



POKÉGNEK YAJDANAWA

THE POKAGONS TELL IT

Mko gizes February 2018

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#PokagonHealthy
in 2018

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Read part two of Clean
Body, Clean Spirit

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Join the Finger
Weaving Workshop

Citizens enjoy activities at Four Winds Casino South Bend Family Day



Three days before Four Winds South Bend opened, citizens and their families filled the rotunda, floor, and dining areas for a grand entry, live entertainment, and complementary lunch and dinner.

Chairman John Warren and Four Winds Casino CEO Frank Freedman spoke to begin the day, then the veterans walked the flags and eagle staffs around the rotunda as Ribbon Town drummed. After posting them, the community followed the veterans outside where they hung the American, POW, Pokagon Band, Indiana, and Michigan flags.

Back inside, characters like Elsa from the Disney movie Frozen, a Transformer, and superheroes were ready to pose for photos with citizens. Face painters, balloon artists, and magicians lined the casino, transforming kids' faces, handing out balloon animals, and wowing kids with disappearing tricks.

Citizens and their families were able to taste appetizers at the new Kankakee Grille and Copper Rock Steakhouse and full meals at the Buffet, Timbers, and Players Lounge.

The Casino is now open to the public.

Pokagon Band Census 2018

Check your mailboxes, because a chance to make your voice heard is on its way. The Pokagon Band of Potawatomi is conducting a census of all Pokagon households throughout the world. This survey assesses citizen needs, and will support the Band's efforts to achieve its desired outcomes:

- Increase Pokagon Band land base and strive to protect Mother Earth.
- Revitalize language and culture.
- Honor and share Elders' wisdom.
- Encourage and develop the ideas, energy, talents, and leadership abilities of Pokagon Band youth.
- Promote the health and well-being of Pokagon Band citizens.
- Enhance economic opportunities for Pokagon Band citizens.
- Develop comprehensive education opportunities for Pokagon Band citizens.



By providing complete and accurate responses to the survey questions, regardless of where you live, you help the Band have a clear picture of its citizenry. Your answers will inform and guide the Band in providing programs and services to citizens both within and outside of the Band's 10-county service area. You will guide economic development activities and prioritize land acquisition and the preservation of its land base.

For your privacy, all information collected will be kept confidential and information about you and your household will be combined with

Please turn to page 6

Present at this summer's Kë Gbëshmen

The Departments of Education and Language and Culture are seeking presenters and workshop proposals for our upcoming Kë Gbëshmen 2018. Forms are located on our website at www.pokagonband-nsn.gov/citizens/programs/ke-gbeshmen.

Please fill out the form and submit with a budget by February 26 to Rebecca Williams@pokagonband-nsn.gov or by mail 59291 Indian Lake Rd., Dowagiac MI, 49047.

Summer 2018 College Internship Program application coming soon

This is an opportunity for current students looking to gain working experience in the tribal government and the economic development settings. Possible placements include the following departments: Communications, Education, Finance, Health Services, Housing, Human Resources, Information Technology, Language and Culture, Natural Resources, Social Services, Tribal Court, Mno Bmadsen, Pokagon Gaming Commission, Pokagon Fund and Tribal Police.

Qualified applicants must be eighteen years old by June 1, 2018. Applications will be posted on the Pokagon Band website under Career Opportunities.

Time for high school seniors to think about financing education

The Pokagon Band has both higher education and vocational scholarships for your next education step, but there are many other financial aid opportunities to explore. Please review each of these opportunities, keeping in mind to meet each of the deadlines.

Vocational Opportunities

Local Union 172 Welders Plumbers Pipefitters and HVAC Techs, South Bend, IN

If interested, please contact our office immediately. Applications are due in January.

Local Union 357 Welders Plumbers Pipefitters, Kalamazoo and Benton Harbor

Applications can be picked up beginning February 1 and are due by February 28.

Check out the Local Union programs at ua172.org/ua172_orapprenticeship.html, visit youtu.be/3Q0RZKzSCFc or www.ualocal357.com/apprenticeship-application.html

Financial Aid Resources

Federal Student Aid: Find out how to complete the FAFSA and maintain your federal student aid profile. Great resources for families as well as individual students.

Information on FAFSA is at fafsa.ed.gov/

The American Indian College Fund: The American Indian College Fund provides scholarships to students attending Tribal College and University students, and undergraduate and graduate students attending any other accredited public and non-profit private college all across the United States.

Visit the American Indian College Fund at collegefund.org/

The American Indian Science and Engineering Society: AISES provides scholarships to students and provides so much more in student leadership, mentorship, involvement and service.

Visit AISES at www.aises.org/

Scholarship Opportunity for American Indian and Alaska Native BIE website is a resources page maintained by the federal Bureau of Indian Education.

Scholarship information is at www.bie.edu/ParentsStudents/Grants/

As you receive your acceptance letters, please be aware that any deposits for acceptance or housing can be reimbursed through the Enrichment Program. Information for this program is located at the Pokagon Band Education Department website, or you can contact Polly Mitchell, Higher Education Resource Specialist, (269) 462-4294 or polly.mitchell@pokagonband-nsn.gov

Additionally, check out Mno-Bmadsen's Citizen Pathway Program. This program is designed to learn lifelong trade skills and employment among the family of companies that are part of the Mno-Bmadsen holdings. You will find information about this opportunity at: www.mno-bmadsen.com. Please look for the Citizen Pathway Program link and watch for the upcoming "Trade Days" where students can come and learn about different construction trades. Contact Heather Farver, Director of Human Resources, Heather.Farver@Mno-Bmadsen.com or (269) 783-4111.

Check out the Citizen Pathway Program at www.mno-bmadsen.com.



Department of Language & Culture

LANGUAGE CLASSES

January | February | March

Day Language w/ John Winchester

Mondays | 10:00 am–12:00 pm
Elders Hall
53237 Townhall Road
Dowagiac, MI 49047

Open L&C Class w/ Christine Morseau

Mondays | 10:00 am–11:00 am
L&C Activity Room
59291 Indian Lake Road
Dowagiac, MI 49047

Znëget 1 w/ Carla Collins

Mondays | 5:30 pm–6:30 pm
Pokagon Community Center
27043 Potawatomi Trail
Dowagiac, MI 49047

Znëget 3 w/ Kyle Malott

Mondays | 5:30 pm–6:30 pm [begins October 5]
L&C Activity Room
59291 Indian Lake Road
Dowagiac, MI 49047

Kids Language Class w/ Shannon Snay + Martha Olson

Starting Monday, January 8
5:30 pm–6:30 pm Nithansëk (young children) | Shannon Snay
6:30 pm–7:30 pm Penothésëk (little children) | Martha Olson
Pokagon Community Center
27043 Potawatomi Trail
Dowagiac, MI 49047
(*email language program prior attending for first time for more details)

Kids Language Penothiyëk (children) Class

w/ Rhonda Purcell
Tuesdays | 5:30 pm–6:30 pm
Pokagon Community Center
27043 Potawatomi Trail
Dowagiac, MI 49047

Dowagiac Adult Class w/ John Winchester

Tuesdays | 6:00 pm–8:00 pm
Pokagon Community Center
27043 Potawatomi Trail
Dowagiac, MI 49047

Znëget 2 w/ Carla Collins

Wednesdays | 5:30 pm–7:00 pm
L&C Activity Room
59291 Indian Lake Road
Dowagiac, MI 49047

Potawatomi 201 w/ Kevin Daugherty

Thursdays | 6:00 pm–8:00 pm
Elders Hall
53237 Townhall Road
Dowagiac, MI 49047

South Bend Class w/ Christine Morseau

Thursdays | 6:00 pm–7:00 pm
South Bend Admin Office
3733 Locust Street
South Bend, IN 46614

Quarterly Language Nights + Workshops

Check Pokagon website for dates

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



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 2018 kicks off with learning, fun, and giveaways

The community closed out the first year of the Healthy Lifestyles Campaign and excitedly kicked off year two with success stories, tips, and lots of prizes.

Fifty-one participants completed the program in 2017, getting measured every quarter, which made them eligible for the grand prize—a one-week stay at a health spa in South Carolina. Two of these trips were given in a random drawing to Jessica Howell and Julie Ketchum.

Roger Rader emceed the event, which featured 2017 success stories from WBK employee Matt Baldwin, citizens Jim Ballew and Jessica Howell, and citizen spouse Jessica Ballew. PHS health care providers and a representative from the YMCA shared tips for healthy living.

The community enjoyed a healthy meal together, and 75 drawings for prizes such as a family YMCA membership, family day pass to Swiss Valley Ski and Snowboard Area, meals from Blue Apron, and fitness and relaxation equipment occurred throughout the program.

If you'd like to join this year's Healthy Lifestyles Campaign, contact PHS at (269) 782-4141.



Enrollment Office hours extending

In order to better serve your needs, office hours for the Enrollment Office will now be 9 a.m.–6 p.m. Appointments will be available between 5 p.m.–6 p.m. Please contact Enrollment at (269) 462-4238 to schedule an appointment as needed.

Life at standstill

This is the second in a series about the dangers of opiate addiction, two citizens who experienced that first hand, and the help available for Pokagon community members. The first installment appeared in January's issue of Pokégnek Yajdanawa.

One citizen's story of hitting his lowest point in life

Jacob quickly moved from pills to powder to IV injections, and there he stayed for six years, crippled by heroin addiction. Jacob says getting high was his only focus everyday, and life never moved. He was almost frozen in time because when he finally came to, nothing had changed.

Jacob "borrowed" money from friends and family, sold what he owned anytime someone offered him cash, and shoplifted when he ran out of his own possessions to sell. By the end, he had nothing but his addiction and his GED.

"That was just because my GED I couldn't sell," Jacob said. "If I'd have been able to sell someone the diploma or whatever for \$20, I'm sure I would have."

Jacob used all the resources he had to get high, including his per cap checks. He felt like he was doing well because he was able to get high most everyday, despite who he was hurting—including himself.

"It's a lot of effort into driving your life in the wrong direction," Jacob said. "At the end of the day, you have nothing to show for it. The next day, you wake up and you're in the same position. Nothing ever gets better."

Jacob lived with his mom, Marci Davis, but their relationship strained. Jacob would stop using for short periods of time, but he would always pick up the habit again and again.

"I was to the point, with heroin, that I was ready to give up living in my own home," Jacob said. "I was ready, if it came down to it, to leave before I quit doing heroin. I was ready to live on the streets instead of stopping getting high."

One citizen's story of watching her child fight opiate addiction



"I was extremely terrified. I didn't understand it."

Marci Davis lived through six years of watching her son, Jacob, suffer from addiction to opiates. She said she was paralyzed with fear: fear of him dying from his addiction, fear of casting him out into homelessness and untold dangers, fear of not knowing where, or how, he was.

"I had a lot of friends and family members telling me, 'You have to just throw him out, just wash your hands of him if he's not trying.' But I felt like he was trying," she said.

At his best—if that word can even apply—during his addiction, Jacob would quit on his own, go through withdrawal and detox, and be sober a couple of months. But eventually he would relapse. At his worst, Jacob was overdosing or in jail. Mostly, he merely existed: selling everything he owned to get high, moving from job

After six years of this lifestyle, Jacob had lost 20 pounds and weighed only 98 pounds at 5-foot 9-inches tall. He couldn't see the cycle he was repeating because his addiction blinded him. When he overdosed in his bedroom one evening, his hair drenched in sweat and skin pale white, he said at the time he had just fallen asleep. Even near death was not an awakening. But that night led to his addiction's end.

Police asked Marci, Jacob's mom, if they could search his room that night, and a few months later, they charged Jacob with possession of an illegal substance. He paid his bond, but he was quickly jailed again in a different county while out on bond from the first arrest. He checked into a rehab facility while on probation, but he left early and failed his next drug test. This failure sent him back to jail, and this time he couldn't leave so easily.

But this is not where Jacob's story ends.

In this series' final installment, find out how Jacob finally got clean for good and how he's living now. Read it in next month's newsletter.



to job, nodding off in the middle of conversations, somehow finishing alternative high school, missing his graduation, family reunions, picnics.

Marci remembers feeling like a robot, going through the motions. Her son's addiction was never far from her mind as she moved through life.

"Every minute I was so worried sick, wanting to know where he is, what he's doing. Everything was falling apart. My nerves were frayed every second."

Marci began going for long walks, often for one or two hours, thinking. She found the daily walks helped clear her head, but she never was sure the right way to respond to Jacob's addiction. Her parents and siblings supported her through it all.

"The four of them constantly told me they loved me, that they loved Jacob. They said, 'We understand exactly every decision that you're making.' They tried to just be beside me during that."

Others, including her husband at the time, gave different advice.

"I heard from everyone else, 'You're not doing the right thing. If I was you, I would do this and I would do that.' My marriage absolutely didn't survive. That was the last straw for me."

The weeks Jacob eventually spent in jail were the worst of Marci's life, she said.

"It seemed like my heart broke every single minute of that three weeks. I had to see him through a glass. I would put my hand on the glass and he would put his hand on the other side and tell me that he loved me, and I just wanted to die. I didn't want to see him caged up like an animal. Although I didn't want to have to see him on drugs either. Either way was horrible."

Next month, read how Marci and Jacob started a new chapter of their lives, one that gave them Clean Bodies and Clean Spirits.

What's that invasive species? Spotted Lanternfly (*Lycorma delicatula*)



The spotted lanternfly (*Lycorma delicatula*) is an invasive plant hopper that is native to China, India, and Vietnam. This invasive species is considered an agricultural and forest pest. The spotted lanternfly has a great potential to negatively affect grapes, hops, apples, stone fruits, and many tree species. The spotted lanternfly prefers to lay its eggs and feed on the highly invasive Chinese stink-tree, also known as the tree of heaven, which is rapidly spreading throughout the United States. In its native range this lanternfly is kept in check by natural predators or pathogens. The spotted lanternfly first arrived to the United States in 2014 and has not yet been seen in Michigan, but over a million have been found and reduced in Pennsylvania.

The spotted lanternfly is about an inch in length and can lay 30-50 eggs at a time which look like grey mud when first laid and rows of brown seeds as they mature. All ages of eggs blend in with the bark of trees. The lanternfly has grey wings with black spots when at rest and the hind wings are red with black spots. The adult has a blackened head and legs with a yellow body that has black bands. Young spotted lanternflies go through multiple stages of moulting before becoming adults. Nymph at first are black with white spots, then later emerges with red colors or black with white spots.

The treatment for spotted lanternflies is to scrape any known eggs and place them in alcohol to make sure they are non-viable. Adhesive banding of tree of heaven will capture the nymphs that are unable to fly, and pesticides can be used if an invasive cluster is large enough. This is a serious invasive pest which we hope never appears in Michigan. If you think you see a spotted lanternfly, please either collect the insect and bring it in to the Department of Natural Resources or take pictures and report the insect's location to the DNR for further investigation.

Tribal Police equip with body cameras

The Pokagon Band Tribal Police received a grant from the Department of Justice to fund a body camera project for our Tribal Police Officers. The Tribal Police are working together with our Tribal Prosecutor and IT Department to put together a good program that will benefit everyone involved.

Body worn cameras are becoming standard equipment in law enforcement communities across the country. Currently our officers have in-car video cameras, but those cameras are limited to what happens directly in front of the patrol cars. Body worn cameras follow the officer into the field and can capture his or her activities. These videos could be used for evidence or for officer recollection so that a more detailed report can be written.

One concern about this type of program is wondering what the police department will do with that video. This is why it is important for us to have good policy in place before we put these cameras on our officers. The video captured on these cameras will be handled by the police department in a way similar to the way we handle and secure evidence. This is done because sensitive information may be captured on the video device, and we want to be sure that no sensitive information is ever dealt with improperly or improperly released.

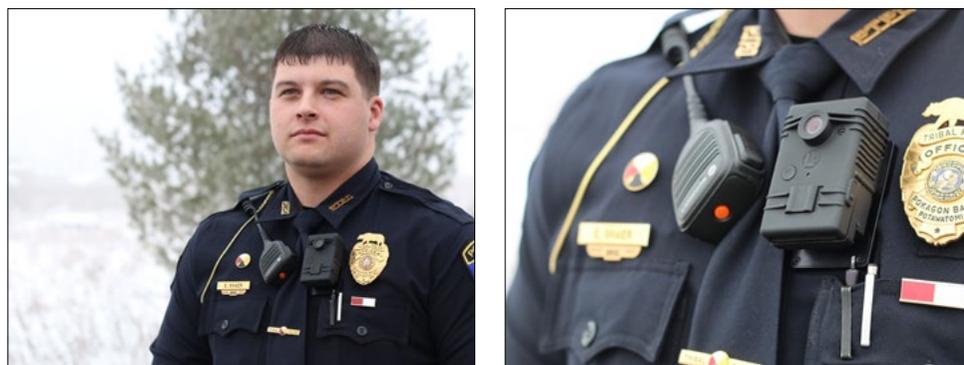
What's that edible plant? Greater Burdock / Lesser Burdock (*Arctium lappa* / *Arctium minus*)



Although greater burdock (*Arctium lappa*) and lesser burdock (*Arctium minus*) are not native species to the United States, they fall into the category of naturalized species due to growing in the U.S. for so long and becoming integrated into the native ecosystem. Burdocks can be found in almost any habitat, but typically are found in habitats that have been disturbed or have a lot of sun exposure, such as fallow fields, prairies, roadsides, and even your backyard. Burdocks are biennial plants, meaning that it takes two years to complete their lifecycle.

The first year the plant is only composed of a rosette of large leaves, with the second year being the year that the plant puts out seed. The clusters of seeds are held in a capsule-like form which has curved hooks all over the outside, allowing for easy dispersal. Unfortunately, these burs can become lodged in clothing or animal fur and cause discomfort or fur matting. Greater burdock can grow up to 10 feet in height, while lesser burdock can grow to five feet.

Historically, this plant has many medicinal qualities, some of which include being a diuretic, a topical remedy for skin problems such as acne, eczema, and psoriasis, and as a blood purifier which may assist in bacterial infections and reducing inflammation. Burdock root contains calcium and magnesium as well as traces of other vitamins and minerals. The root of burdock can be harvested and is best if harvested during the first year. The root can become tough and need additional cooking if it is harvested during the second year of growth. The root and stems can be peeled and cooked with carrots, as in a stir-fry, eaten raw if picked young enough, or used to make a type of root beer. The leaves of the plant are quite large and can be used to wrap other foods in for cooking purposes. The roots, leaves and fruits/seeds can be utilized in tinctures, decoctions and infusions for multiple ailments. 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.



The Tribal Police Department strives to provide the best service to our community and these tools will help enhance the safety and security of our community and the police officers who serve you. Please feel free to ask us any questions about this program by contacting Lieutenant Rich Killips via email Rich.Killips@pokagonband-nsn.gov, and we will answer any questions that you have.

Tips to keep your loved ones safe, especially elders

Valentine's Day is approaching, filled with lots of love for family, friends and that special someone. Here are just a few tips from Tribal Police to keep your loved ones safe:

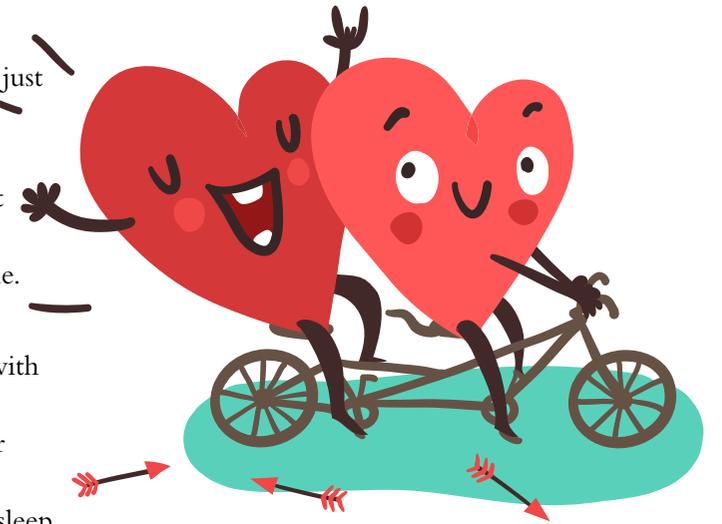
Home

- Safety proofing: Look at your loved one's living space to spot potential risks. Make sure that there aren't tripping hazards, like loose rugs or piles of papers.
- Store frequently used items like dishes, food, medicines and clothing within easy reach for your love one.

Health

- Medical care: Make sure your loved one gets to all his/her doctor appointments. Go to some of them with him/her so you can keep tabs on treatment and be an advocate for him/her.
- Medication safety: Get a large, easy-to-read weekly pillbox and help set it up. If you forget to take your medication, use a timer or alarms to remind your loved one to take medicine.
- Physical activity: Encourage your love one to stay active. Exercise can improve his/her health, strength, sleep and mood and lower the risk of falls.

Your Tribal Police Department wishes you a happy and safe Valentine's Day.



Pokagon Band Census 2018 *continued from page 1*

other households so that it cannot be used to identify you or any members of your household. Without your contribution and the contributions of your fellow citizens to this critical effort, the Band cannot fully understand its citizens or their needs or measure progress in fulfilling its mission. Following your return of your completed survey, you will receive a gift card valued at \$50 in appreciation for the time that you spent completing the form. You will also be eligible to win one of 25 \$1,000 prizes awarded to Census respondents. The sooner you respond, the better

your chances of winning the \$1,000 drawing. However, ALL complete responses will be eligible for the \$1,000 prizes (excluding elected Tribal Council officials) and ALL respondents will receive the \$50 gift cards.

Thank you for supporting the Band and its many tribal programs that benefit our children, elders, veterans, young families, students and all of our citizens. Your participation will contribute to a brighter future for the Band and its citizens in the Great Lakes area and throughout the world.



Pokagon Band of Potawatomi Pokagon Health Services
+ Department of Natural Resources

Wild Game Dinner

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

Pokagon Health Services and Department of Natural Resources invite all tribal and/or employee fathers, father figures and their families to join them for a wild game dinner. The evening includes a brief 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.

PHS Fatherhood Initiative



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

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

Neshnabé Mbokén

A children's book club

FIRST WEDNESDAY EVERY MONTH
4:00–5:00 P.M. | DOWAGIAC DISTRICT 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.

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

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

GYANKOBIJEGEMEN
STAY CONNECTED
POKAGON.COM

Débéwéthék
Parent Group

February is American Heart Awareness Month

Heart disease is the leading cause of death in the United States. There are more than 600,000 deaths due to heart disease each year. The term heart disease refers to many types of heart conditions. The most common type is coronary artery disease, and this can cause heart attacks. Other types of heart disease may involve the valves in the heart, or the heart may not pump well and cause heart failure.

Anyone, even children, can develop heart disease. When a substance called plaque builds up in your arteries, this can cause narrowing and reduction in blood flow. Smoking, eating an unhealthy diet, and not getting enough exercise all increase your risk for having heart disease. Other risk factors are having high blood pressure, high cholesterol, and diabetes.

Symptoms of heart disease can vary depending on the type of heart disease. Chest discomfort or heart attacks are often the first signs that people may notice. There are several symptoms associated with a heart attack:

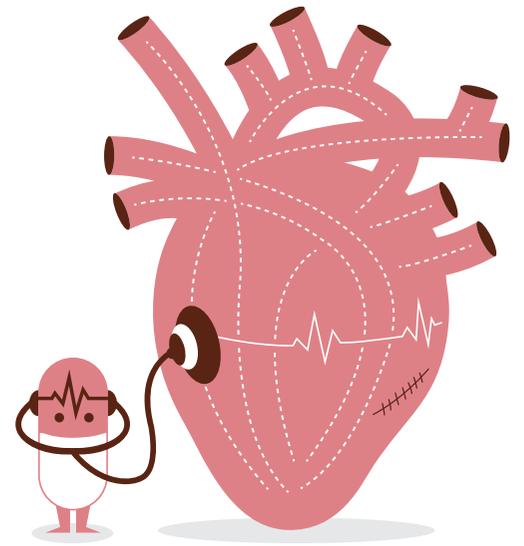
- Chest pain or discomfort that does not go away after a few minutes.
- Pain or discomfort in the jaw, neck, or back
- Weakness, light-headedness, nausea (feeling sick to your stomach), or a cold sweat.
- Pain or discomfort in the arms or shoulder.
- Shortness of breath.

If you think that you or someone you know is having a heart attack, call 911 immediately.

Heart disease can be diagnosed by your doctor through several tests. Some of the tests include a chest X-ray, coronary angiograms, electrocardiograms (ECG or EKG), and exercise stress test. Talk with your doctor about what tests might be right for you.

Help decrease your risk of heart disease:

- Don't smoke. Pokagon Health Services Behavioral Health Program has programs and support to help you quit smoking. Contact them today at (269) 782-4141.
- Maintain a healthy weight. Access PHS's Wellness Center and dietician for help with weight management.
- Eat a healthy diet. PHS's dietician can meet with you to discuss what a healthy diet looks like for you.
- Exercise regularly. Visit the PHS Wellness Center to help you meet your exercise goals.
- Prevent or treat your health conditions, especially high blood pressure, high cholesterol, and diabetes.
- Getting the right amount of sleep. Most healthy adults should get between seven and nine hours of sleep a night. Children and teens need even more. Getting too much or not enough sleep puts you at increased risk for heart disease. Sleep quality should also be measured. Signs of poor sleep quality include not feeling rested even after getting enough sleep, repeatedly waking up during the night, and experiencing symptoms of sleep disorders (snoring or gasping for air).



- Keeping your stress under control. Stress is a normal part of life, but if left unmanaged, stress can lead to heart disease, high blood pressure, chest pains, or irregular heartbeats. Talk with your health care provider about ways to help manage stress.

Treatment of heart disease can be lifestyle changes, such as those listed above. Your doctor may also prescribe you medication to treat the disease. Talk with your doctor about the best ways to reduce your heart disease risk.



One Story (Ngot Yajmowen)
Tuesdays with Morrie by Mitch Albom
+ Effie's Image by N.L. Sharp
Events/Activities 2018

One Story is a grassroots, culturally-based program that unites communities through sharing personal experiences. One Story partners currently include the Pokagon Band of Potawatomi, City of Dowagiac, Dowagiac Area History Museum, Dowagiac District Library, Dowagiac Union Schools, Ferris State University Southwest Region, and Southwestern Michigan College.

In 2017, as we explored "A Sense of Place," we discovered that our sense of place is not always based on a physical location but may occur because of the people around us and the relationships we form. With this thought in mind, the theme of 2018 is "Connecting Generations." The events and activities for the season will provide a fun platform for people of all ages to come together to share, learn, and grow.

This year's featured book is *Tuesdays With Morrie* by Mitch Albom. The author shares the story of how reconnecting with his elderly former professor blessed him with valuable lessons about life and relationships and even helped him redefine his definition of success. Our supplementary selection is a picture book, *Effie's Image* by N.L. Sharp. Eighty-two year-old Effie Armstrong finds renewed purpose and joy in life due to the wisdom and guidance of her young neighbor.

onestoryread.com

DOWAGIAC AREA HISTORY MUSEUM Finding Our Stories
Saturday, February 24 | 1:00 pm | Dowagiac Area History Museum

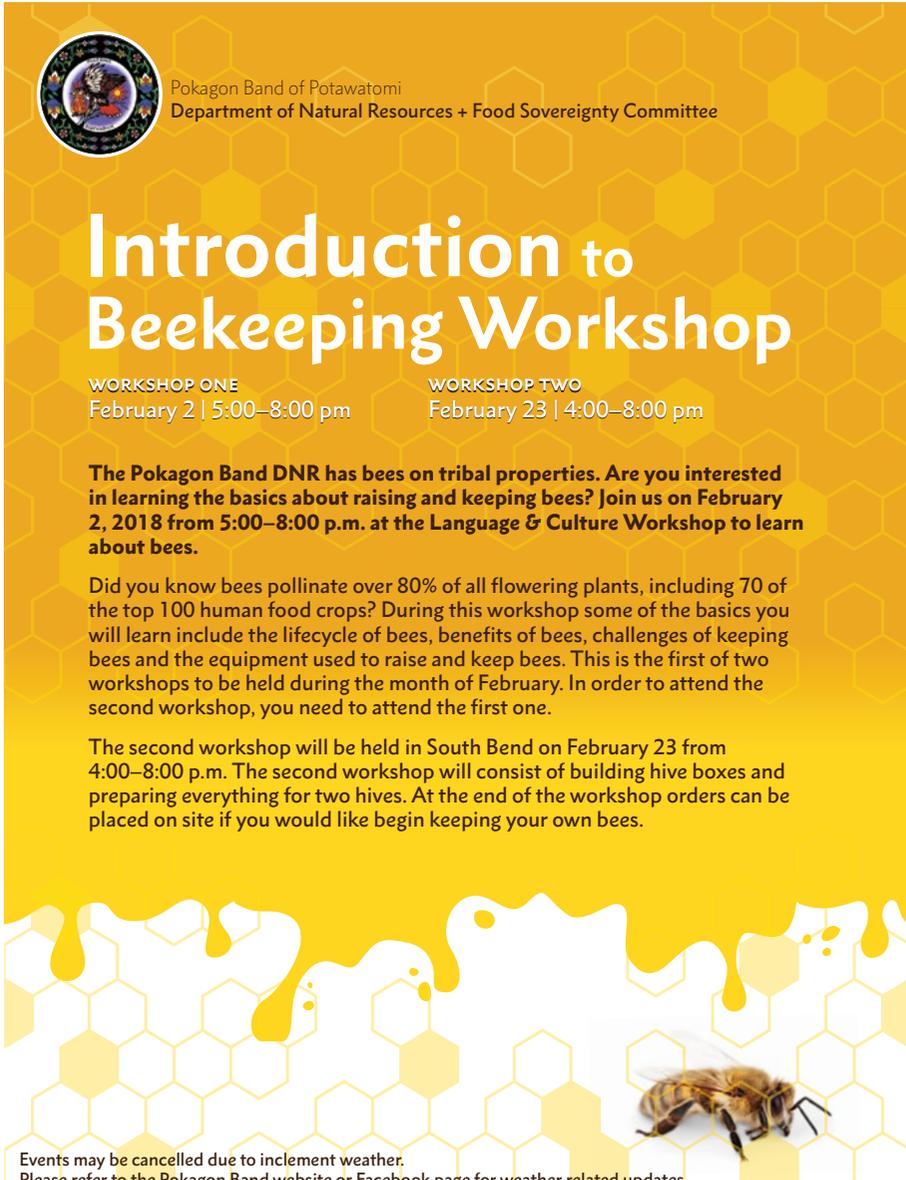
Not all elders are aware of the value of their lives to the next generations. The tools to reveal these riches of experience and wisdom, as well as share them, will be the topic explored by Terri Moore, Museum Volunteer. Similar to *Tuesdays with Morrie*, her "Fridays with Arlys" led her to discover effective techniques to connect with individuals, whether family members, friends, neighbors, co-workers, or even strangers. In an interactive session, attendees will have an opportunity to share their own successes and try some of these skills.

SMC Why Are the Numbers On Grandma's Phone So Big? A Panel Discussion on Aging
Thursday, March 8 | 1:00 pm | Southwestern Michigan College Theatre in the Dale A. Lyons Building

Tensions between young and old in society have always existed, but in a period of time when technology sometimes seems to accelerate the growing gap between the generations, what are the effects on both groups? What are the new opportunities for connection? What are the realities behind some of our perceptions? Faculty from various disciplines, from health care to philosophy, will discuss issues related to aging, generations, and technology during this interactive forum.

POKAGON BAND Gwikwé'amen: Connecting Generations
Saturday, March 17 | 11:00 am | Pokagon Band Community Center

One Story and the Pokagon Band Early Childhood Education program invite you and your family to create a variety of crafts based on the medicine wheel teachings. These will be given as gifts of appreciation to Elders in our community. Enjoy complimentary copies of *Tuesdays with Morrie* and *Effie's Image*, as well as other giveaways. Salad, soup, and sandwiches will be provided.



Pokagon Band of Potawatomi
 Department of Natural Resources + Food Sovereignty Committee

Introduction to Beekeeping Workshop

WORKSHOP ONE
 February 2 | 5:00–8:00 pm

WORKSHOP TWO
 February 23 | 4:00–8:00 pm

The Pokagon Band DNR has bees on tribal properties. Are you interested in learning the basics about raising and keeping bees? Join us on February 2, 2018 from 5:00–8:00 p.m. at the Language & Culture Workshop to learn about bees.

Did you know bees pollinate over 80% of all flowering plants, including 70 of the top 100 human food crops? During this workshop some of the basics you will learn include the lifecycle of bees, benefits of bees, challenges of keeping bees and the equipment used to raise and keep bees. This is the first of two workshops to be held during the month of February. In order to attend the second workshop, you need to attend the first one.

The second workshop will be held in South Bend on February 23 from 4:00–8:00 p.m. The second workshop will consist of building hive boxes and preparing everything for two hives. At the end of the workshop orders can be placed on site if you would like begin keeping your own bees.

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

Annual Round Dance welcomes visitors and community members

The Annual Pokagon Round Dance was held on Saturday, December 9 at the Mendel Center located in Benton Harbor, Mich. The event kicked off with a prayer by citizen Carl Wesaw, Pokagon Veteran. The feast was in honor of our ancestors and the spirits who would be joining the festivities throughout the night. Pokagon elder Donald Sumner, shared kind words and sentiments for our gathering. Séma (tobacco) was then passed to the singers and staff for prayers before offering them the pwagen (pipe) so they could be

raised up and received on our behalf.

The singing and dancing commenced with many singers and dancers traveling in locally and also from as far as Saskatchewan, Canada. Local Pokagon singers included John T. Warren, Marcus Winchester, Jason S. Wesaw, and Todd Miller, to name a few. Our invited staff included veterans Carl Wesaw and McKinley Greer, Little Miss Pokagon Sydney Olson and Little Mr. Pokagon Logan Spence, our emcee Gordan Sands, stickman Joe Syrette, and pipeman Donald Summers.

The night ended with an apple dance to provide nourishment to the dancers and singers who had sung all night and a community giveaway lead by Pokagon citizens offering gifts to our visiting guests.

Kthè migwèth to everyone who came to support, participate, and facilitate this growing community event.



Don't miss the Michigan Indian Elders Association Student Incentive Program

Every year the Michigan Indian Elders Association (MIEA) recognizes students in first through 12th grade who achieve perfect attendance and students with straight A's in fourth through 12th grade. The student can qualify for both the perfect attendance and straight A's for both marking periods. The Pokagon Band Elders Council will again this year match each Pokagon student's awards from the Michigan Indian Elders Association. Applications are now available on the Michigan Elders Association website (michiganindianelders.org/student.php) or you can pick up an application at the Education Department in the Administration Building, 58620 Sink Rd., Dowagiac, Mich.

A parent must complete and sign the Student Incentive Program Application Form in order for the student to qualify for an award. The deadline is March 15 at 5:00 p.m. Address to mail application is on the form, and results will be announced in April at the MIEA conference.



For more information, visit michiganindianelders.org/student.php

Quillwork Workshop enhances skills of community artisans



Several artists returned for the tribe's second quillwork workshop to continue honing the art of quillwork and to complete larger projects, while several community members came to learn quillwork for the first time.

Four new students attended classes consistently and were able to complete projects like earrings, medallions and bracelets.

Lindsey Williams crafted a new set of quill pieces at the workshop. She made her red necklace, earrings, hairclip and

bracelet to match the regalia she wears when dancing at pow wows.

Christine Morseau started her ambitious project of a quillwork purse at the workshop and also completed a matching bracelet and earrings to wear when dancing at pow wows.

Christine and Lindsey have been in our quill work class since the very beginning.



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.

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

2018

February 21	May 16	August 15	November 14
March 21	June 20	September 12	December 12
April 18	July 18	October 17	

5:30–7:30 pm | Head Start

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

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Pokégnek Bodéwadmik | Pokagon Band of Potawatomi
Pokagon Health Services

Breastfeeding Classes

March 8 + August 23 | 1:00 – 4:00 pm
Pokagon Health Services
Multi purpose Room

PHS is holding two breastfeeding classes this year and they are open to anyone, including grandmothers, grandfathers, parents, etc., who would like additional information regarding breastfeeding. The class will cover the importance of breastfeeding, benefits, studies, the how to and much more.

Everyone who completes the program will receive a free Pack 'n Play. Space is limited so you must RSVP to attend.



RSVP to Elizabeth Leffler at (269) 462-4406 office or contact her for more information.

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

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Mko gizes Fe

Nëm'e gizhëk SUNDAY	Ngot gizhëk MONDAY	Nizh gizhëk TUESDAY	Aptë gizhëk WEDNESDAY
<p>L&C Regalia Workshop L&C Finger Weaving Workshop</p> <p style="text-align: right;">4</p>	<p>Circuit Training Day Language Class Elders Health and Wellness Circuit Training Beginners Yoga Auricular Acupuncture Zumba Znëget 1, Znëget 3, Nithansêk + Penothésêk Language Classes</p> <p style="text-align: right;">5</p>	<p>Lean Lunch Afterschool Program Tone Up! Penothésêk Language Class Adult Language Class: Dowagiac</p> <p style="text-align: right;">6</p>	<p>Circuit Training Elders Health and Wellness Circuit Training Neshnabé Mbokén Znëget 2 Intermediate Men and Boys Drumming</p>
<p style="text-align: right;">11</p>	<p>Circuit Training Day Language Class Elders Health and Wellness Circuit Training Beginners Yoga Auricular Acupuncture Zumba Znëget 1, Znëget 3, Nithansêk + Penothésêk Language Classes</p> <p style="text-align: right;">12</p>	<p>Lean Lunch Afterschool Program Tone Up! Penothésêk Language Class Adult Language Class: Dowagiac</p> <p style="text-align: right;">13</p>	<p>Circuit Training Elders Health and Wellness Circuit Training Znëget 2 Intermediate</p>
<p style="text-align: right;">18</p>	<p>Circuit Training Day Language Class Elders Health and Wellness Circuit Training Youth Talking Circle Beginners Yoga Auricular Acupuncture Zumba Znëget 1, Znëget 3, Nithansêk + Penothésêk Language Classes</p> <p style="text-align: right;">19</p>	<p>Lean Lunch Afterschool Program Tone Up! Penothésêk Language Class Adult Language Class: Dowagiac</p> <p style="text-align: right;">20</p>	<p>Circuit Training Elders Health and Wellness Healthy Lunch Circuit Training Znëget 2 Intermediate Débénwéthêk Parent Men and Boys Drumming MIFO Training</p>
<p>L&C Regalia Workshop L&C Finger Weaving Workshop</p> <p style="text-align: right;">25</p>	<p>Circuit Training Day Language Class Elders Health and Wellness Circuit Training Beginners Yoga Auricular Acupuncture Zumba Znëget 1, Znëget 3, Nithansêk + Penothésêk Language Classes</p> <p style="text-align: right;">26</p>	<p>Lean Lunch Afterschool Program Tone Up! Penothésêk Language Class Adult Language Class: Dowagiac</p> <p style="text-align: right;">27</p>	<p>Circuit Training Elders Health and Wellness Circuit Training Znëget 2 Intermediate</p>

February 2018

WEDNESDAY	Nyéw gízhëk THURSDAY	Nyano gízhëk FRIDAY	Odankè gízhëk SATURDAY
	1 PALS (Play and Learn Social) Lean Lunch Men's Sweat Lodge Adult Language Class: South Bend Potawatomi 201	2 Circuit Training Elders Health and Wellness Circuit Training Beekeeping Workshop	3
7 Wellness Adult Language Group Meeting	8 Lean Lunch Adult Language Class: South Bend Potawatomi 201	9 Circuit Training Elders Health and Wellness Circuit Training Family Movie Night: <i>Happy Feet</i>	10 Tribal Council Meeting L&C Snowshoe Hike
14 Wellness Adult Language	15 Lean Lunch Potawatomi 201 Adult Language Class: South Bend	16 Circuit Training Elders Health and Wellness Circuit Training L&C Community Forum Pidro Card Night	17
21 Wellness Adult Language Group Meeting	22 PALS (Play and Learn Social) Lean Lunch Potawatomi 201 Adult Language Class: South Bend	23 Circuit Training Elders Health and Wellness Circuit Training Beekeeping Workshop	24 Youth Lock-In
28 Wellness Adult Language	mar 1 PALS (Play and Learn Social) Lean Lunch Men's Sweat Lodge Adult Language Class: South Bend Potawatomi 201	mar 2 Circuit Training Elders Health and Wellness Circuit Training Wild Game Dinner	mar 3

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



DEPARTMENT OF EDUCATION

Elders Health + Wellness

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

Chair aerobics

Whether seated, supported by a chair or standing free, participants engage in strength training, flexibility, and balance exercises while benefiting from a cardio workout.

Cardio drumming

Express yourself, release stress and aggression, and sweat and sing along. Anybody can do it, there is no right or wrong way to do cardio drumming. Standing or sitting cardio drumming is for everyone. All classes are to accommodate to our Pokagon Elders

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Pokagon Band of Potawatomi
Department of Language & Culture + PHS Wellness Center

Snowshoe Hike + Sugar Bush

February 10
2:00 pm – 4:00 pm
Rodgers Lake Pavilion
58620 Sink Road :: Dowagiac, MI 49047

Join the Department of Language and Culture and the PHS Wellness Center for a short snow shoe hike to collect sap from our maples at the Rodgers Lake pavilion to help with our sugar bush collection.

Hot cocoa and a light snack will be provided afterwards

Snow shoes may not fit children younger than age 8, but are welcome to still come on the short hike to help collect sap. Please **RSVP** to Rebecca Williams 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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DRUM CLASSES

Department of Language and Culture | 6:00 pm – 8:00 pm
59291 Indian Lake Road, Dowagiac, MI 49047

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.



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	March	May
Sunday, January 7 Sunday, January 21	Sunday, March 4 Sunday, March 18	Sunday, May 6 Sunday, May 20 (last class potluck and feast)
February	April	
Sunday, February 4 Sunday, February 25	Sunday, April 8 Sunday, April 29	

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 or Facebook page for weather related updates.

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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: _____



Pokagon Band of Potawatomi
Pokagon Health Services

HEALTHY LUNCH

Join Marcy Herbert, Pokagon Band dietician, for a healthy lunch Wednesday, February 21 as she discusses topics around nutrition.

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

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

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End the paycheck-to-paycheck epidemic

Most working people do want to save money. The reality is that that many people are struggling with paying rent and putting gas in their car, so saving money becomes just a luxury that they cannot afford. By the time the month is over, there's nothing left in the bank account to save.

Month 1

Open a savings account and deposit \$5.

Getting started is an extremely important first step. Roll your quarters if you have to! Starting small may not seem worth it, but everyone has to start somewhere!

Month 2

This month we want you to save \$45 in your savings account.

Don't let the amount scare you! Remember, whether you get paid weekly or bi-weekly, you can make it affordable by spreading the total dollar amount out over the course of all paychecks to equal your monthly goal.

Minimum deposit:

Weekly = \$11.25 per paycheck

Bi-weekly = \$22.50 per paycheck

Month 3

For this month, deposit \$60 in your account.

Minimum deposit:

Weekly = \$15.00 per paycheck

Bi-weekly = \$30 per paycheck

Month 4

For this month, deposit \$75 in your account.

Minimum deposit:

Weekly = \$18.75 per paycheck

Bi-weekly = \$37.50 per paycheck

Month 5

For this month, try to deposit \$85 in your account.

Minimum deposit:

Weekly = \$21.25 per paycheck

Bi-weekly = \$42.50 per paycheck

Months 6 – 12

For months 6–12, deposit \$100 in your account. It seems lofty, but will be well worth it by the end of the year.

Minimum deposit:

Weekly = \$25 per paycheck

Bi-weekly = \$50 per paycheck

If you deposit your monthly goal, your year-end savings account balance will be \$970. Don't stop there! We encourage you to continue to save!

Year 2

It's important to continue saving at least \$100 each

month. If you can afford to deposit more, GREAT!

Use your regular paycheck for living expenses and deposit any extra money you make outside of this weekly or bi-weekly paycheck schedule into your savings account.

Remember those windfall moneys we mentioned in a prior posting? Lottery winnings, tax returns, bonuses, and extra paychecks all can be deposited and add to your total savings!

Chi Ishobak is only a phone call away. Call us at (269) 783-4157. We can help you put your

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



Pokagon Band of Potawatomi
Department of Social Services

Kids Club

MONDAY EVENINGS FEBRUARY 4–APRIL 2

Kids Club is a weekly program for children ages 6–12 who have seen family violence. Kids are able to meet with a small group of kids with similar experiences to share feelings and express themselves through planned activities. We help them recognize what they are feeling and learn that mean and hurtful behavior is not okay. Topics range from recognizing feelings, defining violence, fears and worries, family relationships, and creating a safety plan.

Kids Club meets at the Department of Social Services.

If you have any questions, contact Casey Kasper at (269) 462-4324 or casey.kasper@pokagonband-nsn.gov.

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



Pokagon Band of Potawatomi
Department of Education | Early Childhood Education

PALS

Play and Learn Social

Every first + every third Thursday
9:30 am – 11 am
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 rorvis@gmail.com for more information.



Débéwéthék
Parent Group

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

Per Capita Payment Requires Current Address

According to the Pokagon Band Revenue Allocation Plan, if a Pokagon citizen does not have a correct mailing address on file with the Enrollment Office, the Band will hold that citizen's per capita payment. As of December 1, 2017, the Band is enforcing that section of the RAP.

This applies regardless of whether your payment is directly deposited or applied to a pay card. Once you update your address, you'll receive any accumulated payments that have been held with the next regularly scheduled per capita distribution. Per Capita deadline dates still apply.

If your address is current and up-to-date with the Enrollment Office, your per capita payments will continue uninterrupted.

You can update your address with the Enrollment department with one of the following methods:

1. Use the Self-Service Address Change at www.pokagonband-nsn.gov/citizens/enrollment. Select Change of Address form and or Minor Change of Address form.

2. Send an email to Beth.edelberg@pokagonband-nsn.gov requesting your address be changed from the old address (include old address) to your new address (include tribal id number, name, new address, phone number, and list any minor children).
3. Mail in completed change of address forms and supporting documentation to the Enrollment Office at 58620 Sink Road, Dowagiac, MI 49047.
4. Fax the change of address forms and supporting documentation to (269) 782-1964.
5. Visit the Enrollment Office located in the Administration building at 58620 Sink Road, Dowagiac, MI 49047.

Phone address updates are not accepted. If you have any questions, please call (269)782-8998.

Jeri Ellen Blender
 Scott Alan Brewer Jr.
 Bobbie Jo Call
 Katherine Allison Carlton
 Cristian Michael Cobb
 Alexander Jacob Duddy
 Carlin Michael Elrod
 Stephanie Marie Empson
 Laura Lynn Fraley
 Mathew Duane Garza
 Steffan Kyle Gonzalez
 Steven Duane Hall

Francine Lee Hamilton
 Seth William Hargett
 Tylynn Mae Harmon
 Bobby Marcus Haynes Jr
 Thomas Richard Hernandez
 Katelyn Ann Hoggatt
 Zachary Taylor Huffman
 Patricia Ann June
 Danielle Jo Kruithoff
 Charles Howell Wesaw Mersereau
 James Earl Morris Jr
 Samuel Joseph Olds

Joyce Rose Olsen
 Barbara Ann Pake
 Trevor Brandt Pennington
 Cody Shane Phillips
 Christopher George Ramirez
 Peter John Ramirez
 Jasen Bryce Rider
 Shane Roy Rummage
 Daniel Noah Ten Bears Sanderson VIII
 Naomi Sundance Sanderson
 Kevin William Schrouder
 Dakota James Skinner

Aaron Michael Spaulding
 Grant Vincent Springer II
 Taylor Brianne Tabaszewski
 Mark Allen Topash
 Steven Charles Trudeau I
 Arthur Lloyd Watson Jr
 John Dylan Watson
 Louis Elias Wesaw
 Grayson Vaughn Wiggins
 Keith Jack Wilkinson
 Thomas James Winchester
 Steven Michael Winters

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
- Mno Bmadsen Board
- Pokagon Rights

Leadership & Supervisor Training

January - March 2018

<u>SOUTH BEND CASINO</u>	<u>SOUTH BEND CASINO</u>	<u>SOUTH BEND CASINO</u>
Wednesday February 7 th	Thursday February 8 th	Friday February 9 th
Leadership 2 9a-12p	Conflict Management 9a-4p	Leadership 6 9a-12p
Leadership 5 1p-4p		Leadership 8 1p-4p

<u>NEW BUFFALO</u>	<u>NEW BUFFALO</u>	<u>NEW BUFFALO</u>
Monday February 26 th	Tuesday February 27 th	Wednesday February 28 th
Leadership 2 9a-12p	Conflict Management 9a-4p	Leadership 6 9a-12p
Leadership 5 1p-4p		Leadership 8 1p-4p

<u>SOUTH BEND CASINO</u>	<u>SOUTH BEND CASINO</u>	<u>SOUTH BEND CASINO</u>
Tuesday March 27 th	Wednesday March 28 th	Thursday March 29 th
Leadership 2 9a-12p	Conflict Management 9a-4p	Leadership 6 9a-12p
Leadership 5 1p-4p		Leadership 8 1p-4p

All staff are welcome to attend; fill out a Training/Payment Request Form and get your manager's approval to enroll. You may be required to take the course on your own time. Please contact the Training Coordinator at x5234 to enroll.

monday

tuesday

wednesday

thursday

friday

Elders Lunch Menu | Mko gizes February

february

5 **language**

Buffalo Spaghetti and Meatballs
Mixed Vegetables
Garden Salad
Garlic Breadsticks
Dessert

12 **language**

Ham in Scalloped Potatoes
Zucchini and Squash Salad
Fresh Fruit
Whole Grain Roll

19 **language**

Bean Soup
Turkey and Cheese on Whole Wheat
Veggie and Relish Tray
Banana Pudding

26 **language**

Buffalo Vegetable Barley Soup
Egg Salad Sandwich
Veggie and Relish Tray
Tomato Salad

6

Smoked Salmon
Sweet Potatoes
Brussels Sprouts
Coleslaw
Whole Grain Roll

13

Marinated Pork Chops
Mashed Potatoes and Gravy
Garden Salad
Green Beans
Whole Grain Roll

20

Beef Roast
Red Potatoes
Carrots
Cucumber Salad
Roll

27

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

7

BBQ Chicken
Spanish Rice
Garden Salad
Cornbread

14

Tortilla Crusted Tilapia
Rice Pilaf
Cottage Cheese and Fruit
Blueberry Pie
Whole Grain Roll

21

Swedish Meatballs
Mashed Potatoes and Gravy
Asparagus
Ambrosia Salad
Roll

28

Tuna Casserole
Broccoli
Jell-O W/ Fruit
Corn Bread

8

Pork Roast
Potatoes
Carrots
Cucumber Salad
Whole Grain Roll

15

Buffalo Sloppy Joes
Baked Chips
Fruit Salad
Veggie and Relish Tray

22

Chicken Noodle Soup
Pinwheel Sandwiches
Garden Salad
Pickle Tray
Fresh Fruit

9

Sausage, Cabbage, Onions, and Red Potatoes
Strawberries
Garden Salad
Whole Grain Roll

16 **valentine social party**

Chicken, Broccoli Alfredo
Red Potatoes
Bruschetta
Garden Salad
Strawberry Shortcake

23

Smoky Applewood Salmon
Rice Pilaf
Mixed Greens
Garden Salad
Roll

1 **business meeting**

Chicken
Potato Salad
Baked Beans
Fruit Salad
Birthday Cake
Whole Grain Roll

2

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



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 2017	Monthly Per Cap
Scott Brewer, Jr	x	x
Cristian Cobb	x	x
Mason Currey	x	x
Ian Deloach	x	
Brett Gibson		x
Bobby M. Haynes, Jr	x	
Austin L. Northrup	x	x
Jeffery Morseau		
Peter J. Ramirez	x	
John Watson	x	

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

Attention 18 to 20 Year Olds | Per Capita Information

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

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

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

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

The document must be received by February 15 in order to make it on the March 2018 check run. Anything received after February 15 will be processed on the check run for April 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.

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

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
Thurs, November 8, 2018*	Tuesday, November 20, 2018	Wed, November 21, 2018
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 your bank as long as the test-run is error-free.

PNC Paycard

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

Federal Tax Withholding

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

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

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

Tribal Council February Calendar of Events

- 5 Tribal Council Special Session Meeting, Administration, 10 a.m.
- 6 Gaming Authority Closed Session, Four Winds New Buffalo, 10 a.m.
- 10 Tribal Council Meeting, Community Center, 10 a.m.
- 12 Tribal Council Special Session Meeting, Administration, 10 a.m.
- 13 Gaming Authority Closed Session, Four Winds New Buffalo, 10 a.m.
- 19 Tribal Council Special Session Meeting, Administration, 10 a.m.
- 20 Gaming Authority Closed Session, Four Winds Hartford, 10 a.m.
- 26 Tribal Council Special Session Meeting, Administration, 10 a.m.
- 27 Gaming Authority Closed Session, Four Winds New Buffalo, 10 a.m.

Tribal Council March Calendar of Events

- 5 Tribal Council Special Session Meeting, Administration, 10 a.m.
- 6 Gaming Authority Closed Session, Four Winds New Buffalo, 10 a.m.
- 10 Tribal Council Meeting, Community Center, 10 a.m.
- 12 Tribal Council Special Session Meeting, Administration, 10 a.m.
- 13 Gaming Authority Closed Session, Four Winds New Buffalo, 10 a.m.
- 19 Tribal Council Special Session Meeting, Administration, 10 a.m.
- 20 Gaming Authority Closed Session, Four Winds Hartford, 10 a.m.
- 24 Annual Membership Meeting, LMC Mendel Center, 10 a.m.
- 26 Tribal Council Special Session Meeting, Administration, 10 a.m.
- 27 Gaming Authority Closed Session, Four Winds New Buffalo, 10 a.m.

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

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

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

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



Pokagon Band of Potawatomi
Department of Language & Culture



Join the Department of Language and Culture for

PIDRO CARD NIGHT

FRIDAY FEBRUARY 16 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 or Facebook page for weather related updates.

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Baby Celebration



APRIL 21 10:30 AM – 1:30 PM
POKAGON COMMUNITY CENTER

The **Departments of Natural Resources, Education + Pokagon Health Services** invite you to honor the newest members of our tribe at our annual Baby Celebration.

Families that have welcomed babies born January 2017 through March 2018 are asked to **RSVP by May 1**. Babies will receive recognition and a small gift followed by a community feast in their honor.



RSVP at our website or by calling
Autumn Laraway at (269) 462-4327.





Mko gizes February Citizen Announcements



Happy Birthday Addison! Love, Mom, Dad, and Pickles



Happy Birthday Mac! Love, Grandma, Grandpa, Uncle Ryan and Kensi



Happy Birthday Jason! Love, Mom and Dad

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



SATURDAY FEBRUARY 24 | 8:30 PM

ages 12-18 • all tribal youth can bring one non-tribal friend • dinner provided saturday night 6 pm at community center • breakfast sunday morning • key note presenter: christian parrish aka supaman • activities include swimming, rock climbing, basketball tournament, dodge ball, volleyball, finger weaving, bead work, hand drum contest/talent show

**SHERMAN LAKE YMCA
EVENT & RETREAT CENTER**

6225 North 39th Street Augusta, MI 49012

RSVP at www.pokagonband-nsn.gov/form/annual-lock-registration.
Transportation is available from the community center to the Lock In venue.
Bus leaves at 7:00 pm following dinner.
Title IV sponsored.

for more information, please contact daniel stohrer at (269) 462-5844



Pokagon Band of Potawatomi
Department of Language & Culture

Join the Department of Language and Culture for a

Finger Weaving Workshop

During the series of regalia classes which will take place from January through May we will do a breakout workshop led by Frank Barker to learn finger weaving by making hat bands. There is a class limit of 15 people.

Please contact Nicole Holloway or Language & Culture to sign up.

FEBRUARY 4 + FEBRUARY 25
12:00-5:00 PM LANGUAGE & CULTURE

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

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POKÉGNEK BODÉWADMIK | POKAGON BAND OF POTAWATOMI
DÉBÉNWÉTHÉK PARENT GROUP



FAMILY MOVIE NIGHT

Want to wear your pajamas and snuggle up with the kids for a Family Movie Night at the community center? Bring pillows and blankets to enjoy *Happy Feet* and munch on popcorn! For anyone not watching the movie, there will also be fun board games!

Friday, February 9  7:00 pm
Community Center

Débénwéthék
Parent Group


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