgid, another invasive hemlock pest, so they may be spread at the same time if hemlock products are moved.

The elongate hemlock scale is about 1.5 to 2mm long and, when found, is on the underside of the hemlock needle. The female has no wings or legs and is found under a yellow to brown waxy cover. The male has legs and wings and is found under a white cover that may have white fluff on it at times. Although males have wings, they cannot fly very well and dispersal to new trees usually occurs in the nymph stage where the winds and animals (mainly birds) disperse them. However, EHS can be spread by moving infected tree parts to new locations, as seen in recent news due to infected Christmas wreaths.

Females and eggs are able to overwinter while all males die after mating. EHS populations build on trees and feed on the hemlock with piercing mouthparts resulting in dead and dying needles and branches; most trees die within 10 years of an infestation. There are a few native ladybeetles that prey on the scale, but not enough to reduce populations. Mechanical removal of trees or targeted pesticide treatment may be necessary to reduce populations and prevent them from spreading. Once established in forests, this insect is difficult to remove and control, however, ornamental infestations may be better controlled by applying horticultural oils. If you believe you have identified elongate hemlock scale on tribal properties, please take pictures and report the location to the Pokagon Band Department of Natural Resources at (269) 782-9602.



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. New this year: Track 1 is for people who just want to make ribbon skirts or camp dresses and Track 2 for the returning participants who have already made those pieces.

No RSVP needed. We hope to see you there. Meals are potluck, please bring a dish to pass.

January

Sunday, January 13
Sunday, January 27

February

Sunday, February 3
Sunday, February 24

March

Sunday, March 10
Sunday, March 24

April

Sunday, April 7
Sunday, April 28

May

Sunday, May 5
Sunday, May 19
(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.

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

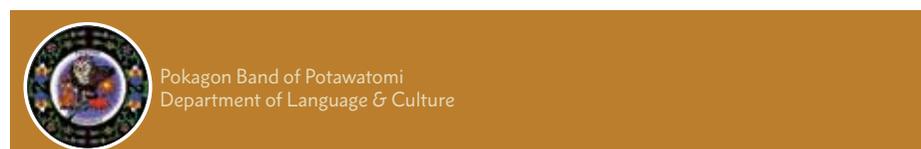


What's that Edible Species? Eastern Hemlock (*Tsuga canadensis*)



Eastern hemlock (*Tsuga canadensis*) is a species of evergreen tree that is native to the eastern United States. Outside of ornamental plantings, eastern hemlocks are typically found on the north slopes of hills or near ravines where there is more shade and cooler conditions. Eastern hemlocks like more acidic, organic soils that drain well. Eastern Hemlock needles are smooth and flat with the appearance of two white lines on the underside. On the top of the branch there are needles that run along the main rib. The main differentiating factor between balsam fir needles and hemlock needles is that balsam fir needles attach directly to the twig, while hemlock needles have a very minute stalk. Another way to tell these two trees apart is by their cones. Eastern hemlock cones are small and hang, while balsam fir cones stand upright from the twig. The parts of the eastern hemlock that are utilized for edible or medicinal use are the needles, inner bark, sap, and young twigs. The needles are utilized most often and collected for use in tea. Steeping 1tsp of needles in 1 cup of water can produce a tea that is rich in vitamin C. Historical uses were for fighting colds and as an anti-rheumatic drink. The inner bark can be utilized in harsh times by boiling strips and eating them or drying and grinding the strips to create a flour. Further, the inner bark can be utilized to produce a reddish-brown dye. Since eastern hemlock is currently being negatively impacted by multiple invasive pests and climate change, be sure to utilize whatever you harvest and only harvest what you need and will use. As with any new edible, ensure that you have a positive identification before

consumption and utilize the edible in small quantities at first to make sure there are no allergic reactions.



Join the Department of Language and Culture for

PIDRO CARD NIGHT

FRIDAY FEBRUARY 22 7:00 PM
LANGUAGE & CULTURE ACTIVITY ROOM

Pidro is a card game that was heavily played in our Potawatomi communities throughout Michigan and Wisconsin. It's a game that has almost been forgotten. Come out and learn how to play this game that our parents and grandparents used to play. Evening ends at 10:00 p.m.

Please contact Carla.Collins@PokagonBand-nsn.gov with any questions regarding this event.

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



Honoring Our Graduates celebration coming up

The Pokagon Department of Education celebrates all citizens' educational achievements at the Honoring Our Graduates banquet held at the Four Winds Silver Creek Event Center in New Buffalo, Michigan.

The Department of Education has three recognitions of educational accomplishments:

- Graduation Cords
- Graduation Tree
- Honoring Our Graduates Banquet

Graduation Cords are available for achieving a GED, a high school diploma, and associate, bachelors and graduate degrees. Graduates are encouraged to apply, and cords can be mailed or picked up at the Education Department. Applications are available all year.

The Graduation Tree recognizes academic achievement by engraving the graduate's name, school, and year of completion on a silver, bronze or copper leaf on the tree. The Graduation Tree is displayed in the Department of Education conference room. Applications are available all year.

Honoring Our Graduates Banquet is scheduled for June 23 from 1 to 5 p.m. This event celebrates all academic achievement throughout the year. Gifts are given to all graduates, and graduation honor blankets are distributed at this event. Applications will be available in May.

All applications are currently being updated and can be located at the Pokagon Band website under Nation Building. If you have any questions about these three programs, contact Donald Summers, education associate, at Donald.Summers@PokagonBand-nsn.gov, or Polly Mitchell, higher education resource specialist, at Polly.Mitchell@PokagonBand-nsn.gov

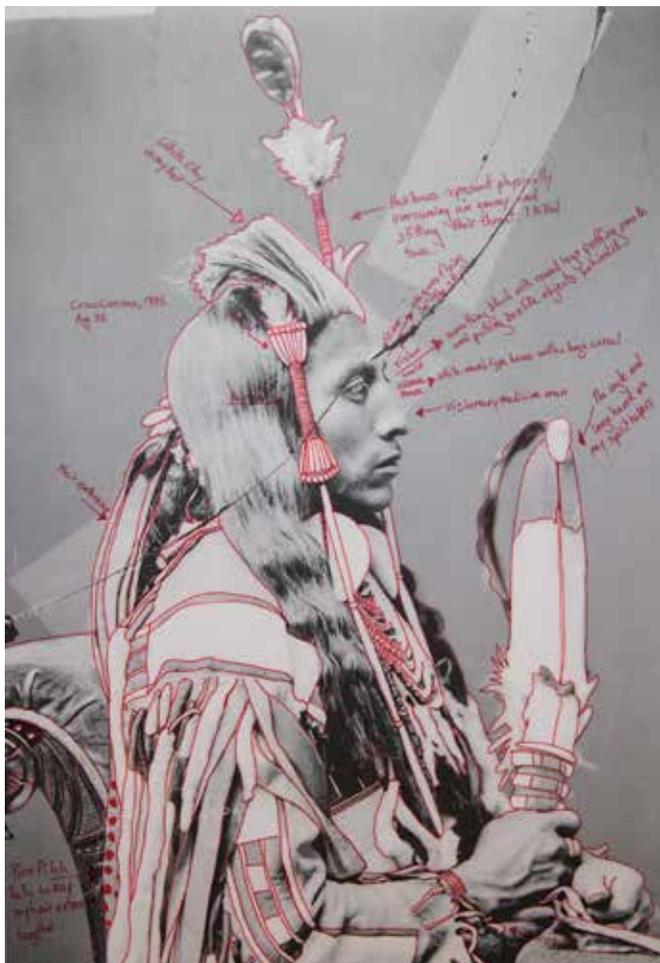
Kë Gbëshmen seeking workshop presenters

The Departments of Education and Language & Culture are seeking presenters and workshop proposals for our upcoming Kë Gbëshmen 2019. Locate the forms by searching "Kë Gbëshmen" on www.pokagonband-nsn.gov.

Please fill out the form and submit with a proposed budget by February 28 to Rebecca.Williams@PokagonBand-nsn.gov or by mail 59291 Indian Lake Road, Dowagiac Michigan, 49047.



Snite Museum at Notre Dame featuring Pokagon artists, *continued from page one*



Wendy Red Star, *Peelatchiwaaxpáash/Medicine Crow (Raven)*

"The Pokagon tradition of black ash baskets is of course incredibly rich, involving many, many talented individuals and families," Frances said. "I'm very glad that the museum will now be able to represent one example of that local tradition, and that we can do so through Christine's own particular approach to basket making."

Frances discovered David and Jason through word of mouth as she searched for artists who take traditional mediums or traditional materials and transform them

Staff at Snite began this conversation with staff at the Language & Culture Department and Christine last year, and Frances picked this idea back up when she began working on this particular exhibition.

Christine says she didn't go into creating this basket with a specific design in mind, and this is always her process. As she says, if she doesn't like where a piece is heading, she will take it apart and start again. This is Christine's second basket that will be kept in a permanent museum collection; her first is at Epcot at Disney World. Christine says she's proud to show that Pokagon people are still making baskets today.

into something new and different.

"Jason's work does this more explicitly," Frances says, "and in a way that is in dialogue with broader contemporary art conversations. David works within what is in some senses a very 'traditional' medium—regalia beadwork—but as his pieces demonstrate, he is constantly interpreting that form in new ways."

Jason says his displayed piece stems from the Native practice of "working with your hands." He hand-dyed the fabrics, sewed them together by hand, then ornamented the piece with transfer prints of old Pokagon treaties.

"That piece in particular utilizes those treaties in a way of trying to remind the youth about that aspect of our history which enabled us to stay here, but at the same time led to a lot of loss of land and culture," Jason said.

Jason has created more textiles pieces like this one, which he calls "blankets" as a metaphor for what he hopes they will accomplish.

"I envision that if our traditional teachings, our history, the stories of our ancestors, could be wrapped around each one of our people," he says, "it could restore the strength and pride we should have in our identity as Potawatomi in a modern world."

You can view the exhibit starting February 2 through May 18, and everyone is invited to the free public reception on Friday, February 8 from 5–7 p.m. Jason will share a welcome song and former chairman John Warren will give an invocation.



Medicine Blanket by Jason S. Wesaw

Nëm'e gizhëk SUNDAY	Ngot gizhëk MONDAY	Nizh gizhëk TUESDAY	Aptë gizhëk WEDNESDAY
Regalia Workshop 3	4 Open L&C Language Class Day Language Class Elders Health and Wellness Znëget 1 + 3, Beginner & Kids Language Classes Auricular Acupuncture Circuit Training Zumba Beginners Yoga	5 Big Kids Language Class Dowagiac Language Class Tone Up!	Elders Health and We Neshnabé Mbokén Znëget 2 Circuit Training
10	11 Open L&C Language Class Day Language Class Elders Health and Wellness Znëget 1 + 3, Beginner & Kids Language Classes Auricular Acupuncture Circuit Training Zumba Beginners Yoga	12 Big Kids Language Class Dowagiac Language Class Tone Up!	Elders Health and We Znëget 2 Circuit Training
17	18 Open L&C Language Class Day Language Class Elders Health and Wellness Znëget 1 + 3, Beginner & Kids Language Classes Auricular Acupuncture Circuit Training Zumba Beginners Yoga	19 Big Kids Language Class Dowagiac Language Class Tone Up! PALS	Elders Health and We Znëget 2 Circuit Training Adult Drum Class
Youth Lock-In Regalia Workshop 24	25 Open L&C Language Class Day Language Class Elders Health and Wellness Znëget 1 + 3, Beginner & Kids Language Classes Auricular Acupuncture Circuit Training Zumba Beginners Yoga	26 Big Kids Language Class Dowagiac Language Class Tone Up!	Elders Health and We Znëget 2 Circuit Training

February 2019

WEDNESDAY	Nyéw gízhèk THURSDAY	Nyano gízhèk FRIDAY	Odankè gízhèk SATURDAY
		1 Elders Health and Wellness Circuit Training	2 Bodéwadmí Yathmownen
Illness 6	7 South Bend Language Class Potawatomi 201	8 Kwéwèk Gízhèk Elders Health and Wellness Shishibé Circuit Training	9
Illness 13	14 South Bend Language Class Potawatomi 201	15 Kwéwèk Gízhèk Elders Health and Wellness Circuit Training	16 Wooden Paddle Workshop
Illness 20	21 South Bend Language Class Potawatomi 201 Débénwéthèk Parent Group meeting Youth Drum Class	22 Elders Health and Wellness Circuit Training Pidro Card Night	23 Youth Lock-In
Illness 27	28 South Bend Language Class Potawatomi 201	29	30

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

Nine Ways to Increase Your Credit Score



CHI ISHOBAK

Improving your credit score is a perfect way to measure personal financial growth. Here are nine different ways to increase your credit score:

1. Pay Your Bills on Time. The key factor in credit scoring is your track record for paying your bills on time. Late payments have a negative effect on your credit score, particularly if your accounts wound up in collections or you had to file bankruptcy. The good news is your credit score won't be penalized forever. The best thing you can do is to start paying all your bills, including medical bills and utilities, on or before the due dates. You won't raise your credit score overnight but paying on time is the most important thing you can do to improve your credit score.

2. Check Your Credit Report. Your credit scores are based on the information in your credit report, so make sure it's correct. The first step is to get a free credit report and credit score and scrutinize all the entries, including your name, address and Social Security number. Verify that all the listed credit accounts are your accounts and the payment histories are accurate. Subscribing to a credit monitoring service will alert you to changes in your score and report.

3. Dispute Errors on Your Credit Report. If you spot incorrect information in your credit report, check the dispute procedure on the credit bureau's website to find out how to fix your credit score. Repairing incorrect information can be a lengthy process. Be cautious of suspicious companies that promise to show you how to fix bad credit or how to raise your credit score quickly for a price. There's no magic formula that can raise your credit score 100 points overnight.

4. Clean Up Old Collections. If you want to know how to boost your credit score, or even how to improve your credit score in 30 days, contact collection agencies to arrange to pay off your collection accounts. Negotiate with the collection agencies to get the derogatory information removed from your credit report once the debt is repaid and see how fast you can raise your credit score.

5. Ask Your Credit Card Company to Raise Your Credit Limit. One of the most important factors that determine your credit score is your utilization. "Utilization measures how much of your available credit you're using." "The lower this percentage, the higher the score." You can get a higher credit limit by simply calling your credit card company's customer service department and asking for a limit raise. You might also be able to request a limit increase on the bank's website. Just be careful not to let a higher limit lead to higher spending.

6. Pay Down Your Credit Bills. Aim to keep your balance of each of your revolving credit accounts below 30 percent of their respective credit limits. "Paying down a high-balance credit card can lower your utilization by further opening that gap between your available credit and the amount you owe," "By lowering your utilization in this manner, there will be no downside, only upsides," "Along with contributing to a higher score, paying down card debt also reduces the amount of interest you're paying."

7. Don't Apply for New Credit Cards. Many applications for new credit generate an inquiry on your credit report. Inquiries are how potential lenders know you've been applying for loans or credit, and that attempt to get a credit card can stay on your report for up to two years. Only 10 percent of your FICO score is based on recent inquiries, and the score only takes into account inquiries from the past 12 months. But multiple inquiries for credit cards can indicate a high-risk borrower. Car and mortgage loans are less problematic because credit scoring models treat multiple inquiries made within a short period of time as a single inquiry.

8. Keep Existing Accounts Open. The length of your credit history makes up 15 percent of your credit score. Several factors impact history length, including the age of your oldest account. Older accounts can improve your credit score by increasing the average age of your accounts. If you have old, unused credit cards with no balance, it's best to leave them open as it can positively contribute to both the length of your credit history and your credit utilization rate. Closing an account increases your credit utilization by narrowing the gap between your total available credit and the amount you owe. Whereas lower utilization helps boost your credit score, high utilization hurts it.

9. Understand Your Credit Scores. It's a myth that you have only one credit score. There are several scoring models, the most common of which is FICO, and each model can have many different versions. FICO, for example, has separate versions developed specifically for auto lenders, credit card issuers and mortgage lenders. Each of the credit bureaus — Experian, Equifax and TransUnion — has its own versions of FICO. You can get the educational scores for free or purchase the scores lenders use for a fee.

As always, Chi Ishobak exists to help you manage your financial resources in today's world. From business consulting and Small Business Loans to Consumer Loans and Financial Wellness coaching and workshops, we stand by ready to assist.

Call Chi Ishobak today! (269) 783-4157



www.chiishobak.org



DEPARTMENT OF LANGUAGE & CULTURE

Zisbakwtokéwen Making maple sugar

Please join our sugar leads
and the Department of Language &
Culture at the Rodgers Lake campground
for this year's community sugar bush.

We will be collecting sap and making syrup
and sugar through the season. Volunteers are
always needed. The sugar bush hours of operation
will vary because the weather determines when
sap will be flowing.

Please contact Nicole Holloway at (269) 783-6131 or Nicole.Holloway@PokagonBand-nsn.gov before stopping by to see if we are operating at that time. If you are interested in receiving notifications via text, email, or by phone regarding the hours of operation and workshops, please notify us of your preferred contact information.

Minors must be accompanied by an adult. All volunteers will be asked to complete a participation waiver. A sex offender registry background check will also be required for frequent volunteers in accordance with our Child Safety Zone policy.

GYANKOJEGEMEN
STAY CONNECTED
POKAGON.COM



Healthy Lifestyles 2019 kicks off, *continued from page one*



Zagbëgon: An Early Learning and Development Academy requests mural proposals

Zagbëgon is excited to request proposals for wall art for the Pokagon Band of Potawatomi's newly formed Early Learning and Development Academy. Zagbëgon serves preschool children ages 3-5. Our curriculum is heavily influenced by the Potawatomi culture. The name Zagbëgon essentially means "sprout." Our Language & Culture Department gives the following description:

"Zagbëgon have grown from seeds and now have their own newly established roots. Zagbëgon are peeking out from gokmeskinan (our grandmother earth) so they can look about their world and begin to form their identity and grow stronger with all of creation."

We are looking for a design for a mural that will be painted on two walls in our building completed during the first week of April. The dimensions of the first wall are 8 feet long and 10 feet wide and the second wall is 8 feet long and 20 feet wide.

Considerations include highlighting Woodland Indian art that reflects Bodewadmi/Potawatomi culture and tradition, and images that encompass knowledge and wisdom and how it affects the past, present and future generations.

If you are interested, please submit sketches of proposed art along with a description of your vision of why you chose the design elements in your art. It should align with the description of Zagbëgon and other design elements already set forth. Please also submit an estimate of how much it would cost to perform the project.

Submissions should be sent to Liz Rinehart via email at Elizabeth.Rinehart@PokagonBand-nsn.gov by February 28. We will make our decision in March so the project can start the end of March beginning of April, during Zagbëgon's spring break.

monday

tuesday

wednesday

thursday

friday

february



1

Pork Steak
Baked Potato
French Style Green Beans
Garden Salad
Apple Crisp
Whole Grain Roll

4 language

Chicken Strips
Potato Salad
Beans
Garden Salad

5

Beef Roast in Gravy
with Mashed Potatoes
Carrots
Cottage Cheese & Peaches
Whole Grain Roll

6

Salmon Patties
Baked Tator Tots
Squash & Zucchini Salad
Fruit
Whole Grain Roll

7 business meeting

Bean Soup
Deli Sandwich
Veggie & Pickle Tray
Snacks
Birthday Cake

8

Parmesan Kale & Sausage
Soup
Egg Salad Sandwich
Cucumber Salad
Dessert

11 language

Buffalo Burgers
& Grillers on a Bun
Baked Chips
Veggie & Pickle Tray
All the Toppings

12

Baked Chicken
Mashed Potatoes & Gravy
Corn
Tomato Salad
Whole Grain Roll

13

Swedish Meatballs
Mashed Potatoes
Carrots
Ambrosia Salad
Whole Grain Roll

14

Sliced Ham
Mashed Sweet Potatoes
Brussels Sprouts
Jell-O with Fruit
Whole Grain Roll

15 **Valentine Social Party**

Spaghetti
Asparagus
Garden Salad
Garlic Bread
Strawberry Shortcake
Snacks

18 language

Smoky Applewood Salmon
Rice Pilaf
Spinach
Garden Salad
Whole Grain Roll

19

Chef's Choice

20

Boiled Dinner
Garden Salad
Cornbread
Dessert

21 social

Buffalo Sloppy Joes
Baked Sweet Potato Fries
Veggie & Pickle Tray
Waldorf Salad

22

Salad Bar

25 language

BBQ Chicken
Mashed Potatoes & Gravy
Broccoli
Spinach Salad
Whole Grain Roll

26

Buffalo Vegetable Barley
Soup
Pinwheel Sandwich
Veggie & Pickle Tray
Tomato Salad

27

Marinated Pork Chops
Spanish Rice
Peas
Garden Salad
Applesauce

28

Sea Bass
Sweet Potato
Mini Corn on the Cob
Coleslaw
Whole Grain Roll

We will be having a
Valentine Social Party
on February 15th at
the Community Center
from 11:00 a.m. -3:00 p.m.
Come and enjoy the fun!!!!

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

Name	Christmas 2018	Monthly Per Cap
Scott D James Arnold Jr.	x	
Jesse D. Ballew		x
Scott A. Brewer		x
Hayden L. Campbell	x	
Shari L. Carroll	x	
Mason T. Currey		x
Carlin M. Elrod		x
Harmony A. Goodrich	x	
Francine L. Hamilton		x
Tyson D. Moor	x	
Jeffery S. Morseau	x	x
Austin L. Northrup		x
Zachery G. Quier	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
Friday, February 15	Wednesday, February 27	Thursday, February 28
Friday, March 15	Thursday, March 28	Friday, March 29
Monday, April 15	Monday, April 29	Tuesday, April 30
Wednesday, May 15	Thursday, May 30	Friday, May 31
Friday, June 14	Thursday, June 27	Friday, June 28
Monday, July 15	Tuesday, July 30	Wednesday, July 31
Thursday, August 15	Thursday, August 29	Friday, August 30
Friday, September 13	Thursday, September 26	Friday, September 27
Tuesday, October 15	Wednesday, October 30	Thursday, October 31
Thursday, November 14	Tuesday, November 26	Wednesday, November 27
Friday, December 13	Monday, December 30	Tuesday, 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.



POKAGON SUMMER INTERNSHIP

Four Winds Casino Tribal Development Program is pleased to offer a paid internship program for Pokagon Band Citizens, Tribal Spouses, and Custodial Parents who are currently enrolled in an accredited college/university.

The eight-week program is for students with future goals of permanent employment at Four Winds Casino or as a means to build valuable work experience.

June 3 – July 25, 2019

Must be 18 years of age or older

Housing stipend for those meeting requirements

Clothing stipend

Mileage reimbursement

For more information, please contact:

Serrina Malott

Manager of Tribal Placement and Development
W 269-926-5657 • C 269-405-2506
smalott@fourwindscasino.com

Madolyn Wesaw

Manager of Tribal Placement and Development
W 269-926-5249 • C 269-405-2469
mwesaw@fourwindscasino.com

Application deadline, April 20, 2018. Apply online at www.fourwindscasino.com

Certain restrictions apply

3282-8.01.19

Pokégnek Bodéwadmik Pokagon Band of Potawatomi



Student Eligibility Requirements

- Pokagon citizens in Pre-Kindergarten – 12th Grade
- Pokagon citizens working toward a GED
- Pokagon Elders ages 55 and over
- Four Winds employees (Pokagon citizens and spouses or custodial parents of Pokagon citizens) wanting to improve and refine academic skills
- Four Winds employees (Pokagon citizens and spouses or custodial parents of Pokagon citizens) working toward a GED

Tutoring Options

AUXILIARY TUTOR
Certified teacher (individual with a current teaching certificate) or
Individual with Bachelor's Degree with academic area of focus or

College student currently enrolled in Bachelor's Degree program and has successfully completed 60 or more credits

Pay for Auxiliary Tutors is \$40 per one-hour tutoring session

ACCREDITED LEARNING CENTER
Facilities which employ certified teachers or certified tutors to work with students on core academic areas, study skills, or test preparation

Program Funds \$2,500 per School Year	Time Frame August 1 – July 31
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For more information, please contact Kristie Bussler at (269) 462-4222 or Kristie.Bussler@pokagonband-nsn.gov.

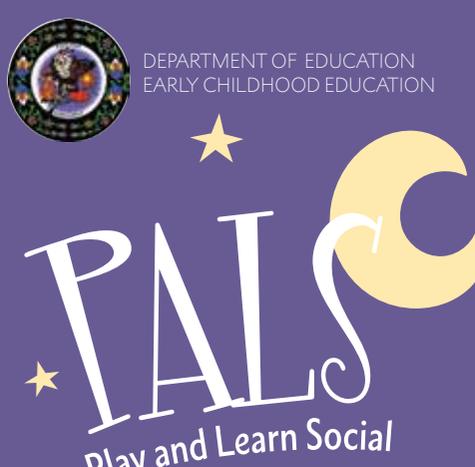
Tribal Council February Calendar of Events

- 4 Gaming Authority Closed Session, Four Winds New Buffalo, 10 a.m.
- 5 Tribal Council Special Session Meeting, Administration, 10 a.m.
- 9 Tribal Council Special Session Meeting, Community Center, 10 a.m.
- 11 Gaming Authority Closed Session, Four Winds South Bend, 10 a.m.
- 12 Tribal Council Meeting, Administration, 10 a.m.
- 18 Gaming Authority Closed Session, Four Winds New Buffalo, 10 a.m.
- 19 Tribal Council Special Session Meeting, Administration, 10 a.m.
- 25 Gaming Authority Closed Session, Four Winds South Bend, 10 a.m.
- 26 Tribal Council Special Session Meeting, Community Center, 6 p.m.

Tribal Council March Calendar of Events

- 4 Gaming Authority Closed Session, Four Winds New Buffalo, 10 a.m.
- 5 Tribal Council Special Session Meeting, Administration, 10 a.m.
- 9 Tribal Council Meeting Meeting, Community Center, 10 a.m.
- 11 Gaming Authority Closed Session, Four Winds South Bend, 10 a.m.
- 12 Tribal Council Special Session, Administration, 10 a.m.
- 18 Gaming Authority Closed Session, Four Winds Hartford, 10 a.m.
- 19 Tribal Council Special Session Meeting, Administration, 10 a.m.
- 23 PBOPI Annual Meeting, Lake Michigan College, 10 a.m.
- 25 Gaming Authority Closed Session, Four Winds South Bend, 10 a.m.
- 26 Tribal Council Special Session Meeting, Community Center, 6 p.m.

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



DEPARTMENT OF EDUCATION
EARLY CHILDHOOD EDUCATION

PALS

Play and Learn Social

Tuesday Evening, February 19
5:30 pm - 7 pm
PHS Multi-Purpose Room

Join other parents and children ages 0-8 for an opportunity to engage with one another in play and learning activities.
Contact Rachel Orvis at drorvis@gmail.com for more information.



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



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 Thursday of the month. Childcare is provided.

2019

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

5:30–7:30 pm | Zagbëgon: An Early Learning & Development Academy

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

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Pokagon Band of Potawatomi
Pokagon Tribal Police Department

Rape Aggression Defense Systems

Basic Physical Defense for Women

March 11 + March 12, March 14

5:30 pm – 8:30 pm each day
PHS Multipurpose Room

Could you effectively defend yourself if you were attacked?

Pokagon Tribal Police Department is offering Women's Self Defense classes. R.A.D (Rape Aggression Defense) Systems is the largest women's self defense system in the country, which has established the standard of R.A.D.

R.A.D. is a program of realistic, practical, self defense tactics and techniques. The class is broken into three sessions for a total of nine hours. This comprehensive course for women begins with awareness, prevention, risk reduction and avoidance strategies, while progressing to the basics of hands-on training. The majority of time is spent practicing self defense for confrontations of all types.

Classes are FREE and include a free lifetime return and practice policy. Pre-registration is required. Participants must be at least 16 years of age or older. (Minors must be accompanied by a parent or legal guardian). **Register online on our website | www.pokagonband-nsn.gov/form/rape-aggression-defense-training-2018-registration.**

To register, or for more information please contact:
Abigail Shanahan, Community Resource Officer, Pokagon Tribal Police
Abigail.Shanahan@PokagonBand-nsn.gov
(269) 782-2232 x511 office
(269) 240-1038 cell

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R.A.D.
RAPE
DEFENSE
SYSTEMS

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

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 and 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 and 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) 783-0452

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

Vice-chairman

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

Acting Treasurer

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

Secretary

Kelly Curran
(269) 591-0604
Kelly.Curran@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

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

Member at Large

Gary Morseau
(269) 259-1554
Gary.Morseau@pokagonband-nsn.gov

Member at Large

Deborah Williams
(269) 462-1427
Deborah.Williams@pokagonband-nsn.gov

Member at Large

Vacant

Elders Representative

Colin Wesaw
(269) 259-1555
Colin.Wesaw@pokagonband-nsn.gov

Executive Secretary

Melissa Rodriguez
Office (269) 462-4203
Cell (269) 591-9521
Melissa.Rodriguez@pokagonband-nsn.gov

Elders Council Directory

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

Chair

Judy Winchester
(269) 462-1578

Vice Chair

Julie Dye
(269) 462-1004

Secretary

Judy Augusta
(269) 783-6304

Treasurer

Clarence White
(269) 876-1118

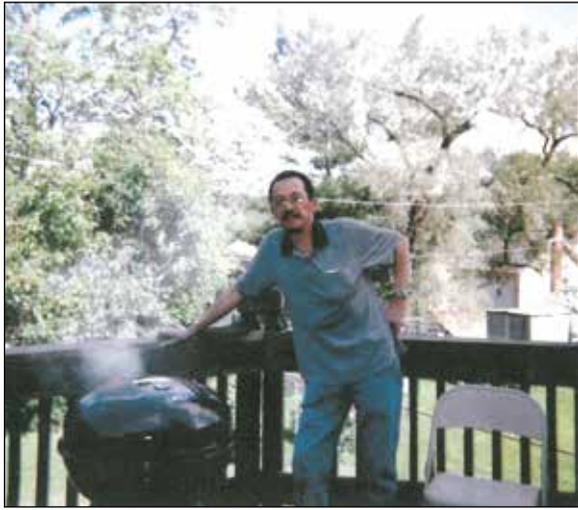
Member at Large

Cathy Ford
(269) 783-9380

Notice of Open Positions

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

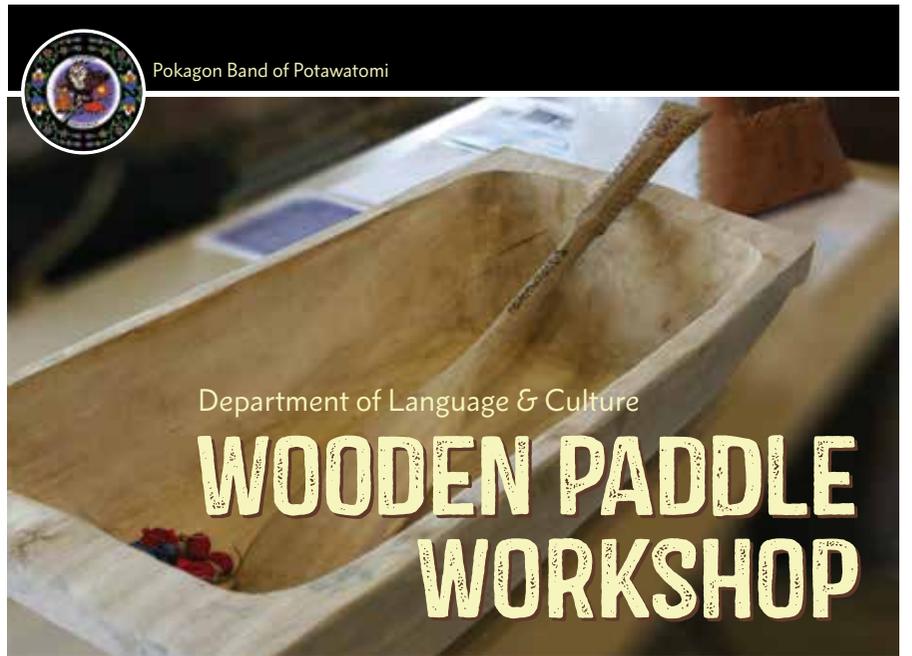
- Ethics Board
- Election Board
- Salary Commission
- Tribal Art Review Committee
- Mno-Bmadsen Board of Director Position
- Band Oshke-Kno-Kewéwen Pow Wow Committee
- Oshke-Kno-Kewéwen Pow Wow Committee
- Kee-Boon-Mein-Kaa Pow Wow Committee



Happy 70th Birthday to Big Daddy from all your family!



Congratulations Jacquelynn on an amazing job at the Miss Dowagiac Contest! You are simply beautiful. You may have not won the crown, however you won the respect and admiration of everyone in the audience. You spoke eloquently and your presence on stage was flawless! Continue to hold your head high and have your voice heard for you are an amazing role model for all little girls.



Department of Language & Culture

WOODEN PADDLE WORKSHOP

SATURDAY FEBRUARY 16
11:00 AM – 4:00 PM

RODGERS LAKE PAVILION
DOWAGIAC, MI

JOHN PIGEON
INSTRUCTOR

Join us in making wooden paddles we use to stir the sap while boiling it to make syrup and sugar.

This workshop is limited to 10 participants. A light lunch will be served.

Dress for the weather. We will be in the pavilion with space heaters, but it may still be cold.

RSVP required. Contact Nicole Holloway at Nicole.Holloway@PokagonBand-nsn.gov or (269) 783-3513.

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

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DEPARTMENT OF LANGUAGE & CULTURE

Bodéwadmí Yathmownen

Potawatomi stories

Featuring stories from fluent Potawatomi speaker Jim Thunder Sr.

Saturday, February 2 from 12 p.m. - 3 p.m.
Language & Culture Building

Traditions tell us that certain Potawatomi stories should only be told when snow covers the ground. Join us for a family friendly storytelling event with stories being shared by fluent Potawatomi speaker Jim Thunder Sr.

A light lunch will be served at noon.

Events may be cancelled due to inclement weather.

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POKÉGNEK BODÉWADMÍK | POKAGON BAND OF POTAWATOMI
DEPARTMENT OF LANGUAGE & CULTURE + DEPARTMENT OF EDUCATION

LOCK IN

SATURDAY FEBRUARY 23 | 10:00 PM

THE 3 MILE PROJECT
3050 Walkent Drive NW Grand Rapids MI 49544

Keynote Speakers
Tonia Jo Hall and Alayna Eagle Shield | from the Standing Rock Lakota reservation

ages 12-17 • all tribal youth can bring up to 2 guests • 3 Mile Ninja (like American Ninja Warrior) • basketball tournaments • dodgeball • skatepark (must bring own skateboard, only skateboards are allowed) • video games • table games • crafts and more

Please RSVP by February 1, 2019.

RSVP at www.pokagonband-nsn.gov/form/lock-2019-registration. Limited availability transportation is available and online registration is required. Leaves the Community Center at 8:30 pm on Saturday, February 23. Arrives back at the Community Center at 8 am on Sunday, February 24.

Title IV sponsored
for more information, please contact daniel stahrer at (269) 462-5844.