



POKÉGNEK YAJDANAWA

THE POKAGONS TELL IT

Kché Mko gizes January 2018

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2018 Healthy Lifestyles Kick Off

Seeking input from moms, dads, grandparents, and caregivers of Pokagon youth

We are seeking input from anyone who has involvement with Pokagon youth to join a talking circle to share knowledge and insight on how to continue to serve our youth.

- What activities do you want our youth to be a part of?
- What has the tribe done that you would like to see done again for our youth?
- What prevents your youth from participating? (location, transportation, etc)
- How can all four generations come together to serve our youth?

Please join us for the discussion on January 22, 5–6 p.m, at the Language and Culture Building, 59291 Indian Lake Rd. Dowagiac, MI. 49047. Door prizes will be given for those who attend. If you aren't able to attend, feel free to offer suggestions by calling or e-mailing Daniel Stohrer, Youth Services Coordinator, (269) 462-5844 or Daniel.Stohrer@PokagonBand-nsn.gov. Migweth!



Potawatomi learners: check out the writing system

The Potawatomi Language Program has adopted and will be using an established learners writing system. The writing system, seen below, identifies letters that have a consistent sound to them.

“Mainly we are focusing on the marked ‘e’s’ and the ‘th’ and ‘tth,’” said Rhonda Purcell, language coordinator.

According to Purcell, adopting this Potawatomi writing system acknowledges and honors the work that Jim and Mary Jane Thunder have done in establishing a Potawatomi alphabet and writing system, when for many centuries the language was only learned through speaking. Jim and Mary Jane and their family spoke Potawatomi as children and learned English later, as a second language.

The Thunders are among the last remaining first language Potawatomi speakers. The story of how they established this writing system is fascinating.

“Jim had tuberculosis as a child, and was sent away to recover at a sanatorium,” said Language Specialist Carla Collins. “His dad never spoke English, so when they wrote letters to family while recovering, they wrote in Potawatomi. So their separation created the need to develop a writing system.”

The Thunders have dedicated the second halves of their lives to teaching Potawatomi people how to speak their language. Pokagons Kyle Malott and Collins were apprenticed by the Thunders in Forest County,

Wisconsin for four years, and they used this writing system during their language apprenticeships. When the two returned to Dowagiac in April, they recommended the Pokagon language program implement this system. Forest County and Hannahville Indian communities also use this system.

“The marked ‘e’s’ are what makes a difference,” said Purcell. “Every word has an ‘e’ in it, but they each have a different sound, so it changes the meaning. Learners will definitely do better because of this system. This one will last.”

Look for examples of this writing system in signs and other materials throughout the Pokagon community.

							th	tth
e	é	ë	è	ê	i	a	j	ch

Veterans journey near and far to represent Pokagon Band



A number of veterans attended the regional Emmy awards ceremony on December 2 in Chicago. They were there representing native veterans featured in *The Untold Story*, a documentary focusing on the first ever National Gathering of American Indian Veterans in 2015, which was nominated by the Chicago/Midwest Chapter of the National Academy of Television Arts and Sciences for Outstanding Achievement for Documentary Programs – Cultural. Joe Palosek, a native veteran in Chicago, produced the documentary, which aired on PBS.

“Although we did not win, Joe did make sure that we got highlighted in interviews where I was able to mention our names,” said Roger Williams, pictured with the producer on the red carpet.

Then, 13 veterans flew to Hawaii on December 5 to participate in the 76th annual Pearl Harbor Day commemoration.

“We’ve been talking about this for years, but we just didn’t have the funds to do it in the past,” said Anthony Foerster, Pokagon veteran Eagle Staff carrier. “It was a pretty somber occasion. Some survivors come back each year, although their numbers are dwindling. There were many ceremonies, remembrances for ships and submarines. We developed a camaraderie with the native Hawaiians.

“We were the first native color guard to march in the Pearl Harbor Memorial Parade. We were very welcomed by the Hawaiians; we felt like rock stars. The crowd was really cheering for us.”

The group took a tour of Pearl Harbor, visiting the USS Arizona and USS Missouri. Pokagon Mike Wilson, a naval reservist, took part in a promotion ceremony aboard the USS Missouri in the exact same spot where Japan surrendered to the U.S. in WWII. Wilson earned the distinction of E6, a staff non-commissioned officer.

The group toured Honolulu and the island of Oahu, visiting many sites like Diamond Head, the Polynesian Cultural Center, Hanauma Bay, the Banzai Pipeline, and the Dole Plantation.

“I was personally given a special gift by the Creator and was allowed to connect with two Air Force buddies of mine that I have not seen in 60 years,” said Williams.

Finally, veterans Jerry Campbell and Anthony Foerster participated in a panel discussion regarding Native American veterans at the Ruthmere Museum “I’ll Be Home for Christmas” series December 17. It was an open panel discussion with topics ranging from what made them want to be in the military, how serving in the military is different for Native Americans, Native American history in the US Military, and their personal experiences.

2018 Special Election Notice: Removal of Proposals 2 through 5 from the ballot

The Tribal Council rescinded its approval of the special election on Proposals 2 through 5 and cancelled the special election on Proposals 2 through 5. As a result, Proposals 2 through 5 will not be on the ballot in the upcoming 2018 Special Election.

The Tribal Council did not rescind its approval of the special election on Proposals 1 and 6. As a result, the 2018 Special Election will be limited to Proposals 1 and 6. Proposals 1 and 6 will be the only proposals on the ballot.

Proposal 1 is a proposal to amend the definition of the term “gaming operation” in the Pokagon Band’s Gaming Revenue Allocation Plan. Proposal 6 is a proposal to amend Article V, Section 2 of the Constitution.

Aside from the removal of Proposals 2 through 5 from the ballot, the 2018 Special Election will occur as originally scheduled, including all deadlines. Election Day for the 2018 Special Election on Proposals 1 and 6 remains January 13, 2018.

If you have any questions about this notice, please contact the Election Board clerk at (888) 782-9475.

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

Addiction does not discriminate

One citizen's story of unexpected addiction to the nation's deadliest drug

Jacob Miller remembers the first time he ever tried an opiate—a small, white Vicodin pill offered to him at a high school party.

“I fell in love with that opiate feeling, that down, relaxed feeling. I don't know, different drugs are for different people, and opiates was for me.”

He was sixteen and addicted. He dabbled in morphine and Percocet next before snorting heroin for the first time. A couple months later, at age 18, Jacob injected heroin with a needle.

“At that point, it really took over.”

For the next six years, Jacob's daily goal was to get high, and heroin is what took him there.

That party where Jacob tried his first opiate was not unique from others he frequented. At the time, Jacob drank and smoked weed with friends at parties like these often. He wasn't looking for hard drugs, but eventually, they came up.

“Eventually someone's like, ‘You want to try one of these? Try one. If you like them, I'll sell you a couple,’” Jacob said. “When you're around that drinking and smoking crowd, it comes up.”

Most adolescents, like Jacob, who misuse prescription pain relievers get them for free from a friend who doesn't realize its danger, according to a 2016 study by the American Society of Addiction Medicine. That same study revealed that four in five new heroin users started out misusing prescription painkillers.

If you would have told Jacob at 14 when he was popping Vicodin that in a few years he would be a heroin addict, he wouldn't have believed it.

“Nobody ever does,” he says. “Nobody thinks when they're just drinking and smoking weed with their friends...that they'll eventually be a heroin addict. It can happen though, and it can happen very quickly.”

Jacob believes he was immediately addicted to heroin after snorting it once. His pill sampling shifted to this new substance, it became his addiction, and he could no longer break free by his own struggle.

Heroin is cheaper and easier to access than prescription drugs, which is why many turn to it from pills, but it is immensely more dangerous. Its danger lies in its purity. On the streets, heroin is made with almost 90 percent pure opiates, meaning only 10 percent of it is made with filler ingredients. Users don't grasp this danger, and they inject more than their bodies can handle, and overdosing is the result.

“We need to identify the issues we have here, in our own backyard,” said Behavioral Health Coordinator Daun Bieda about opiate abuse in the Pokagon community. “I'm saying this because it's true. I'm saying this because it's real. I see it every day here, when I come to work.”

Jacob doesn't have a shocking story about a traumatic childhood to lay blame for his addiction. He wasn't abused; he grew up with family dinners and abundant Christmases, but still addiction found him.

“It doesn't discriminate,” Jacob says often. He watched men in suits and ties buying fixes from the same dope men he frequented, young and old. “It happens to people whether they're rich, whether they're poor, whether they're intelligent, or whether they're uneducated. It happens.”

It happened to him, but his life was far from over and his story far from finished.

Next month, read about the six years of Jacob's life spent high and on pause.



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



Marcy Davis dealt with addiction early in life because of an alcoholic parent.

“I lived through it in my own childhood, phases of it, without realizing it,” she said. “I never dreamed that it would be my own child.”

That child, Jacob, started life precariously. Born with a heart condition, Jacob's tiny heart failed when he was nine days old. He endured three open heart surgeries before his second birthday.

“Basically, they told me that they didn't think he would live, at nine days old,” Davis recalled. “It was so awful then, going through all that.”

When baby Jacob would cry inconsolably, Davis remembers seeing him turn blue, because he couldn't get enough oxygen. Sometimes his whole body would turn a blueish tint, which was terrifying for her.

Parts of that awful memory started reoccurring under different circumstances when Jacob was 18-years-old, as he abused and overdosed on heroine.

Jacob was 16 when he started taking Vicodin, Ritalin, or Adderall with groups of friends before school, said Davis. When a friend of a friend who was older told him he'd love heroine, he tried snorting it. Soon someone told him that needles were a more effective high.

“He had no anxiety around needles, because of his heart surgeries, so it wasn't hard to shoot up,” Davis said.

So began a six year nightmare of watching your only child, the person you love most in the world, put his life in danger daily abusing drugs. Jacob became one of the thousands of victims of an epidemic that has reached emergency levels in the U.S.: opiate addiction.

Davis agonized as Jacob struggled.

“I just kept thinking, ‘a person with a completely healthy heart can't survive all this drug use. How in the world is he going to live through this?’ That ran through my mind every minute. ‘I don't know if his heart can take this.’ All the time worried sick about what would happen.”

She remembers the night of his overdose, how he was foaming at the mouth, almost choking.

“All of a sudden he became conscious, and was drenched with sweat. He was saying he didn't do anything, he just fell asleep. We were trying to tell him, ‘No, that's not falling asleep. You were blue.’”

Next month hear how Marcy Davis endured the worst of her son's addiction.

One Story presents selection for 2018 program

The following was published originally in the Dowagiac Daily News and was written by Ted Yoakum. It is reprinted with permission.

After inviting members of the community to explore “a sense of place” earlier this year, next year, leaders with one of Dowagiac’s most unique education and cultural programs will be looking to bridge the divide between the generations beginning next year.

The 2018 One Story (Ngot Yajmowen) program committee hosted its annual kickoff meeting at the Pokagon Band Tribal Government offices, where members formalized plans for a series of free events that will take place throughout the community beginning in February.

The slate of talks, panels and activities will center around two books — Mitch Albom’s “Tuesdays with Morrie” and N.L. Sharp’s “Effie’s Image” — that area residents are encouraged to pick up and read over the next several months.

The theme of the fifth-annual rendition of the communitywide reading program is “Connecting Generations.”

Both Albom’s memoir and Sharp’s picture book are linked to this theme. In “Tuesdays with Morrie,” the author recounts his experiences after reconnecting with his old professor, who gives him valuable lessons about life and relationships. In “Effie’s Image,” the main character, 82-year-old Effie Armstrong, gets a new lease on life through bonding with her younger neighbor.

“It’s a nice contrast,” said Kristie Bussler, educational resource specialist with the Pokagon Band and the head organizer of the One Story program. “Morrie gives his wisdom and guidance to Mitch, while in the other story, a younger person shares her knowledge with an older woman.”

For the first time in the program’s history, the One Story committee actually came up with the theme before selecting the books, Bussler said. The program architects wanted to come with a slate of activities designed to engage both younger and older residents, both of whom have plenty of knowledge and wisdom to share with one another. “This is a way to open the door and give kids a chance to communicate with

elders, and vice versa,” Bussler said. “This is a way for the generations to understand each other, and get conversations flowing between them.”

Started in 2014, the One Story program is organized by members of various local entities, including the Pokagon Band, City of Dowagiac, Southwestern Michigan College, the Dowagiac Area History Museum, Dowagiac District Library and, new this year, the Ferris State University Southwest Region. Inspired by the National Endowment for the Arts’ Big Read program, One Story encourages people living in the greater Dowagiac area to read the same book or books while attending various events based around themes from the works.

The 2017 program — which had the theme of “A Sense of Place” — ran from February through May, with events based around the works “Images of America: Dowagiac,” by Steve Arseneau and Ann Thompson, and “I Found No Peace,” by Webb Miller.

Heat your home safely this winter

Did you know that most house fires occur in the winter, more than any other time of the year? December through March are peak months for house fires. The hours of midnight and 6 a.m. are prime for them to occur. Heating sources are one reason for an increase in home fires during the winter months. These sources can be space heaters, wood burning appliances and fireplaces, fuel burning appliances and chimneys. These, when used properly, are great ways of making your home warmer. However, if you aren’t properly and safely maintaining them, you are putting your family at risk. There are several precautions you can take to keep your family safe and warm and prevent a tragedy from happening.

Here are a few safety tips to keep your family safe:

- Keep anything that can burn at least 3 feet from any heat source. (i.e clothing, rugs, curtains, and furniture.)
- When using portable heaters make sure you avoid using extension cords and keep them away from children or pets. Also, make sure to turn them off when you leave the room or go to sleep.



- With fuel burning appliances make sure, with the use of a battery, that the shut-off mechanism is working and fill your tank with fresh fuel. Let the heater cool down first because a hot heater can start a dangerous fire.
- When using an indoor fireplace make sure to keep the fire to a smaller manageable size. Keep your chimney flue clear, clean, and annually inspected. You also want to reduce the amount of ash build up.
- Plug only one heat-producing appliance (such as a space heater) into an electrical outlet at a time.
- Extension cords should only be used temporarily.
- Do not pinch or cover electrical cords with items such as rugs

And, remember to check your smoke detectors to make sure they are in working condition.



Pokagon Band of Potawatomi
Pokagon Health Services

HEALTHY LUNCH

Join Marcy Herbert, Pokagon Band dietician, for a healthy lunch Wednesday, January 17 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.

GYANKOBJEGÉMEN
STAY CONNECTED



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Adopted Michigan natives discover home



Editor's note: Last fall, Raymond "Raybo" DeZafra and his daughter Skye Howell took a bus from Arkansas to Dowagiac to participate in Ricing Camp and see the land they believe was once home. Raybo was adopted at five-years-old from a mother he knows was native,

and is now seeking to open his sealed adoption records to discover his tribe. We will keep you posted on what Raybo discovers. Skye wrote the following reflection after their trip.

This fall, my father Raymond "Raybo" DeZafra and I returned to our homeland to visit the Pokagon Band of Potawatomi. I flew in from Texas for a conference in Denver and was able to take an extra day to travel to Dowagiac. My father rode the bus for 24 hours from Arkansas. Though our visit was short, it was incredibly moving and will stay forever in our memory. Megwetch to the DNR team and community who welcomed us.

My father was adopted away from his mother who was Potawatomi and Ottawa when he was only 5 years old in a closed adoption. The only records they have access to state that his mother was hearing impaired and poor. As an Indigenous woman with a disability during the late 50s, this was an easy reason for the government to consider her unfit to mother, in spite of living with her own mother who helped care for the four children. Raybo and his sister Betty were adopted and have not been reunited with their family and are in the process of unlocking their adoption records. We pray to one day meet the rest of our family.

We only had one day in town and took a chance on connecting with our tribal family travelling through the storm for the Ricing Camp. As we neared the community, we felt a sense of inner peace exuding from the land. We were HOME.

Although the ricing event had been officially cancelled, Jennifer Kanine, director of the Department of Natural Resources, and her team welcomed us with open arms to join in and learn about the process of ricing. We shared in laughter, food and fellowship for a few hours.

Our homecoming was unforgettable to us and will be forever held in our hearts. After the visit, we viewed the pow wow grounds and listened to the birchwood trees whisper the secrets of our elders. We plan to come back annually for the pow wow in September.

Since our return home, I have been inspired to work with our local Indigenous community to increase relationships and support for Indigenous students

within my role at Austin Community College. I look forward to a continued relationship with the Pokagon Potawatomi tribal community.

Below is a poetic tribute to our experience and the knowledge we gained:

Strong as a grain of rice
Prayers to plants that grow the yield
Birchwood canoes glide to honor the field
Scouts make sure the timing's right
Gathering, drying, stirring with the paddle
with all your might
Dancing to the drumbeat in moccasins round
the firelight
Husking, sifting, sorting
Keeping each grain and husk all with purpose
The grain nourishes us one and All
We are Stronger when we answer our Elder's call
Igwein/Heartfelt thanks Amen
Skye Howell

Guidelines for Pokégnek Yajdanawa Submissions

Enrolled citizens of the Pokagon Band are encouraged to submit original letters, stories, pictures, poetry, and announcements for publication in *Pokégnek Yajdanawa*. Submissions shall be the views and product of the submitting member. Submissions written by or to a third-party, such as the governor or a congressman, and copied to *Pokégnek Yajdanawa* are not original.

Anonymous or "name withheld" submissions will not be published. Members shall include their tribal enrollment number, full name, and mailing address with all newsletter submissions. Tribal enrollment number and mailing address will be used for verification purposes and will not be published, unless member specifically requests to have it published.

Newsletter staff will contact members should any reason arise that may delay or prevent posting of newsletter submissions. To ensure timely communication with members regarding their newsletter submissions, members may choose to provide additional contact information such as a phone number or e-mail address. Phone numbers, e-mail addresses, and other provided contact information will not be published, unless member specifically requests to have it published.

Not all submissions are guaranteed publication upon submission. Newsletter staff reserves the right to refuse submissions based on the following criteria;

1. False, misleading, or defamatory;
2. Discriminatory, sexist, racist, demeaning, insulting, or otherwise offensive to another;
3. Threatening, harassing, intimidating, or otherwise may tend to produce fear;
4. Profane, obscene, pornographic, indecent, or patently offensive to the average user;
5. Disruptive to the office, undermining of the Band's or a supervisor's authority, or impairing of working relationships; and
6. Absolutely no political campaigning is allowed.

Census forms arriving this month to your home and online

Census booklets will be mailed by the second week of January, and the digital form will be available on our website at the same time. The paper census packet will include a return envelope with pre-paid postage. Also included will be a code to access an online census. You may choose to either complete the paper form or the online form, which are completely identical. You will need to use your tribal id, date of birth, and last name to access the online census.

You'll be able to voice what you think the tribe's top priorities should be in health care, culture, and land development moving forward and share your experiences with existing programs and services. Your answers will help shape your government's decisions as we continue to evolve and grow.

With demographic information, we'll be better able to understand your needs and priorities to then cater

services for you. We'll also be more equipped to look seven generations ahead and predict the needs of our future.

Everyone who completes his or her census will receive \$50. Also to thank you for taking the time to complete your census, you will be entered into a drawing for a \$1000 gift card. The earlier you complete and submit your census, the greater your odds are of winning a grand prize.

If you are part of the first 500 who complete and submit the census, you will be eligible to win one of ten \$1000 gift cards. If you are part of the first 1000 to complete, you'll be eligible to win one of five \$1000



gift cards. The next 2000 people to complete and submit will be entered into the remaining drawing for one of five \$1000 gift cards.

Census collection will close six weeks after packets reach citizens. If you have any questions, please refer to the census page on our website, which is also where the online census form will appear.



pokagonband-nsn.gov/citizens/census-2018



Pokagon Band of Potawatomi Pokagon Health Services

Wild Game Dinner

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

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

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

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 Public Library

Neshnabé Mbokén

A children's book club

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

Neshnabé mbokén [nesh-na-bém-bo-kén] is a children's book club, which will focus on Native American books and authors. This program is open to the public (all ages).

Neshnabé mbokén means native books in Potawatomi and includes books about natives, books written by natives, or books having to do with native context.

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.

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Débénwéthék
Parent Group

Pokagon kids shop with Notre Dame football players



Forty Pokagon kids were among the 200 local youth treated to an afternoon shopping with a football player from the University of Notre Dame December 17. Each kid enjoyed lunch with his or her player, and was given a gift card to shop for holiday gifts at Meijer, courtesy of the Kelly Cares Foundation, Four Winds, and other community partners.

Pokagon kids also took part in the annual Shop with a Cop event with the Pokagon Tribal Police December 9. The Tribal Police Officers accompanied the youth for their shopping spree after lunching together at the Community Center.



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.



Increase your awareness of electronics safety

We live in a high tech world, embracing the benefits of using such electronic devices as computers, smart phones, tablets, smart watches, and smart TVs without considering the effects they have on our health, especially that of our children.

From the time babies are in utero they are exposed to these devices. Once they are born, we take pictures of them on these devices and sleep with the devices right next to us, as most use these for our alarm clocks. But, what could this do to our well-being?

This technology can be a constant distraction in our daily life, affecting our relationships with others. Dinner time in some households is often consumed by technology. Adults model this for our children, who in turn follow that example. As easy as it is to give children a device, we need to be conscientious of the fact there are consequences when this should be a time to socialize and interact with family, which is vital for our mental health.

Addiction is another problem that goes hand-in-hand with technology. Maybe you panic because you lost your phone or you haven't checked social media. What's the first thing people do in the morning after the alarm goes off on their smart device? Most will probably say check social media or news. Generally addiction describes substance abuse. Now, we say that people are addicted to their smart devices.

Getting sucked into online activities that keep us up too late and the constant stream of information can make it difficult for our brains to shut off. The glow of the phone can affect the release of the hormone melatonin (which is the sleep hormone in our body). Keeping technology, including phones, computers, watches, TVs out of bedrooms is recommended to achieve a good night rest.



Being instantly accessible, constantly plugged in 24/7 can also negatively affect our psyche. In our work or personal lives, the expectation is to respond instantly to a text message, e-mail, or phone call. This causes extra stress that we didn't deal with before the overuse of technology.

The use of texting and online social media means less face-to-face contact, resulting in diminishing social skills. This is especially true for our younger generation. Texting, not talking via phone, is the new way to communicate.

The increase in technology has coincided with the increase of obesity in our country, especially in children.

As children are on these devices more, they are less physically active. With more time focused on technology, people are spending less time in the kitchen to cook a nutritious meal.

We recognize advances in technology improve our lives, however we need to be aware of the effects. Educate yourself and do what's best for yourself and your children's overall health and well-being.

Community Health Outreach nurses from Pokagon Health Services developed this article with information from Livestrong.com and a presentation from Dr. Scott Becker, director of the Michigan State University Counseling Center, at the 27th annual Parenting Awareness Michigan conference.



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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What's that invasive species? Pale Swallow-wort (*Cynanchum rossicum*)



Pale swallow-wort, also known as European swallow-wort, (*Cynanchum rossicum*) is a herbaceous vine, native to northern and southwestern Europe, which can grow to 7 feet in length. This vine has been detected in Michigan. The vine grows very rapidly, covers other vegetation and out competes native vegetation. The vines grow in clumps with many stems. The plant is toxic to some insects, including the monarch. If a monarch lays its eggs on or near the plant the young caterpillars may eat the plant and die. Pale swallow-wort roots are toxic to mammals (including livestock) and may, at times, be found baled in hay. The plant has small light pink to burgundy colored flowers that are shaped like stars and dark green leaves that grow opposite to one another. Additionally, the plant has seed pods similar to milkweed pods with the seeds being brown, flat, and carried on the wind by white fluffy hairs. Pale swallow-wort can be found in disturbed areas including roadsides, old fields, pastures, gardens, and possibly along fences. If you think you see Pale swallow-wort please take pictures and report the plant's location to the Department of Natural Resources.

New Year is time for reflection and renewal

Maybe it's time to start that new business you have been thinking about? How about having your kids learn good savings habits – earning a car as part of the reward?. All this can happen when you consider an Individual Development Account (IDA).



Is it time to start your own business?

Do you have an idea for a small business and need a little help getting it started? Our Small Business IDA might be for you. Whether it's money for traveling the pow wow circuit to sell your beadwork, capital to purchase quilt work supplies, or expanding your current business, we're here to help with a Small Business IDA.

Youth Transportation

Do you have a youth between the ages of 13–17? If so, we would love to help them become responsible citizens and develop good savings habits. With a Youth IDA, when your youth makes a monthly deposit to their IDA to save for a vehicle, Chi Ishobak will match that monthly deposit up to \$25 until their 18th birthday. Upon successful completion of the savings requirements which includes financial education, those matching funds will be distributed to your youth for the purchase of a vehicle. It's as simple as that.

Chi Ishobak is only a phone call away. Make it happen in 2018. Call us at (269) 783-4157 to get started with your IDA.

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

What's that edible plant? Turkey Tail Mushroom (*Trametes versicolor*)



The Turkey Tail Mushroom (*Trametes versicolor*) is a polypore mushroom that can typically be found year-round in the forest, which is good to know when you are foraging during the winter. The turkey tail gets its name because it has distinctive bands of color, which appear similar to a turkey's tail. Turkey tail mushrooms are found in a variety of colors, but most often colors range from buff to brown or reddish brown. The turkey tail mushroom is found in almost any forest type and grows on dead hardwood logs or stumps. The surface of this mushroom has extremely tiny pores and has a finely fuzzy or velvety texture. There are several species that are similar, so identification of the correct species is beneficial. Fresh mushrooms are thin and flexible with starkly contrasting color zones. This edible mushroom can be ground and utilized to make a tea that helps to boost the immune system. As with any new edible, be sure to have a positive identification before consumption and utilize the edible in small quantities at first to make sure there are no allergic reactions.



Pokagon Band of Potawatomi
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.

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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Kché Mko gize

Nëm'e gizehëk SUNDAY	Ngot gizehëk MONDAY	Nizh gizehëk TUESDAY	Aptë gizehëk WEDNESDAY
	<p>1</p> <p>Tribal government offices closed in observance of New Year's holiday</p>	<p>2</p> <p>Lean Lunch Afterschool Program Tone Up! Penothésèk Language Class Adult Language Class: Dowagiac</p>	<p>Neshnabé Mbokén Circuit Training Elders Health and Wellness Circuit Training Znëget 2 Intermediate Men and Boys Drumming</p>
<p>7</p> <p>L&C Regalia Workshop</p>	<p>8</p> <p>Circuit Training Day Language Class Elders Health and Wellness Circuit Training Beginners Yoga Auricular Acupuncture Zumba Znëget 1, Znëget 3, Nithansèk + Penothésèk Language Classes</p>	<p>9</p> <p>Lean Lunch Afterschool Program Tone Up! Penothésèk Language Class Adult Language Class: Dowagiac</p>	<p>Circuit Training Elders Health and Wellness Circuit Training Znëget 2 Intermediate</p>
<p>14</p>	<p>15</p> <p>Circuit Training Day Language Class Elders Health and Wellness Circuit Training Beginners Yoga Auricular Acupuncture Zumba Znëget 1, Znëget 3, Nithansèk + Penothésèk Language Classes</p>	<p>16</p> <p>Lean Lunch Afterschool Program Tone Up! Penothésèk Language Class Adult Language Class: Dowagiac</p>	<p>Circuit Training Elders Health and Wellness Healthy Lunch Circuit Training Znëget 2 Intermediate Men and Boys Drumming Archive Open House</p>
<p>21</p> <p>L&C Regalia Workshop Healthy Lifestyles 2018 Kick off</p>	<p>22</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, Nithansèk + Penothésèk Language Classes</p>	<p>23</p> <p>Lean Lunch Afterschool Program Tone Up! Penothésèk Language Class Adult Language Class: Dowagiac</p>	<p>Circuit Training Elders Health and Wellness Circuit Training Znëget 2 Intermediate</p>
<p>28</p>	<p>29</p> <p>Circuit Training Day Language Class Elders Health and Wellness Circuit Training Beginners Yoga Auricular Acupuncture Zumba Znëget 1, Znëget 3, Nithansèk + Penothésèk Language Classes</p>	<p>30</p> <p>Lean Lunch Afterschool Program Tone Up! Penothésèk Language Class Adult Language Class: Dowagiac</p>	<p>Circuit Training Elders Health and Wellness Circuit Training Znëget 2 Intermediate</p>

January 2018

WEDNESDAY	Nyéw gízhëk THURSDAY	Nyano gízhëk FRIDAY	Odankè gízhëk SATURDAY
3 Illness e Language ning	4 PALS (Play and Learn Social) Lean Lunch Men's Sweat Lodge Adult Language Class: South Bend Potawatomi 201	5 Circuit Training Elders Health and Wellness Circuit Training	6 Tribal Council Meeting
10 Illness e Language	11 Lean Lunch Adult Language Class: South Bend Potawatomi 201	12 Circuit Training Elders Health and Wellness Circuit Training	13 Special Election
17 Illness e Language ning	18 PALS (Play and Learn Social) Blood Drive Lean Lunch Potawatomi 201 Adult Language Class: South Bend	19 Circuit Training Elders Health and Wellness Circuit Training Shishibé	20
24 Illness e Language	25 Lean Lunch Potawatomi 201 Adult Language Class: South Bend	26 Circuit Training Elders Health and Wellness Circuit Training L&C Culture Community Forum Pidro Card Night	27 Sugar Season Kick Off Pancake Breakfast
31 Illness e Language	feb 1 PALS (Play and Learn Social) Lean Lunch Men's Sweat Lodge Adult Language Class: South Bend Potawatomi 201	feb 2 Circuit Training Elders Health and Wellness Circuit Training	feb 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: _____

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

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

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

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

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

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

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

Notice of Open Positions

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

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

Pokégnek Bodéwadmik
Pokagon Band of Potawatomi
Pokagon Health Services

DONATE Blood

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

Thursday, January 25

March 29 May 24 July 26 September 27

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

Sign up at MIBlood.org or contact Elizabeth Leffler at elizabeth.leffler@pokagonband-nsn.gov or (269) 462-4406.

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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 Drvis at rdrvis@gmail.com for more information.



Débénwéthék
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. Beginning in December 1, 2017, the Band will start 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 per capita your regular payment including any accumulated payments that have been held.

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:

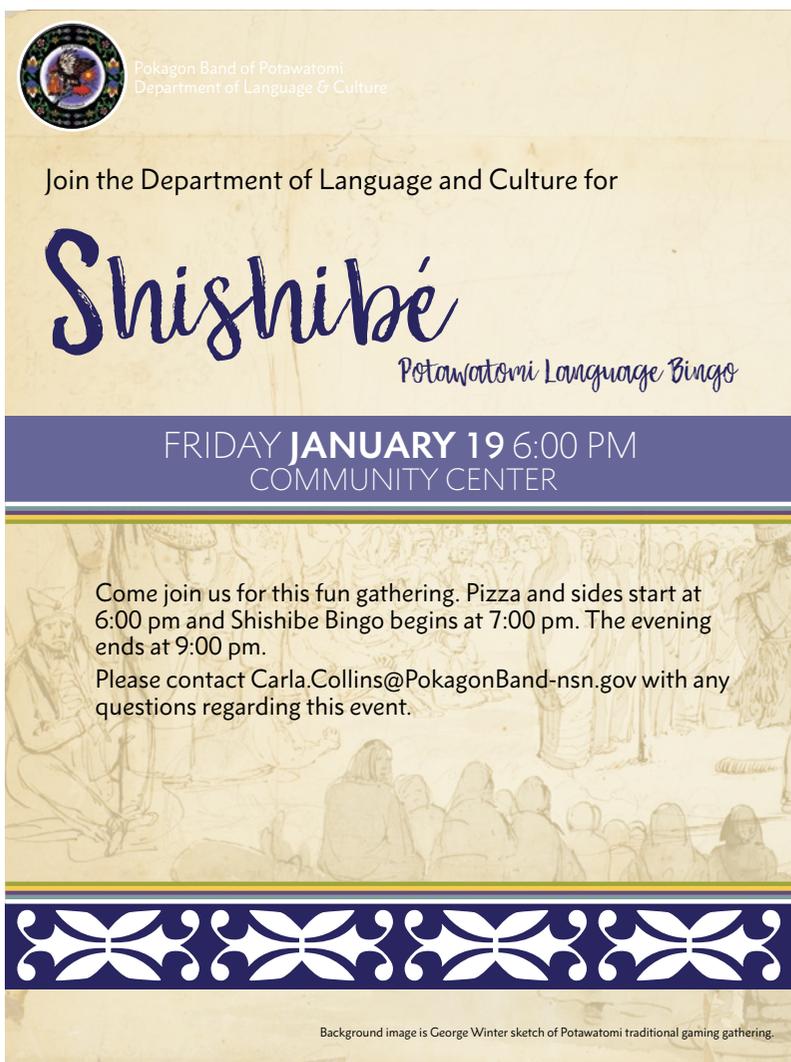
1. Use the Self-Service Address Change at www.pokagonband-nsn.gov/citizens/enrollment. Select Change of Address form and or Minor Change of Address form.

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 question, please call (269)782-8998.

James R Abercrombie	Mathew A Chizek	Garrison H Grubb	Angela R Keene	Michael S Nelson	Shane R Rummage	Karson T Walters
William E Anthony	Cristian M Cobb	Steven D Hall	Eather A Kelley	Victor A Newsome	Daniel N Sanderson	John D Watson
Brian K Antisdell	Amanda J Cummins	Francine L Hamilton	Jason R Ketchum	Tenike N Norman	Naomi S Sanderson	Arthur L Watson
Jennifer R Archer	Jason E Cunningham	Seth W Hargett	Patricia D Klemm	Samuel J Olds	Derek P Schoetzow	Richard L Webster
Craig S Archer	Mark A Drane	Tylynn M Harmon	Jeffrey E Klemm	Joyce R Olsen	Kevin W Schrouder	Tracy A Wesaw
Jeremy M Bebout	Alexander J Duddy	Bobby M Haynes	Thomas R Klemm	Barbara A Pake	Forrest L Sierminski	Louis E Wesaw
Sara L Bevins	Mark E Ellis	Ceaiara K Heffington	Danielle J Kruithoff	Trevor B Pennington	Dakota J Skinner	Sylvester G Wesaw
Natum T Bevins	Paul R Ellis	Thomas R	Jennifer A LeBlanc	Heather J Perdomo-	Aaron M Spaulding	Misty N Wesaw
Cheryl A Bivens	Carlin M Elrod	Hernandez	David R Lenox	Mejia	Grant V Springer	Andrew J Wheeler
Sonya P Bivens	Daniel A Empson	Edward S Hillyer	Alicia D Lewis	Amanda R Perry	Santana L Stone	Grayson V Wiggins
Jeri E Blender	Stephanie M Empson	Douglas E	Charla J McKimmy	Cody S Phillips	Bert D Sturgeon	Keith J Wilkinson
Kylen J Bradley	Sarah A Fick	Hinegardner	Terina D Meier	Rebecca L Pollock	Thomas Sturgeon	Niah R Williams
Scott A Brewer	Bridgett M Finney	Karen S Hinegardner	Charles H Mersereau	Christopher G Ramirez	Tracy L Sun	Savanah M Wilson
James W Brown	Jessica R Fortuna	Katelyn A Hoggatt	Rachel D Miller	Peter J Ramirez	Taylor B Tabaszewski	Thomas J Winchester
Jodi L Burfield	William I Fox	Zachary T Huffman	Brian M Mix	Brittainy L Rangel	Raymond D Tanner	Steven M Winters
Brittany N Burke	Laura L Fraley	Joshua A Hurst	Eric A Morris	Cory A Ridenour	Mark A Topash	
Bobbie J Call	Mathew D Garza	Scott A Jach	Adam G Morsaw	Gloria J Ridenour	Blaire K Topash-	
Katherine A Carlton	Brandon M Gatties	Carl R Jacobs	Larry G Moulder	Kelli L Ridenour	Caldwell	
Anthony J Carney	Kristoffer C Genereaux	Ashley N Jones	Bryan J Muffo	Jasen B Rider	Angela M Tostado	
Preston T Carpenter	Steffan K Gonzalez	Patricia A June	Chyanne M Mulcahy	Steven W Rider	Steven C Trudeau	



Pokagon Band of Potawatomi
Department of Language & Culture

Join the Department of Language and Culture for

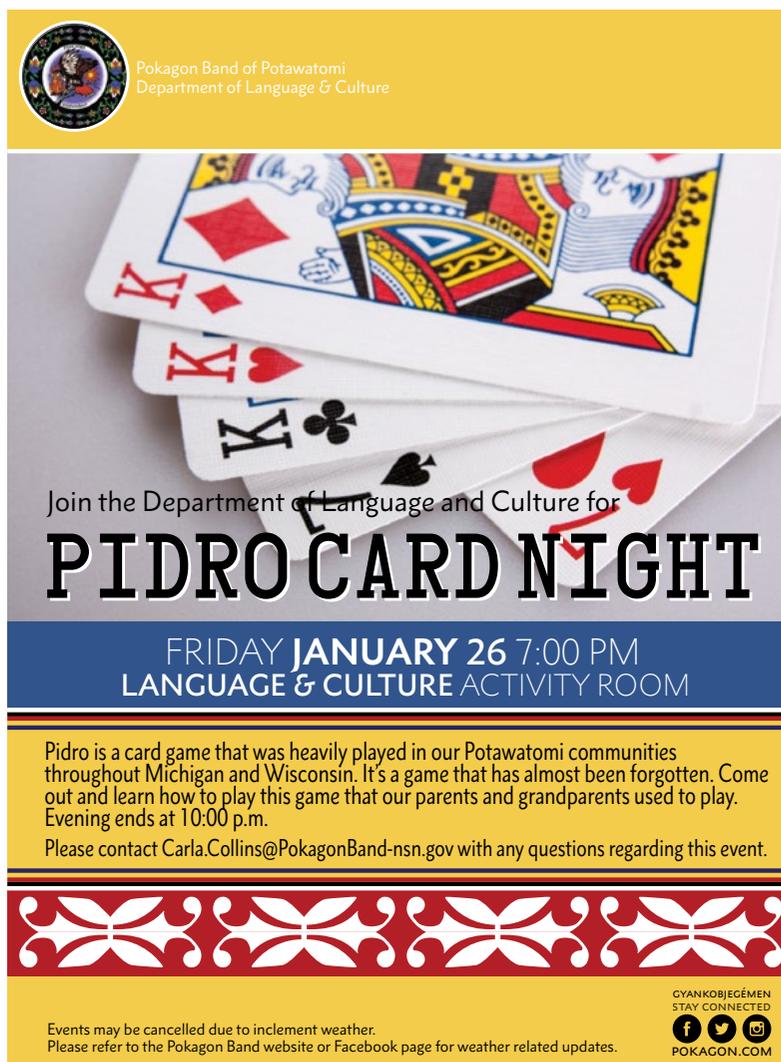
Shishibé

Potawatomi Language Bingo

FRIDAY JANUARY 19 6:00 PM
COMMUNITY CENTER

Come join us for this fun gathering. Pizza and sides start at 6:00 pm and Shishibe Bingo begins at 7:00 pm. The evening ends at 9:00 pm.
Please contact Carla.Collins@PokagonBand-nsn.gov with any questions regarding this event.

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



Pokagon Band of Potawatomi
Department of Language & Culture

Join the Department of Language and Culture for

PIDRO CARD NIGHT

FRIDAY JANUARY 26 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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monday

1 closed | new year's day



8 **language**

Mostaccioli with Buffalo Meatballs
Asparagus
Garden Salad
Garlic Bread
Dessert

15 closed | milk jr day



22 **language**

Buffalo Meatloaf
Mashed Potatoes and Gravy
Corn on the Cob
Garden Salad
Whole Grain Roll

29 **language**

Marinated Pork Chops
Italian Pasta Salad
Black Beans
Fruit Salad
Whole Grain Roll

tuesday

2

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

9

Beef Roast in Gravy with Mashed Potatoes
Spinach
Garden Salad
Cottage Cheese and Peaches
Whole Grain Roll

16

Chicken and Broccoli Alfredo
Red Potatoes
Bruschetta
Garden Salad
Dessert

23

Pork Steak
Baked Sweet Potato
Spinach
Tomato Salad
Whole Grain Roll

30

Brats on a Bun
Sauerkraut
Veggie and Relish Tray
Baked Chips

wednesday

3

Chili Cheese Dogs W/ Bun
Veggie and Relish Tray
Fruit Cup
Dessert

10

Chicken Tacos with all the Fixings
Hard or Soft Shell
Red Beans and Rice
Dessert

17

Buffalo Stew
Broccoli and Cauliflower
Salad
Jell-O W/Fruit
Cornbread
Dessert

24

Baked Cod
Rice Pilaf
Carrots
Garden Salad
Whole Grain Roll

31

Marinated Chicken
Baked Potato
Baked Beans
Garden Salad
Whole Grain Roll

thursday

4 **business meeting**

Boiled Dinner W/Sausage, Onions, Potatoes, Beans, Corn, and Cabbage
Fruit Salad
Cornbread
Birthday Cake

11

Sea Bass
Mashed Sweet Potatoes
Broccoli
Yogurt Cup
Whole Grain Roll

18 **social lunch**

Sliced Beef in Gravy
Mashed Potatoes
Corn
Blueberry Pie
Whole Grain Roll

25

Italian Turkey Stuffed Peppers
Mashed Potatoes
Garden Salad
Fruit
Whole Grain Roll

friday

5

Buffalo Pot Pie Topped with Biscuits
Garden Salad
Apple Crisp

12

BBQ Pork Chops
Baked Potato
Collard Greens
Cottage Cheese and Fruit
Whole Grain Roll

19

Salmon Patties
Mac and Cheese
Brussels Sprouts
Broccoli Slaw
Whole Grain Roll

26

Salad Bar

January

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, pickles, and onions served with sandwiches. Bread/rolls and butter are also included.

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
Brett Gibson		x
Bobby M. Haynes, Jr	x	
Austin L. Northrup	x	x
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 December 15 in order to make it on the January 2018 check run. Anything received after December 15 will be processed on the check run for February 2018. If you have any questions please call the direct per capita phone line at (269) 462-4209 or (269) 462-4200 or toll free (800) 517-0777.

Elders Stipend increments

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

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

Don't forget the Elders Stipend is taxable income; federal tax withholding forms are available online at www.PokagonBand-nsn.gov.

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 you bank as long as the test-run is error-free.

PNC Paycard

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

Federal Tax Withholding

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

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

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

Tribal Council January Calendar of Events

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

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.

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.



Pokégnek Bodéwadmik Pokagon Band of Potawatomi

Department of Language & Culture

Archives Open House

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

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

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

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

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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4th annual

SUGAR SEASON KICK OFF PANCAKE Breakfast

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

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

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

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

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Tribal Office Directory

Administration

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

Commodities

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

Communications

58620 Sink Rd.
(269) 782-8998

Compliance

58620 Sink Rd.
(269) 782-8998

Chi Ishobak

27043 Potawatomi Trail
(269) 783-4157

Education

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

Elders Program

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

Elections

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

Enrollment

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

Facilities

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

Finance

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

Head Start

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

Pokagon Health Services

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

Housing & Community Development

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

Human Resources

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

Language & Culture

59291 Indian Lake Rd.
(269) 462-4325

Mno-Bmadsen

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

Natural Resources

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

Social Services

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

South Bend Area Office

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

Tribal Council

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

Tribal Court

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

Tribal Police

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

Tribal Council Directory

(888) 376-9988

Chairman

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

Vice-chairman

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

Treasurer

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

Secretary

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

Member at large

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

Member at large

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

Member at large

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

Member at large

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

Member at large

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

Member at large

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

Elders Representative

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

Executive Secretary

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

Elders Council Directory

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

Chair

Maxine Margiotta
(269) 783-6102

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

Senior Youth Council Directory

Chairman

Michael Gamache
Michael.Gamache@pokagonband-nsn.gov

Treasurer

Andy Murray
Andy.Murray@pokagonband-nsn.gov

Secretary

Mahogan Shepard
Mahogan.Shepard@pokagonband-nsn.gov

Member at large

Skyler Daisy
Skyler.Daisy@pokagonband-nsn.gov

Member at large

Robert Dick
Robert.Dick@pokagonband-nsn.gov

Rebecca Williams

Youth Culture Coordinator
(269) 462-4325

Junior and Senior Youth Council Members Wanted

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

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

Kché Mko gizes January Citizen Announcements

Please join Pokagon storyteller **Colin Wesaw** for an evening of Native American legends and stories for the whole family.

Sunday, January 7 | 6 p.m.
Community Center

Others are welcome to share their native stories that evening as well; please contact Colin Wesaw at crwesaw@gmail.com.

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



LOCK IN
SAVE THE DATE

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

Please RSVP by January 17, 2018.

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

Your Health, Your Choice



Pokagon Health Services

Healthy Lifestyles Campaign Kick-off 2108

January 21 | 2:00 pm–5:00 pm
Silver Creek Event Center

Four Winds Casino and Resort, New Buffalo

RSVP online at www.pokagonband-nsn.gov/form/healthy-lifestyles-2018-kick-event-rsvp or by calling PHS at (269) 782-4141.