



POKÉGNEK YAJDANAWA

THE POKAGONS TELL IT

Abtëñib gises July 2017

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Pokagons remember, honor at former boarding school.

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Tutoring opens a new view of the written world

When Thomas Sturgeon was little, his dad nicknamed him Ogie, which means little fly in Potawatomi. His dad had read a book about a boy with that Indian name, and he thought he'd call his son Ogie.

Books never were a big part of Sturgeon's life, until recently when he rekindled his ability to read, thanks to the Education Department's tutoring program.

Sturgeon, who grew up in Benton Harbor, left school in eighth grade.

"They kept passing me, and passing me, but I didn't learn much," he remembers.

He got a GED 30 years ago, but his years working in building, landscaping, and assembly in a Mitsubishi factory never demanded much literacy. He suffered two strokes as well.

Like other Pokagon elders, the 61 year-old received a Kindle from the Education Department, on which he downloaded books, movies, games, checked out the weather, and took photos. He mentioned to Donald Sumners, educational associate (pictured with Ogie at right on an elders trip), that he wasn't comfortable reading. Sumners suggested tutoring, and hooked him up with a tutor.

"In one session it's like a bulb switched I'm doing a lot of things I never could before," Sturgeon said. "Things just started coming back."

One thing he's especially proud of: being able to write checks and manage his own banking.

"I thank Donald for the Kindle, and him getting me that tutor," Sturgeon said. "I really appreciate it; I learned

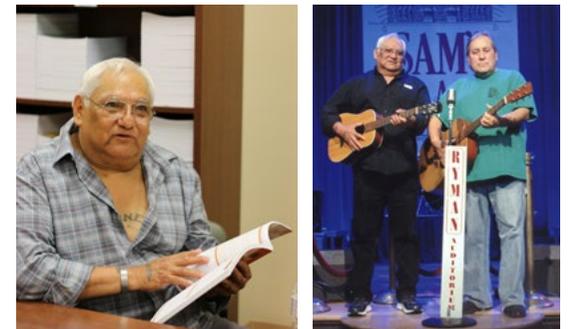
so much. Now I can grab a book from Elders Hall and I can read it, and the newspaper. There's words I still don't know, but 75% of them I do."

Even Donald Sumners saw how much Sturgeon had improved. "On the bus during the elders trip, he was reading all the signs along the way," Sumners said.

Sturgeon urges others who need it to ask for tutoring help from the Education Department.

"Don't be ashamed. I was so ashamed to ask for help at my age, but I'd recommend it. The help is there, people just need to ask. I asked and I got it, and I appreciate everything they've done for me. It feels good."

Please call the Department of Education at (269) 782-0887 to hear more about tutoring opportunities for citizens of all ages.



Potawatomi Gathering 2017 to be held at Walpole Island

Walpole Island First Nation in Ontario, Canada is hosting this year's Potawatomi Gathering. Beginning with a sunrise ceremony Wednesday, August 2 and ending with the passing of the sacred ashes and the eagle staff on the evening of Saturday, August 5, the event is full of such activities as a language and history conference, cultural workshops, and a pow wow.

Most information about Gathering lodging, registration and a schedule of activities can be found at walpoleislandfirstnation.ca/potawatomi-gathering-2017/ or you can call the coordinator, Portia Shipman, at (519) 628-5700.

Keep in mind that you must carry proper ID for yourself and any children travelling with you—a passport, birth certificate,

a certificate of naturalization or your enhanced tribal ID—to confirm your legal right or authorization to enter Canada when you arrive.

It's recommended that parents who share custody of their children carry copies of their legal custody documents and a consent letter to provide authorization for you to take them on a trip and enter Canada. People with criminal convictions—including impaired driving convictions—may have a problem when entering Canada.



Please visit the Canada Border Services Agency at www.cbsa-asfc.gc.ca for more information on your travel to Canada.

Get your own Children's Potawatomi Storybook set!



The Pokagon Language Program presents the first edition of the Children's Potawatomi Storybook series. The set comes with six different beginner level books and an accompanying CD to assist with pronunciation. Book sets are free and are available on a first come first serve basis.

If you are interested in a set, please contact rhonda.purcell@pokagonband-nsn.gov. One set per household only.

Pokagons honor, heal and remember ancestors at Mt. Pleasant Indian Industrial Boarding School



The Pokagon bus transported elders and community members up to Mt. Pleasant, Mich. for healing and remembering our ancestors forced to attend the Mt. Pleasant Indian Industrial Boarding School between June 30, 1893–June 6, 1934.

The Saginaw Chippewa Indian Tribe of Michigan hosts this event every year on the anniversary of the boarding school's closing. Pokagons experienced this all-day event, sharing stories of their parents, grandparents, aunts and uncles.

Tribal Court hosts visitors from Nevada state court



Though there are 25 recognized Indian tribes in Nevada, and the last Indian school in the state closed just thirty years ago, State Court Judge Egan Walker had never had been in a tribal court, until he visited Dowagiac last month.

“I see a lot of Indian child welfare cases,” he said. “I figured I had a lot to learn, so I reached out to Victoria Sweet.”

An attorney at the National Council of Juvenile and Family Court Judges, Sweet knew that the Pokagon Band has a sophisticated system bringing a western and traditional courts together, good infrastructure, and a supportive community, so she suggested visiting Dowagiac and South Bend with Pokagon Tribal Court staff.

Jessica Cisneros, a site manager for the National Council of Juvenile and Family Court Judges, Sabrina Sweet, of Reno's Second Judicial District Court, and Shannon McCoy, coordinator for the Washoe County Department of Social Services, joined Judge Walker and Victoria Sweet on their two day visit to Pokagon Tribal Court in May.

“I discovered what many dominant society members probably aren't aware of—I'm surrounded by many Native Americans,” said Judge Walker. “Almost one thousand kids are in foster care in Washoe County, Nevada; ten percent are likely native kids.”

Judge Walker said that Chief Judge Petoskey helped him understand the purpose behind a child welfare case.

“I was overwhelmed with the gift of information and openness, and in awe of how quickly the community has rebuilt a justice system. I had a little trepidation about connecting with Native Americans. I'm trying to understand what Native American kids in my court bring to the table in terms of their trauma.”

The theme of collaboration was woven through each day, and the two teams shared creative ideas how to support native children in the courts, specifically keeping community and cultural connections intact and finding ways to make the court proceedings more family and kid friendly.

“We fear what we don't understand,” said Victoria Sweet. “We need more of this cross exchange of purposes and culture. I wish I could bring every state court judge to visit a tribal court.”

According to Judge Petoskey, though the two parties share a different world view, the separate communities could better serve members through collaboration. For his part, Judge Walker is looking forward to reaching out to local tribes once he's back in Reno.

Rodgers and Gage Lakes closed during camp

During Kë Gbëshmen | Let's Camp, Tribal Council is limiting access to the Pokagon Band's Rodgers Lake property and Gage Street property to help ensure the safety of campers and staff. All portions of the

Rodgers Lake property will be closed from 7:00 a.m. on July 13 until 9:00 p.m. on July 31. All portions of the Gage Street property will be closed from 7:00 a.m. until 10:00 p.m. on July 16, 18, 24, 28, and 30.

Access to the closed portions of Rodgers Lake and Gage Street shall be limited to Pokagon Band staff, volunteers and participants in the camp.

Healthy Lifestyles 2017 | Your Health, Your Choice



Sneaking more vegetables into meals

We all know we need to be eating more veggies. If you're the primary cook in your family, you may want to get a bit sneakier. Below are cool ways to add vegetables into meals without anyone knowing. You get to be creative and it doesn't take much work.

Get shredded! Grab a box grater or food processor to shred zucchini, beets, carrots or parsnips to add to recipes. Add a vegetable serving to your favorite whole grain muffins or breads by mixing shredded zucchini into your batter before baking. You can also sauté shredded carrots or squash for five minutes before adding them to pasta sauce.

Get mushy! Replace half the ground meat in recipes with cooked chopped mushrooms. Finely chop and saute mushrooms in a little olive oil until soft – about three minutes or so. Once the mushrooms are cool, gently mix them with your lean ground chicken, turkey or beef. Cook thoroughly and follow the recipe as is.

Get cheesy! Cooked and pureed orange vegetables like butternut squash, sweet potatoes and carrots can be blended, unnoticed, into cheesy dishes we all love like macaroni and cheese, lasagna, or baked enchiladas. You end up using less cheese, which cuts some of the saturated fat and sodium.

Be smooth! Put that blender to work! When you're making your favorite fruit smoothie, add in a frozen banana and some spinach, carrots, squash or just about any vegetable (cooked is easier to blend). The frozen banana adds a strong banana flavor that helps hide the flavor of the veggies. Want a more colorful smoothie? Try adding beet, avocado or sweet potato to change the tint. You'll be surprised at how bright – and healthy -- your breakfast will be!

Summertime Spaghetti

Ingredients

8 ounces spaghetti	2 teaspoons minced garlic
2 tablespoons butter	$\frac{3}{4}$ cup heavy cream
1 large zucchini, julienned	$\frac{3}{4}$ cup grated Parmesan cheese
3 large carrots, julienned	1 tablespoon chopped fresh dill

Directions

1. Bring a large pot of lightly salted water to a boil, cook spaghetti for 8 to 10 minutes, until al dente, and drain.
2. Melt the butter in a skillet over medium heat, and saute the zucchini, carrots, and garlic until tender. Stir in the heavy cream, Parmesan cheese, and dill. Cook and stir until thickened. Mix with the cooked spaghetti to serve.



Slowing bone loss with exercise

As with memory loss, people start losing muscle mass and bone strength with age. Bone loss occurs at an average rate of one percent a year after age 40. This has caused over 53 million Americans to either have osteoporosis or be at risk for it.

Numerous studies have shown that weight-bearing exercise can help to slow bone loss, and several studies show it can even build bone. Activities that put stress on bones stimulate extra deposits of calcium and nudge bone-forming cells into action. The tugging and pushing on bone that occurs during strength and power training provide the stress. The result is stronger, denser bones.

Strength training and aerobic exercise can help you manage and sometimes prevent such conditions as heart disease, diabetes, arthritis, and osteoporosis. It can also protect vitality, make everyday tasks more manageable, and help you maintain a healthy weight. A well-rounded strength training program that works out all the major muscle groups can benefit practically all of your bones. Of particular interest: it targets bones of the hips, spine, and wrists, which, along with the ribs, are the sites most likely to fracture. Also, by enhancing strength and stability, resistance workouts reduce the likelihood of falls, which can lead to fractures and other unwanted health issues.



Eating disorders are serious illnesses

Eating disorders cause severe disturbances to a person's eating behaviors. Obsessions with food, body weight, and shape may also signal an eating disorder. Common eating disorders include anorexia nervosa, bulimia nervosa, and binge-eating disorder.

People with anorexia nervosa may see themselves as overweight, even when they are dangerously underweight. People with anorexia nervosa typically weigh themselves repeatedly, severely restrict the amount of food they eat, and eat very small quantities of only certain foods. Anorexia nervosa has the highest mortality rate of any mental disorder. While many young women and men with this disorder die from complications associated with starvation, others die of suicide. In women, suicide is much more common in those with anorexia than with most other mental disorders.

Symptoms include:

- Extremely restricted eating
- Extreme thinness (emaciation)
- A relentless pursuit of thinness and unwillingness to maintain a normal or healthy weight
- Intense fear of gaining weight
- Distorted body image, a self-esteem that is heavily influenced by perceptions of body weight and shape, or a denial of the seriousness of low body weight

People with bulimia nervosa have recurrent and frequent episodes of eating unusually large amounts of food and feeling a lack of control over these episodes. This binge-eating is followed by behavior that compensates for the overeating such as forced vomiting, excessive use of laxatives or diuretics, fasting, excessive exercise, or a combination of these behaviors. Unlike anorexia nervosa, people with bulimia nervosa usually maintain what is considered a healthy or relatively normal weight.

Symptoms include:

- Chronically inflamed and sore throat
- Swollen salivary glands in the neck and jaw area
- Worn tooth enamel and increasingly sensitive and decaying teeth as a result of exposure to stomach acid
- Acid reflux disorder and other gastrointestinal problems
- Intestinal distress and irritation from laxative abuse
- Severe dehydration from purging of fluids
- Electrolyte imbalance (too low or too high levels of sodium, calcium, potassium and other minerals) which can lead to stroke or heart attack

People with binge-eating disorder lose control over their eating. Unlike bulimia nervosa, periods of binge-eating are not followed by purging, excessive exercise, or fasting. As a result, people with binge-eating disorder often are overweight or obese. Binge-eating disorder is the most common eating disorder in the U.S.

Symptoms include:

- Eating unusually large amounts of food in a specific amount of time
- Eating even when you're full or not hungry
- Eating fast during binge episodes
- Eating until you're uncomfortably full
- Eating alone or in secret to avoid embarrassment
- Feeling distressed, ashamed, or guilty about your eating
- Frequently dieting, possibly without weight loss

Adequate nutrition, reducing excessive exercise, and stopping purging behaviors are the foundations of treatment. Treatment plans are tailored to individual needs and may include individual, group, and/or family psychotherapy, medical care and monitoring, nutritional counseling or medications.



Smoking + Spot doesn't equal good sleep

Leave pets on the floor. Sleeping with pets can interfere with sleep. Snuggle before bedtime and then let them get comfortable elsewhere.

Restrict nicotine. Having a smoke before bed, although it feels relaxing, actually puts a stimulant into your bloodstream. The effects of nicotine are similar to those of caffeine. Nicotine can keep you up and awaken you at night. It should be avoided, particularly near bedtime and if you wake up in the middle of the night.

Dentist Abby Paul competes in American Ninja Warrior finals



Dr. Abby Paul, one of Pokagon Health Services' dentists, is not a stranger to physical challenges. She's completed the World's Toughest Mudder, the Spartan Obstacle Race and more. She took on an entirely new challenge this year and in July, she might appear on your television screen competing to be an American Ninja Warrior.

American Ninja

Warrior is an NBC TV show featuring an intense, off-the-ground obstacle course, suspended over a giant pool of water. Contestants apply to be on the show, then viewers get to see how far those contestants can get on the course. Very few finish the course, and those who do go on to more courses in hopes of becoming an American Ninja Warrior.

Abby submitted a video of herself showing off her moves in our very own Health Center, in the dental suite and Wellness Center. The show contacted her and asked her to come for season 9.

She trained at a couple nearby gyms with equipment made specifically to prepare people for the show. Abby also trained at CrossFit gyms, practiced on the bars at the Wellness Center, and she says her pole-vaulting background definitely helped. Abby competed in a National Ninja League competition (separate from the show) and made it to the finals in San Francisco.

The actual filming of the show was an experience all in its own. The show filmed from sun down to sun up, between 9 p.m. and 6 a.m. Abby ran the course in the preliminary round and made it far enough and fast enough to get to the finals, where the cameras roll and the pressure is on. After a rain delay, she went for it again. Watch the Kansas City episode (check your local NBC programming schedule) to find out how she did.

Saturday family fitness program starts strong



Two staff members, two adults, and eight children came out for the first session of the Saturday Family Fitness series. Please join us on the second and fourth Saturday of each month!

Social Services is now accepting cooling assistance applications

The Low Income Home Energy Assistance program (LIHEAP) provides a one-time cooling assistance payment for citizens living in the service area to help with high electric costs during the summer. Income eligible citizens will receive a one-time payment, paid directly to the electric provider, to the maximum amount they are eligible for under the guidelines. These payments will be made on a first come, first served basis.

The program assists citizens living within the ten-county service area: LaPorte, St. Joseph, Elkhart, Starke, Marshall and Kosciusko counties in Indiana; and Cass, Berrien, Allegan, and Van Buren counties in Michigan.

To apply, fill out the application on the Pokagon website (enter "cooling" in the search box), and submit it to the Social Services office at 58620 Sink Road, Dowagiac. You may also fax information to (269) 782-4295. Please provide your electric bill, your tribal ID, social security cards for all household members, and proof of all household income with:

- Proof of last 30 days of income, including per capita, and/or
- Award letters from SSI, RSDI, Elders Stipend, VA, etc., and/or
- Child support received or paid, or
- Completion of a zero income form, if those above do not apply.

Household Size	Income Limit	
	IN	MI
1	\$22,900	\$24,248
2	\$29,946	\$31,709
3	\$36,992	\$39,170
4	\$44,038	\$46,631
5	\$51,084	\$54,092
6	\$58,130	\$61,553

Pokagons, invited teams, play the creator's game at tournament



Along with the singing, dancing and ceremonies at the Oshke-Kno-Kewéwen Pow Wow Memorial Day weekend, the Pokagon Band hosted a lacrosse tournament Saturday. Five adult teams and two youth teams participated in the

tournament. The Red Swamp team from the Saginaw Chippewa tribe played the West Michigan Rattlers in the finals of the adult division; Red Swamp emerged victorious with a score of 8–5.

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 *Pokegnek 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

Checking in on South Bend construction

Construction on Pokagon projects in South Bend is continuing at a steady pace. The homes should be finished by September, as should the Tribal Police Substation. Four Winds South Bend is on schedule to open sometime in early 2018.



Don't forget you can view photos of daily progress on Four Winds South Bend at app.oxblue.com/open/fourwinds/southbend.



Play the Creator's Games

POKAGON BAND OF POTAWATOMI

NORTHERN INDIGENOUS GAMES: LACROSSE • DOUBLE BALL LONGBALL • SHINNY KICK BALL RACE • INUIT GAMES

MONDAY, AUGUST 7, 2017 • 9:00 am to 12:00 pm
*Rodgers Lake Sports Complex
58620 Sink Road, Dowagiac, MI*

Prepare today to compete tomorrow in future Northern Indigenous Games Events held throughout the year

The event is open to youth and adults and there is no fee to participate or observe – bring your lawn chair

INFORMATION: Dan Stohrer 269.462.4225 or Daniel.Stohrer@pokagonband-nsn.gov

Pokégnek Bodéwadmik
Pokagon Band of Potawatomi
Department of Language & Culture

LITTLE MS + MR POKAGON NAGANZET [THE ONE WHO LEADS]

Pokagon youth are invited to run for the title of Little Ms and Mr Pokagon Naganzet, where they will act as a representative for the Pokagon Band of Potawatomi Indians.

Male and female candidates must be the ages of 7–12. Candidates should be able to demonstrate confidence, knowledge of our language, culture, and history. Dance exhibitions will take place at the Kee-Boon-Mein-Kaa Pow this Labor Day weekend. Candidates must be enrolled citizens of the Pokagon Band of Potawatomi. (Please bring tribal ID).

For more information, please contact Rebecca Williams at (269) 782-8998 or rebecca.williams@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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What's that invasive species? Kudzu (*Pueraria montana var. lobate*)



Kudzu (*Pueraria montana var. lobate*) is a herbaceous climbing perennial vine, native to eastern Asia, Southeastern Asia and the south Pacific. Kudzu vines can be up to 100 feet in length and each plant can have up to 30 vines. Kudzu was first introduced to the United States as an ornamental bush in 1876 and promoted as a way to prevent soil erosion in the 1930s and 40s.

Unfortunately, kudzu is adaptable to many habitats and can grow in a variety of conditions. Kudzu does prefer sunny and open areas as well as disturbed areas. Kudzu grows rapidly once established and tends to strangle, smother, and shade out

any plant it comes in contact with creating a monocultural mat across the landscape. Kudzu is typically found in the Southeastern United States, however, this plant has recently been identified in Michigan.

The plant has leaves that have three broad leaflets and has clusters of purple to maroon flowers in the summer. Any occurrence of kudzu should be reported in order to remove this invasive species before it becomes established. If you see kudzu please take pictures and report the plant's location to the Pokagon Band Department of Natural Resources.

What's that edible plant? Broadleaf Arrowhead (*Sagittaria latifolia*)



The broadleaf arrowhead or duck potato (*Sagittaria latifolia*) is a native species that grows in a wide variety of wetland habitats including rivers, streams, lakes, and ponds. There are six species of arrowheads found in Michigan, but the broadleaf arrowhead is the most common and widespread.

The leaf of the plant is shaped like an arrowhead, but can be linear or ovate if the leaves are submerged. The flowers on this plant consist of three white to pink tinted petals with green to yellow centers. The root or tubers of this plant are edible in a manner similar to a potato and are about the size of a golf ball. The roots provide just over five grams of protein per 3.5oz raw serving, as well as carbohydrates and vitamins and minerals including niacin, vitamin C, phosphorus, potassium, and magnesium.

The best time to harvest the tubers is early fall to early spring when there are no leaves on the plant and the sugars are being stored in the root. The roots can be dug from the muck and will float to the surface for easy collection. The tubers should be washed and peeled before eating. The roots can be fried, boiled and mashed, roasted, or as potatoes would be in other recipes. The roots also make good "potato" chips or can be dried and pounded into a flour. As with any new plant, be sure to positively identify it before consumption and use it in small quantities at first to make sure there are no allergic reactions. Handling this plant has caused contact dermatitis in some individuals. If you are looking for a wild substitute for a potato, give arrowhead roots a try.

POKÉGNEK BODÉWADMIK | POKAGON BAND OF POTAWATOMI
EARLY CHILDHOOD EDUCATION



Saturday Family Fitness

2nd + 4th Saturday of every month
PHS Wellness Multipurpose room
10:00am

**POW
WOW
SWEAT**

Program begins on June 10, 2017.

Videos will be shown for families interested in participating.



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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Enter the DV Awareness Month t-shirt design contest



October is only three months away and the domestic violence program is gearing up to make sure this year's events are better than ever! This year we are holding a design contest for community members to design the purple t-shirts given away throughout the month. The winner of the contest will receive a \$50 gift card. A short summary of the rules are listed below. All entries must be received by Friday, August 25 at 5 p.m. to Casey Kasper in Social Services. The winner will be notified prior to the Kee-Boon-Mein-Kaa Pow Wow on Labor Day weekend.

Summary Requirements

- The contest is open to Pokagon citizens, spouses, custodial parents, and employees only.
- The shirt must be purple with white screen printing.
- The design needs to be positive and incorporate images that bring to mind empowerment, community well-being, and strength.
- No graphic violence or images.

If you have any questions or for a copy of the official rules, please contact Casey Kasper of the Band's Department of Social Services at (269) 462-4324 or casey.kasper@pokagonband-nsn.gov.



Pokagon Band of Potawatomi Department of Language & Culture

Native Nations Youth Council

Pokagon Citizens ages 12–24!

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

We meet the second Saturday of each month | raffles at every meeting | team building | develop future tribal leaders | provide a voice for Pokagon youth | community service projects | promote and develop Potawatomi culture, language and identity.

For more information, please contact Rebecca Williams to join or for more information at (269) 462-4296 or rebecca.williams@pokagonband-nsn.gov or Polly Mitchell at (269) 462-4294 or polly.mitchell@pokagonband-nsn.gov.

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Open call to Pokagon artists



The Pokagon Art Committee is hosting an open call to artists for the Tribal Art Program at the Outfitters gift shop at Four Winds New Buffalo. We are looking for Pokagon artists who work in traditional and contemporary Native American styles. It will be held at the Four Winds New Buffalo in the hotel conference room on Saturday, August 5 from 11 a.m. – 1 p.m. Please contact Angie Rice at Angela.Rice@pokagonband-nsn.gov for details.

Pokégnek Bodéwadmik Pokagon Band of Potawatomi

6TH ANNUAL A Healthy Step with Education

Saturday July 15 10:00 AM

Pokagon Health Services event ends at 3:00 PM



The Department of Education and Pokagon Health Services invite you to the sixth annual A Healthy Step with Education. This day will be filled with health education, screenings, PreK–12 program registration and activities. This event is for the whole family, birth to elder. It is open to all tribal citizens, employees and their families.

Please come and join in the fun.

Questions? Contact Melody Pillow at (269) 462-4441 or Susan Doyle at (269) 782-0887.

Children must be accompanied by an adult.

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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.



Apply now for the Educational Excellence Initiative Program

The Department of Education is now accepting grades, attendance, and SAT/ACT scores from the 2016–2017 school year for K–12 students applying for this program. Please submit an Educational Excellence Initiative Pre-Application with these documents.

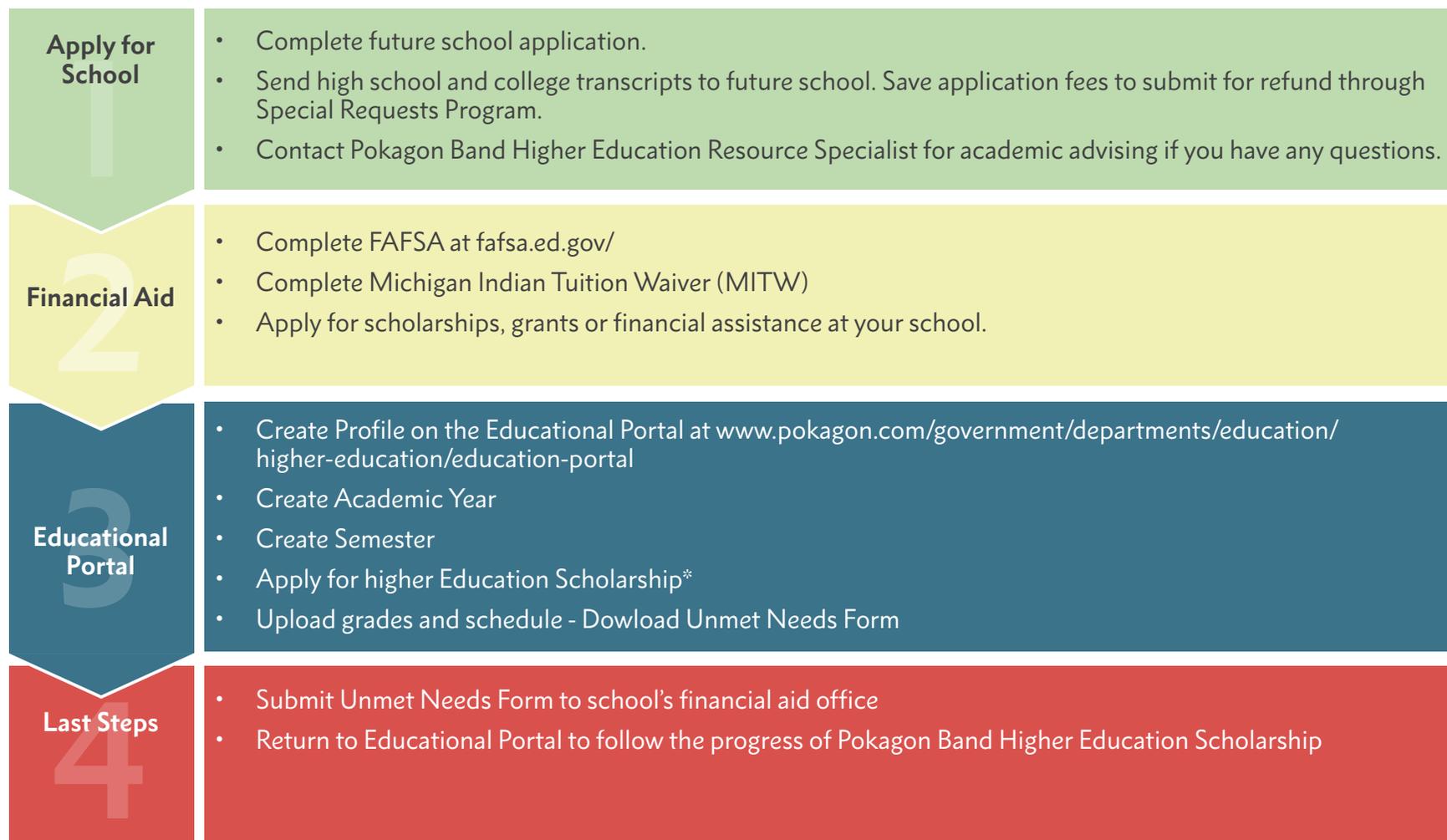
Money awarded can be used toward the Department of Education’s programs from August 1, 2017–July 31, 2018. The eligible programs are: Enrichment, Special Request, Tutoring, and also Chi Ishobak’s Youth Transportation IDA. Seniors

will be awarded their funds by a check, but a diploma is required in addition to the other school documents. Homeschool students may be required to submit additional documentation. Deadline for pre-application and school documents is October 1, 2017. If you have questions, contact Susan Doyle at susan.doyle@pokagonband-nsn.gov or at (269) 782-0887.

Check out the flow chart for higher education assistance

This flow chart can help new and returning students navigate higher education or vocational scholarship processes. The Department of Education team is always

available to answer questions or to meet and assist you as you work through this chart. Paper scholarship packets are available upon request.



Contact: Polly Mitchell
Higher Education Resource Specialist
(269) 462-4294
academic advising, portal assistance, scholarship process, MITW

Joseph Advance
Higher Education Specialist
(269) 462-4222
scholarship process, Special Request Form



Pokagon Band of Potawatomi
Pokagon Health Services

HEALTHY LUNCH

Join Marcy Herbert, Pokagon Band dietician, for a healthy lunch Wednesday, July 19 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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Ne'me gizhek SUNDAY	Ngot gizhek MONDAY	Nizh gizhek TUESDAY	Apta gizhek WEDNESDAY
Men's Sweat Lodge 2	Tribal Government offices closed in observation of the Fourth of July holiday 3	Tribal Government offices closed in observation of the Fourth of July holiday 4	Circuit Training Elders Health and Wellness Circuit Training L&C Men and Boys D
9	10 Circuit Training Day Language Class L&C Department Language Class Elders Health and Wellness Circuit Training Beginners Yoga Auricular Acupuncture Zumba	11 Lean Lunch L&C Kids Language Class: Dowagiac Tone Up! L&C Adult Language Class: Dowagiac	Circuit Training Elders Health and Wellness Circuit Training
Kë Gbéshmen session 1 16	17 Kë Gbéshmen session 1 Circuit Training Day Language Class L&C Department Language Class Elders Health and Wellness Circuit Training Beginners Yoga Auricular Acupuncture Zumba	18 Lean Lunch Tone Up! L&C Kids Language Class: Dowagiac L&C Adult Language Class: Dowagiac	Circuit Training Elders Health and Wellness Healthy Lunch Circuit Training Débénwéthék Parent L&C Men and Boys D
Kë Gbéshmen Session 2 23	24 Kë Gbéshmen Session 2 Circuit Training Day Language Class L&C Department Language Class Elders Health and Wellness Circuit Training Beginners Yoga Auricular Acupuncture Zumba	25 Lean Lunch Tone Up! L&C Adult Language Class: Dowagiac L&C Kids Language Class: Dowagiac	Circuit Training Elders Health and Wellness Circuit Training Elder & Grandchild S
Kë Gbéshmen Session 3 30	31 Kë Gbéshmen Session 3		

es July 2017

WEDNESDAY	Nyew gizhek THURSDAY	Nyano gizhek FRIDAY	Odanke gizhek SATURDAY
			Édawat Garage Sale 1
Illness Drumming 5	Lean Lunch L&C Adult Language Class: South Bend L&C Potawatomi 201 6	Circuit Training Elders Health and Wellness Circuit Training 7	General Election Saturday Family Fitness 8
Illness 12	Lean Lunch Diabetes Program L&C Potawatomi 201 L&C Adult Language Class: South Bend 13	Kë Gbéshmen Session 1 Circuit Training Elders Health and Wellness Circuit Training 14	Kë Gbéshmen Session 1 Healthy Step with Education Minor Mudder 15
Illness Group Drumming 19	PALS (Play and Learn Social) Lean Lunch Diabetes Program L&C Adult Language Class: South Bend L&C Potawatomi 201 20	Michigan Indian Family Olympics Circuit Training Elders Health and Wellness Circuit Training 21	Kë Gbéshmen Session 2 Débénwéthêk Parent Group Saturday Family Fitness 22
Illness South Bend Cubs Game 26	Kë Gbéshmen Session 3 Lean Lunch Diabetes Program L&C Adult Language Class: South Bend L&C Potawatomi 201 27	Kë Gbéshmen Session 3 Circuit Training Elders Health and Wellness Circuit Training 28	Kë Gbéshmen Session 3 29

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.



DRUM CLASSES

Department of Language and Culture
59291 Indian Lake Road, Dowagiac, MI 49047

6:00 pm–8:00 pm

Please join John T. Warren at our Drum Class, this is open to all tribal citizens, spouses and other tribal affiliations. Drum class is open to 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.

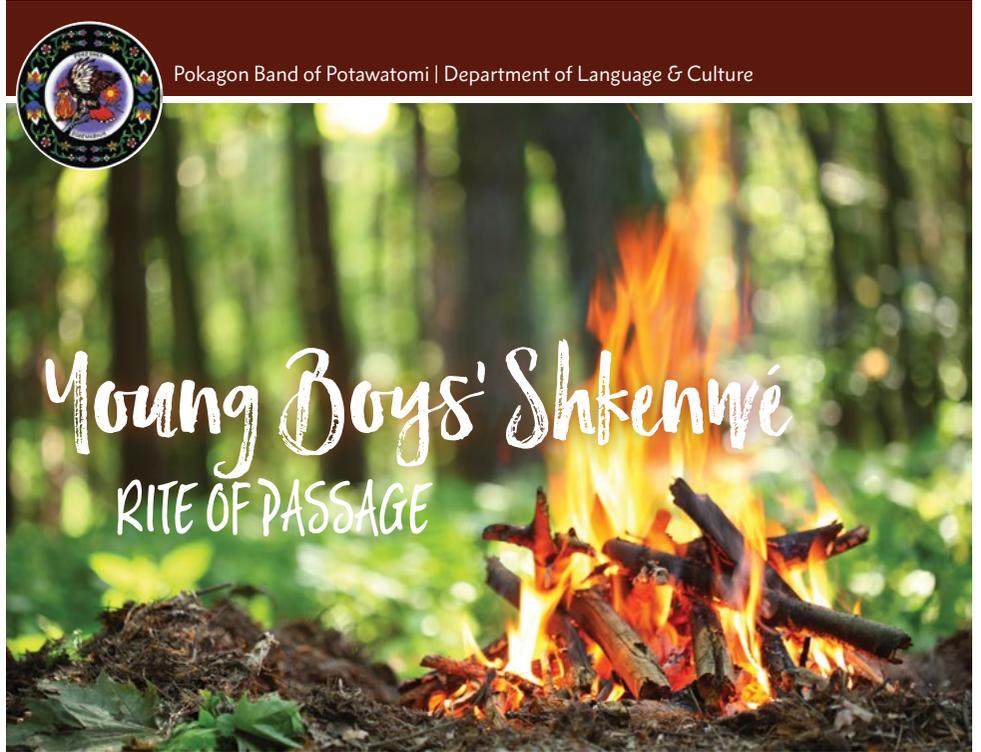
2017

April 5	May 3	June 7	July 5	August 2	September 6
April 19	May 17	June 21	July 19	August 16	September 20

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



For more information, please call the Language & Culture office at (269) 462-4325 or Patty Jo Kublick at (269) 462-4303 desk / (269) 462-5376 cell.



Pokagon Band of Potawatomi | Department of Language & Culture

This fall the Department of Language and Culture's Youth Cultural Program invites young boys who are transitioning to young men during their shkenwé and their family for a rite of passage Mkedékéwen | fasting ceremony.

If you or your child is interested in participating, please contact Rebecca Williams at rebecca.williams@pokagonband-nsn.gov or at (269) 462-4296.

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



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.



Pokagon Health Services
+ Domestic Violence Awareness Team



Domestic Violence, Breastfeeding & Breast Cancer Awareness Shawl Workshop and Presentation

August 17 | 3:00 – 6:00 pm
Pokagon Health Services
Multi purpose Room

Join us in creating your own shawl to bring awareness to the importance of breastfeeding, domestic violence, and breast cancer awareness. These shawls will be danced at Pokagon Band's pow wows. We will have staff on-site from Inter-Tribal Council of Michigan to talk about these topics, as well as historical trauma.

Shawl, appliqué materials, and dinner will be provided. Please RSVP by August 16.

For more information, contact Elizabeth Leffler at (269) 462-4406 office or (269) 591-1642 cell.



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 BODÉWADMİK | POKAGON BAND OF POTAWATOMI
EARLY CHILDHOOD EDUCATION



FAMILY MOVIE NIGHT

Let the adventure begin...

Bring the entire family to experience *Moana*, a Disney film featuring a strong-willed daughter who sets sail in the hope of saving her people in Ancient Polynesia.

RSVP online to be entered to win a raffle.

Friday, August 4 8:00 pm
Community Center



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Pokégnek Bodéwadmik
Pokagon Band of Potawatomi

Department of Language & Culture

Young Ladies Traditional Retreat

Experience Potawatomi culture with an emphasis on women-specific teachings

Language and Culture invites any middle or high school age young lady to a Traditional Retreat at Rodgers Lake, where they will get the chance to participate in fun activities centered around Potawatomi culture. Teachings involving women's experiences, language, traditional foods, and roles in Potawatomi society will excite and educate all that attend. Other activities include nature walks, plant and medicine identification, crafts and more. Sign up today!

This event, with **only 14 spots available**, is open to young women between the ages of 13 – 18. Participants will be required to follow all safety guidelines, rules, and regulations.

RSVP by contacting rebecca.williams@pokagonband-nsn.gov or calling Rebecca Williams at (269) 783-9265.

August 14–16, 2017

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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.



DEPARTMENT OF EDUCATION

Elders Technology Training

Join the Department of Education for every third Thursday of the month (after the Elders Social) to explore and learn technology.

May 18
June 15

July 20
August 17

September 21
October 19

All sessions at 2:00 – 3:30 pm
@ Elders Hall

[53237 Townhall Rd. Dowagiac, MI]



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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Notice of Open Positions

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

- Pokagon Band Salary Commission
- Kee-Boon-Mein-Kaa Pow Wow Committee
- Pokagon Bode'wadmik Ogitchedaw Board
- Election Board
- Food Sovereignty Committee
- Pokagon Promise
- Health Care Advisory Board
- Land Use Board
- Pokagon Rights Board
- Mno Bmadsen Board
- Ethics Board
- Gaming Commission
- Oshke Kno Kewéwen Pow Wow Committee

Did you know that the Pokagon Band supports two native radio programs on WVPE 88.1 FM? Earthsongs is a blend of contemporary Indigenous artists who are setting new directions in blues, folk, jazz, country, reggae, and hip-hop music.

Voices from the Circle highlights native news, issues, entertainment, storytelling, traditional and contemporary native music, poetry, and powwow trail information.

Both are an hour long, and can be heard between 9 p.m. and 11 p.m. Saturday nights in Michiana on WVPE's HD channel News2, or anywhere via their app or online at wvpe.org/ways-listen.



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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Elders Lunch Menu | Démen gises June

monday

3 closed for independence day



Photo by Derek Key

10 **language**

Buffalo Sloppy Joes
Baked Tator Tots
Green Beans
Garden Salad

tuesday

4 closed for independence day

11

Bean Soup
Low Sodium Ham Sandwich
Relish and Veggie Tray
Yogurt Cup

wednesday

5

Chicken Salad Sandwich
W/Grapes and Pecans
Baked Chips
Broccoli Slaw
Dessert

12

Spaghetti and Meatballs
Asparagus
Garden Salad
Garlic Bread
Dessert

thursday

6 **business meeting**

Grilled Pork Chops
Baked Potato
Baked Beans
Fruit Salad
Birthday Cake

13

Baked Chicken
Stuffing and Gravy
Broccoli
Jell-O W/Fruit
Whole Grain Roll

friday

7

Vegetable Soup
Low Sodium Turkey Sandwich
Relish and Veggie Tray
Blueberry Pie

14

Sea Bass
Mashed Sweet Potatoes
Coleslaw
Whole Grain Roll
Raspberries

17 **language**

Pork Loin
Spanish Rice
Garden Salad
Cottage Cheese and Fruit
Whole Grain Roll

18

Tortilla Crusted Tilapia
Baked Potato
Tomato Salad
Fruit
Whole Grain Roll

19

Ham and Scalloped Potatoes
Spinach
Cucumber Salad
Fresh Fruit
Whole Grain Roll

20

Pizza Day

21 **social lunch**

Ribs and Chicken
Potato Salad
Baked Beans
Fruit and Veggie Trays
Cheese Cakes & (Snacks)

24 **language**

Buffalo Lasagna
Brussels Sprouts
Garden Salad
Garlic Bread
Dessert

25

Baked Chicken
Rice
Tri-Blend Vegetables
Cucumber Salad
Whole Grain Roll

26

Beef Roast
Red Potatoes
Carrots
Garden Salad
Whole Grain Roll

27

Salad Bar

28

Salmon
Red Beans and Rice
French Style Green Beans
Garden Salad
Whole Grain Roll

31 **language**

Marinated Rib Eye Steak
Mashed Potatoes and Gravy
Collard Greens
Garden Salad
Whole Grain Roll



Derek Giovanni cc flickr

july

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

Per Capita News

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

Name	Christmas 2016	Monthly Per Cap
Scott Brewer, Jr	x	
Cristian Cobb	x	
Kailyn A. Currey	x	
Mason Currey	x	
Bobby M. Haynes, Jr	x	
Anna Locklear	x	
Dominic Williams	x	
James Johnson	x	
Austin L. Northrup	x	
Peter J. Ramirez	x	
Kaleb L. Ser		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 June 14 in order to make it on the July 2017 check run. Anything received after June 14 will be processed on the check run for August 2017. 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

Per Capita Important Dates

Deadline to receive Changes/updates/additions	Checks mailed out on	Check date Direct deposits in accounts
Friday, January 13, 2017	Monday, January 30, 2017	Tuesday, January 31, 2017
Monday, February 15, 2017	Monday, February 27, 2017	Tuesday, February 28, 2017
Monday, March 15, 2017	Thursday, March 30, 2017	Friday, March 31, 2017
Friday, April 14, 2017	Thursday, April 27, 2017	Friday, April 28, 2017
Friday, May 15, 2017	Tuesday, May 30, 2017	Wednesday, May 31, 2017
Wednesday, June 15, 2017	Thursday, June 29, 2017	Friday, June 30, 2017
Friday, July 14, 2017	Thursday, July 27, 2017	Friday, July 28, 2017
Monday, August 15, 2017	Wednesday, August 30, 2017	Thursday, August 31, 2017
Thursday, September 15, 2017	Thursday, September 28, 2017	Friday, September 29, 2017
Friday, October 13, 2017	Monday, October 30, 2017	Tuesday, October 31, 2017
Wed, November 1, 2017*	Tuesday, November 21, 2017	Wed, November 22, 2017
Friday, December 15, 2017	Thursday, December 28, 2017	Friday, December 29, 2017

* Please note, in 2017, the November deadline for changes is November 1. 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.

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.

Tribal Council July Calendar of Events

- 3 Tribal Government Offices closed for Independence Day holiday
- 4 Tribal Government Offices closed for Independence Day
- 8 Tribal Council Elections
- 24 Tribal Council Special Session Meeting, Administration, 10 a.m.
- 25 Gaming Authority Closed Session, Four Winds New Buffalo, 10 a.m.
- 31 Tribal Council Special Session Meeting, Administration, 10 a.m.

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

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

STEM Day Camp

(Science, Technology, Engineering, and Mathematics)

MONDAY AUGUST 7 – FRIDAY AUGUST 11

10:00 AM – 3:00 PM (Friday ends at 1:00 pm.) COMMUNITY CENTER

The Michigan K–12 Department of Defense STEM Program is coming to the Pokagon Band. Native students ages 10–14 years old are invited to join a week long STEM day camp.

Online registration starts **June 30**
www.pokagonband-nsn.gov/form/stem-camp-2017-registration

Transportation may be available.

Title VI sponsored.

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



Tribal Council August Calendar of Events

- 1 Gaming Authority Closed Session, Four Winds New Buffalo, 10 a.m.
- 7 Tribal Council Special Session Meeting, Administration, 10 a.m.
- 8 Gaming Authority Closed Session, Four Winds New Buffalo, 10 a.m.
- 12 Tribal Council Meeting, Community Center, 10 a.m.
- 14 Tribal Council Special Session Meeting, Administration, 10 a.m.
- 15 Gaming Authority Closed Session, Four Winds Hartford, 10 a.m.
- 21 Tribal Council Special Session Meeting, Administration, 10 a.m.
- 22 Gaming Authority Closed Session, Four Winds New Buffalo, 10 a.m.
- 28 Tribal Council Special Session Meeting, Administration, 10 a.m.
- 29 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.



Courses at Four Winds Casino Resort Open to Pokagon Citizens, Spouses, Custodial Parents and Government Employees July - September 2017

LEADERSHIP 1

Friday, July 7, 10a-12p
FWNB

LEADERSHIP 1 – “Communication & Cooperation”

This course introduces participants to the importance of teamwork, flexibility and strategic thinking. Activities include Picture Resume and United League of Nations.

LEADERSHIP 2

Friday, July 7, 1p-3:30p
FWNB

LEADERSHIP 2 – “DiSC Profile”

Participants take the DISC® profile assessment to learn about effective communication and identify their own communication style.

LEADERSHIP 3

Thursday, July 13, 1:30p-4:00p
FWNB

LEADERSHIP 3 – “Living the Core Values”

Participants discuss the core values of teamwork, respect, integrity and fun and learn why listening and providing clear direction and feedback are crucial to a good management style.

LEADERSHIP 4

Tuesday, August 15, 2p-4:30p
FWNB

LEADERSHIP 4 – “Coaching & Listening”

Participants learn how to delegate, in order to free up time to listen, coach and provide feedback to staff. A 5 step coaching model is presented.

LEADERSHIP 5

Thursday, August 24, 1:30p-4p
FWNB

LEADERSHIP 5 – “Emotional Intelligence”

Participants learn how to avoid emotional hijack during stressful situations, and the important role of emotional competencies in leadership.

LEADERSHIP 6

Monday, September 11, 10a-12:30p
FWNB

LEADERSHIP 6 – “Emotional Intelligence II – Horse & Rider”

In the second EI class, participants learn the four premises of Emotional Control and that we each make choices and have control over how we react and feel.

LEADERSHIP 8

Friday, September 22, 1p-3:30p
FWNB

LEADERSHIP 8 – Social Intelligence

Building on Emotional Intelligence with revolutionary new science, this class helps you understand how you can increase your social awareness and improve your relationship management – to help you and your staff to SHINE! (Please take Leadership 5, 6, and 8 in order.)

ServSafe for Managers

Friday, July 28, 9a-6p FWNB
Monday, August 28, 9a-6p FWNB
Friday, September 29, 9a-6p FWNB

ServSafe for Managers

Food Safety certification- 8 hour course for managers.

All NB classes are in the Training Center on the 2nd floor of the HR Building in New Buffalo, FWH classes in FWCR Hartford Training Room and FWD classes in FWCR Dowagiac Training Room.

If you would like to attend, please contact the Pokagon Band's Training Manager to enroll. Hartford and Dowagiac have limited seating, so please enroll early. Thank you. (6-15-17)

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

Michaelina Martin
(269) 783-9260
Micky.Martin@pokagonband-nsn.gov

Member at large

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

Member at large

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

Member at large

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

Elders Representative

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

Executive Secretary

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

Elders Council Directory

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

Chair

Vacant

Vice Chair

Maxine Margiotta
(269) 783-6102

Secretary

Judy Augusta
(269) 783-6304

Treasurer

Clarence White
(269) 876-1118

Member at Large

Cathy Ford
(269) 783-9380

Senior Youth Council Directory

Chairman

Michael Gamache
Michael.Gamache@pokagonband-nsn.gov

Treasurer

Andy Murray
Andy.Murray@pokagonband-nsn.gov

Secretary

Mahogan Shepard
Mahogan.Shepard@pokagonband-nsn.gov

Member at large

Skyler Daisy
Skyler.Daisy@pokagonband-nsn.gov

Member at large

Robert Dick
Robert.Dick@pokagonband-nsn.gov

Rebecca Williams

Youth Culture Coordinator
(269) 462-4325

Junior and Senior Youth Council Members Wanted

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

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

Abtëniḡis July Citizen Announcements

Justin Quigno, the director of slot services at Four Winds, was featured as an Emerging Leader in the June issue of Global Gaming Business magazine. Quigno started working at Four Winds in 2007 as a 20-year-old college student, dealing craps, blackjack and three card poker. He has since earned a bachelor's in business administration from Western Michigan University and a master's in hospitality business management from Michigan State.

The Hartford native worked in a variety of roles: slot supervisor, slot manager, property manager, director of beverage operations and director of hotel operations. In his current position, Quigno oversees the performance and operation of more than 3,500 slot machines and 200 employees among three properties, with another 1,800 games set for South Bend in early 2018.



Happy birthday Derrick Tucker, from your whole family.

Pokagon Band of Potawatomi
Department of Education Early Childhood Education +
Dëbënwëthëk Parent Group

Touch-A-Truck

Touch-A-Truck is a fun, free hands-on opportunity for the whole family to explore an assortment of vehicles, including police cars, construction equipment, and many other unique vehicles from those who protect, build and serve our community! Professionals who use these vehicles will be present to answer questions and demonstrate how each vehicle works.

Event is open to the general public. Water and popsicles will be available.

RSVP at www.pokagonband-nsn.gov/form/touch-truck-registration

Saturday, August 19
9:00 am - noon (9:00 am-10:00 am is siren free)
Rodgers Lake [58620 Sink Road, Dowagiac, MI 49047]

If you are interested in providing a vehicle for this event, please contact Autumn Laraway at (269) 462-4327 or 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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WANT TO FIND OUT IF YOU COULD MAKE IT THROUGH ONE DAY OF TRADITIONAL TRAVELING?
DISCOVER THE ANSWER
AUGUST 16-18, 2017

Language & Culture and the Tribal Police Conservation Department are hosting a Traditional Travels Canoe Trip in Bay View, MI August 16-18. This adventure consists of two nights spent rustic tent camping (no electricity or running water) in Bay View, MI (U.P.). During our stay the young men will receive teachings such as plant identification, survival skills and proper canoeing skills. Other activities consist of swimming and fishing.

This event, with **only 15 spots available**, is open to young men between the ages of 13-18. Participants will be required to follow all safety guidelines, rules, and regulations.

RSVP by contacting Daniel.Stohrer@PokagonBand-nsn.gov or by calling the Department of Language & Culture at (269) 462-4325. This trip fills quickly.



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32ND ANNUAL

Kee-Boon-Mein-Kaa Pow Wow

SATURDAY SEPTEMBER 2 + SUNDAY SEPTEMBER 3