

Pokégnek Yajdanawa

Nibnë gises | summer moon | July 2018



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Read about the Per Capita Savings Plan on the July ballot.

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Meet our newest tribal citizens.

Food Sovereignty Committee plants heritage seeds at University of Michigan

Representatives from the Pokagon Band, Grand Traverse Band, Gun Lake Tribe, Lac Courte Oreilles, Little Traverse Bay Band, Saginaw Chippewa & Walpole Island, planted a heritage seed garden with students, faculty and staff at the University of Michigan.

Tribal Historic Preservation Officer Jason S. Wesaw was one of the Pokagon citizens there. Before this planting in May, a few Pokagon representatives visited the University in 2017.

“We went there by invitation from the University with other Great Lakes tribes who were aware of some of the holdings in the collections and how they actually came from our communities,” Jason said.

Pokagon representatives went out of interest, to see the work the other Great Lakes tribes and the University had done, according to Jason. The group toured the University’s Matthaei Gardens, where the University houses their ethnobotanical collection and seed collection. Our representatives felt welcomed, and Jason said being in the presence of the heritage seeds was very powerful.

“We smudged with them, we sang to them, we prayed for them,” Jason said. “And we told them that there will come a day when we can return and bring them home. Not just home to our community but home to the ground...so that they can provide that life.”

Please turn to page 5

Delicious and enlightening: dozens learn more about native foods at event



The Pokagon Band Food Sovereignty Committee hosted an indigenous dinner and a mobile native farmers market May 22 at the Pokagon Community Center. Nearly one hundred people attended this community event, tasting and buying heirloom and indigenous foods and hearing a presentation on food sovereignty.

Dan Cornelius from the Intertribal Agriculture Council (IAC) and members of the committee talked about how before contact with Europeans, the Potawatomi in Michiana cultivated wild rice, tapped sugar maple trees, harvested berries, and grew vegetables. Many of those traditions and food varieties were lost over the next centuries, but now the Pokagon Band is starting to reclaim its food sovereignty. Efforts include prepping its agricultural land for organic farming, promoting indigenous foods at tribal events and reviving maple sugar and wild rice production on Pokagon land.

Cornelius and the IAC aid Indian tribes and native farmers, ranchers and food producers. They operate the mobile farmers market to expand producers’ market access and increase availability of fresh, healthy, and traditional foods to tribal communities.

Pokégnek Bodéwadmik
Pokagon Band of Potawatomi



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Dowagiac, MI 49047

Citizens share photos from the Oshke Kno Kewéwen Pow Wow



The tribe celebrated the ninth annual Oshke Kno Kewéwen Pow Wow this year. We hope you caught these and other photos from citizens on social media.

Voluntary Per Capita Savings Plan on the ballot in July election

The Pokagon 2018 general election will include a Revenue Allocation Plan amendment for citizen consideration. The amendment will create a Pokagon Per Capita Savings Plan, which will be a great opportunity for Pokagon citizens to voluntarily contribute part or all of their monthly per capita payments into an investment plan.

The plan will allow citizens to deposit their per capita payment into an investment account that will grow tax deferred. No taxes are paid on these savings until an amount is withdrawn from the account. The funds can be used for buying a home, starting a business, higher education, retirement, or any purpose the citizen wishes.

Roger Rader, Tribal Council and Finance Board member, is enthusiastic about the possibilities.

“By the time my daughter is old enough to receive per capita payments, her minors trust will be at an amount where deferring her entire per cap should be easy to do,” he said. “It puts our kids at a great advantage to be fiscally sound adults in the future, and is every adult’s opportunity to save and invest for the future. Why not have the option?”

Citizens choose the amounts of their voluntary contributions into the savings plan, from as little as 10 percent of their per capita payment up to 100 percent. Contributions to the savings plan can be stopped annually, or changed annually. If

a citizen experiences an emergency like a loss of a job, an illness, or an accident, withdrawals from the savings plan are allowed. But advanced withdrawals are only permitted in cases of emergency.

Visit www.pokagonband-nsn.gov/government/departments/finance/capita/capita-savings-plan to read more about it, and use the online calculator to determine possible returns on your investment.

Annual Contribution: \$7,200 / year

Annual Return: 5% (not guaranteed)

Contributions until: Age 65



Age	Amount saved	Amount estimated at age 65	Estimated annual income for 20 years
25	\$288,000	\$913,246	\$67,000
35	\$216,000	\$502,278	\$37,000
45	\$144,000	\$249,979	\$18,000
55	\$72,000	\$95,089	\$7,000

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

Meet the Early Childhood Development Center Site Manager Elizabeth Rinehart

Bozho fellow Pokagon citizens,

My name is Elizabeth Michaelle Rinehart, and it is with great honor to accept the position of the Early Childhood Development Center (ECDC) site manager. Our tribe is embarking on an incredible journey that is sure to be rewarding. This is not to say that there won't be any challenges, but I am up for those challenges, and I see them as opportunities for growth and learning. My own journey has groomed me to serve my people in a way that aligns with my passion of working with our greatest treasure, our children.

I would like to share a little bit about my journey that led me to where I am at today. In 2002, I was a mother of a two-year-old and a one-year-old. I wanted to be able to stay at home with them but could not afford to do so. I decided to open a daycare to generate income, while still spending time with my own children. As a childcare business, I was involved with the Early Head Start program, Michigan State and the 4C's Food Program. I wrote a "Soup and Salad" grant for startup money for a garden so the kids could grow food to encourage healthier eating. I learned about scholarships available for providers to pursue an Associate's degree in child development, and in 2004 I enrolled at Grand Rapids Community College, taking one or two night classes at a time. In 2007, two years prior to completing my program, my children became school age, so I decided to enter the workforce. After the classes I had already taken, I knew I was meant for early childhood education. A client of mine told me that Head Start for Kent County was hiring teachers, so I applied and became a full-time teacher while finishing my early childhood degree.

After a short break from college, I enrolled at Grand Valley State University for teaching. Working full-time and taking one to two classes at a time became cumbersome, so in 2012, I made a difficult decision to leave the profession to take classes full-time. Three years later, I graduated with a double major in English Language Arts and Education with a Teaching Certificate for elementary education. After another short break, I went back for a Master's of Education, majoring in curriculum and instruction with an emphasis on early childhood education (ZS endorsement). Shortly after starting classes, I accepted a teaching position at the Huron Potawatomi Head Start program in Grand Rapids. I worked full-time while completing my coursework.

Pokagon preschool plans moving ahead

The Department of Education and the Curriculum Committee have been steadily working on the early childhood development program over the past months. Elizabeth Reinhart, the manager for the new preschool program, has started work and soon will complete the hiring of the teachers ahead of September's first day of school.

If you're interested in enrolling your child in the preschool, please visit [www.pokagonband-nsn.gov/government/departments/education/early-childhood-](http://www.pokagonband-nsn.gov/government/departments/education/early-childhood-education-center)

Much of my studies and research focused on the American Indian narrative, including but not limited to identity formation, achievement gaps, and ways to incorporate culture into the classroom to improve student outcomes. I learned that healthy self-esteem and identity formation for Anishinaabe people comes from knowledge about our culture and a sense of belonging to family and community. In addition, as an Anishinaabe kwe and citizen of the Pokagon Band, I understand the importance of cultural revival to sustain the future seven generations and beyond. I made it a priority to include our culture in every aspect of the activities that I was planning on implementing into the classroom. In fact, the title of my capstone project is "Indigenizing Curriculum."

When the opportunity to serve our tribe at the ECDC opened, I saw it as the perfect time to put my knowledge and experience to work for the benefit of our own people. I am excited to be a part of the new ECDC and the future of our people by focusing on our children. Our new program will be heavily influenced by our culture, yet inclusive of dominant culture's school readiness expectations so that our children will be equipped to "walk in two worlds." Our tribe's commitment to embarking on this new endeavor is evidence of the value we place on our children. The youth of today are our leaders of tomorrow. I am excited to be a part of that journey.

Igwien,

Elizabeth Michaelle Rinehart



education-center to fill out a pre-application form. Also soon to be available on the website, if you're interested in learning more about the program's development, are the minutes of the Curriculum Committee. If you have any questions, please call the Education Department at (269) 783-2469.



www.pokagonband-nsn.gov/government/departments/education/early-childhood-education-center



Pokagon Band of Potawatomi
Pokagon Health Services

HEALTHY LUNCH

Join Marci Herbert, Pokagon Band dietician, for a healthy lunch Wednesday, July 18 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 Marci Herbert at (269) 782-2472 or Marci.herbert@pokagonband-nsn.gov.

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Running team cooperates in memorial run across Michigan



By Dean Orvis, wellness coordinator

The Mejnewa Running Team completed the Lake to Lake Veterans Memorial 150 mile run across the state of Michigan on Memorial Day weekend. The run began at 8:00 a.m. Saturday, May 26, on the shores of Lake Michigan in Ludington and ended Sunday afternoon, May 27, in the sands of Lake Huron in Bay City.

We had twelve phenomenal individuals complete a portion of the trail, with most people going over ten consecutive miles. The temperature exceeded 90 degrees each day of the run, yet we were still able to finish in 29 hours and 45 minutes of uninterrupted running. The journey began with 40 miles of open road, 88 miles of the Pere Marquette Trail, and finished with just over 23 miles of open roads. The team included John Koehler, Steve Smith, Abby Paul, Michelle Cockey, Lisa Weurding, Derek Weurding, Steve May, Jesse Adair, Sarah Eck, Terri Rider, Steve Rider, and Dean Orvis.

“I ran on Saturday afternoon during the heat of the day. Normally, I would avoid running in such heat, but I would not let our team down!” said Michelle Cockey.

“I have never been a part of such a large team relay. I thought it was cool how we could cover so much distance just by running one leg at a time. It just goes to show that more can be accomplished when you work together as a team.”

Rachel Orvis kept a team support van available to distribute refreshments, provide encouragement, and offer first aid every couple miles throughout the route. Every runner also had a partner traveling with them during their portion of the run.

The Creator kept the storms just in front of us, and we only had one runner experience a little bit of drizzle during their run. Everyone had a great time participating in the run and are already excited to do it again. We are hoping to have a minimum of 15 runners for next year's run. For more information about this run or other opportunities, please contact the PHS Wellness Center.

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

Neshnabé Mbokén

A children's book club

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

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

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

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

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

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Débénwéthék
Parent Group

Pokégnek Bodéwadmik
Pokagon Band of Potawatomi

Inventory Sale + Auction

SALE!

Office furniture and supplies, household goods, camping, etc. Something for everyone.

Monday + Tuesday Tribal Citizens
Wednesday + Friday Open to the public

New this year! We are hoping to be able to accept debit and credit card payments along with cash.

July 30–August 3, 2018
8 am–4 pm
National Copper Building | 415 Praise Ronde, Dowagiac
Sale entrance is through the west dock off Louise Street

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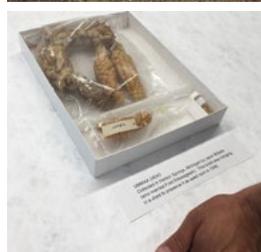
Events may be cancelled due to inclement weather. Please refer to the Pokagon Band website for weather related updates.

Food Sovereignty Committee plants heritage seeds at University of Michigan, continued from page 1

This May, our tribe and the other Great Lakes tribes, as well as First Nations people from Canada, returned, some with seeds to gift to the gardens. They planted the seeds there and feasted after. Citizens Gary and Christine Morseau offered old corn seeds from our community to the University of Michigan, so our tribe could also offer seeds to the project.

“What that’s leading into, is in 2019, for some of those seeds to start returning back home from the collections...to their home communities,” Jason said.

Our tribe, with the other Great Lakes tribes, will continue to work with the University to identify Potawatomi seeds and seeds that may have come from the St. Joseph River valley, so the seeds may later be returned to our Native communities.



Veterans gather for 10th annual dinner and golf outing

This year’s veterans dinner and Veterans Golf Outing marked a decade of honoring those who’ve served us in the military and who continue to serve this community on Memorial Day weekend. At the dinner, actor and Cherokee citizen Wes Studi spoke about his own experiences in the military. The tribe also recognized several

Pokagon veterans for their years of service. The next day, veterans and area partners came out to Hampshire Golf Course for a day of golfing. The golf outing began with a drum circle and the US National Anthem.



Join the Elders Fitness Tracker Program

Starting July 2018, the Elders Fitness Tracker Program can assist elders and their spouses realize a much-improved health awareness by tracking calories burned, heart rate, sedentary alert, auto sleep tracking and so much more. You must be a Pokagon Band Elder or

spouse to participate and must have actively participated in 12 weeks of Cardio Drumming at PHS.

For more information, contact Donald Summers at (269) 462-4237.

Changes in store for higher education program

College students applying for scholarship assistance from the Pokagon Band will notice some program changes effective August 1. Tribal Council established the Higher Education Assistance Program (no longer called a scholarship) to provide financial aid to eligible citizens pursuing higher education and to take advantage of a newly-adopted IRS code benefitting tribal communities. The changes will ease some of the paperwork burden, lighten the tax liability on the student, and speed up payment. But most of all, students can maximize their full assistance potential, because the Pokagon scholarship as it was administered previously might have reduced other scholarship awards.

These changes stem from the Pokagon Tribal Council's adoption of the rules from a 2014 law that excludes various general welfare payments from taxable income for members of Indian tribes. Students will notice some new terminology and new and different forms to complete, but much of the program remains the same.

As with the previous program, the Pokagon student must be enrolled in an accredited college or university and pursuing a vocational certificate or Associates, Bachelors, Masters or Doctorate degree. The amount of the educational assistance hasn't changed and is based on unmet needs. The assistance must be used solely to pay for housing, books, tuition, fees, and supplies. It should not be used for any other purpose.

However, with the new educational assistance program, the books and housing assistance will be directly deposited in one payment per marking period to the student. In the new program, the tuition and fees will be paid to the school. Department of Education staff will have the ability to access and view certain aspects of students' online accounts with the school as authorized payment users.

The student must still fill out the Free Application of Federal Student Aid (FAFSA) and submit the Student Aid Report to the Pokagon Department of Education. The student must also apply for the Michigan Indian Tuition Waiver (if student is eligible) and for all eligible campus-based financial aid. Once enrolled in a college, undergraduate students must maintain a GPA of 2.0; graduate students must maintain a GPA of 3.0. The student must have direct deposit set up with her or his bank.

A citizen who receives the educational assistance may receive IRS Form 1098-T from their school. Qualified assistance, like tuition, fees, books, equipment are not taxable income. Non-qualified assistance beyond tuition and related expenses, like optional fees, room, board, travel, or personal expenses, are taxable income. Student should carefully review each form to ensure it does not list the amount of the Pokagon Band higher education assistance as a non-qualified scholarship. If it does, the amount is non-taxable and should not be included in gross income.



Please visit www.PokagonBand-nsn.gov/government/departments/education/ for more details and for the policy.

Language apprentices immersed in language, culture and history



DeJonay Morseau and Kendall Race have always shared an ancestral tree, and now they also share a passion for revitalizing the Potawatomi language. They became the second pair of language apprentices this year, studying under former apprentices—now language specialists—Carla Collins and Kyle Malott.

DeJonay and Kendall were both encouraged by their aunt, Carla, to apply for the apprenticeship. Kendall was actually living in Wisconsin while Carla was an apprentice and here in Michigan when Carla was first learning the language from instructors. He got to witness the learning process, and it sparked something.

Both DeJonay and Kendall have been around the language all their lives, but they're now diving into it like never before.

"We're just all working together," DeJonay said about the Language Program staff.

Monday and Wednesday afternoons, DeJonay and Kendall hunker down in the Language & Culture multipurpose room with Carla and Kyle, soaking in as many verbs, cultural knowledge, and more verbs as they can. After 4–5 hours of that, they head to classes and learn more.

"It doesn't always click," Kendall joked, saying there are times when the pair feel overwhelmed, but when they keep at a steady pace, eventually everything comes together and they understand.

"It's like a class," DeJonay said. "We're learning the history, we're learning language."

"Where the words come from," Kendall added. "Some of the words we got while we were across the country."

Take wizho, which means "whale." Whales don't live in the Great Lakes region, which means an ancestor travelled to a coast and brought that word back to our people.

"You can see how connected we were, around the world," DeJonay said.

DeJonay and Kendall experienced a 2-day language immersion camp with Carla and Kyle this June 5 and 6 at Warren Dunes State Park. They prepared flash cards before they left to reference if needed. Otherwise, DeJonay joked, "It might be really quiet."

Their summer schedule will include Kë Gbëshmen, a start to their goals of working with our nation's youth. Kendall hopes to be teaching basics to kids by the end of the summer. DeJonay and Kendall are writing commands to accompany classic games like Monopoly, Uno, and Go Fish and the traditional games Shishibé and Pidro so people can play while only speaking Potawatomi. For Monopoly, they even translated the Community Chest and Chance cards.

"I also want to work with the kids because that's another goal of ours," DeJonay said, "to start with the young ones and them grow up learning and knowing the language because that's how we're eventually going to have fluent speakers."

Kendall is currently learning a few other skills he hopes will support language learning in the community. He just completed his first year at SMC, studying general education courses before transferring to Western to study audio engineering. Kendall described apps that could help train speakers that he hopes to work on using his degree.

Both apprentices feel honored to be serving their community in this way. Their contract is for 3-years, and they hope to be master speakers when they finish and take on apprentices of their own.

"There's a commitment after," DeJonay said. "Not that it was holding me back from doing it, but at the same time, you know what you're getting yourself into. People are depending on us."

The apprentices do not have any trips planned to Wisconsin because they have master speakers right here from whom they can learn. That's what this apprenticeship program is all about, after all.

"If we didn't have any speakers, we wouldn't be a sovereign nation," Kendall said.

He clarified that knowing our language is not the only piece of what makes our nation sovereign, but it's a piece of the puzzle that makes our nation whole.

Family Fishing Day competition results revealed



About 50 people participated in the 2018 Family Fishing Day this June.



Grand Prize Winner
Jang Saldivar
22.5" Bowfin



Bass Category
1st Jason Holloway 19" Largemouth
2nd Clyde Brazie 18.25" Largemouth
3rd Justin Brazie 17.5" Largemouth



Sunfish Category
Tie for 1st Mike Snay 10.5" Crappie
and **Fred Schoff** 10.5" Crappie
Tie for 3rd Walter Peters 9.5" Crappie
and **Matthew Bussler** 9.5" Crappie



Other Category
1st Carl Wesaw Jr. 5" Painted Turtle

Pokégnek Bodéwadmik Pokagon Band of Potawatomi

Department of Language & Culture

Archives Open House

Wednesday July 11 6:00 p.m. – 9:00 p.m.
Language & Culture Activity Room 59291 Indian Lake Road, Dowagiac, MI

Join the Department of Language & Culture for the archives open house. 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. In recognition of summertime, warmer weather, and enjoying the outdoors, this quarter's open house theme is: Honoring Neshnabe Aki (Neshnabe Earth/homeland). We will be discussing traditional Potawatomi conceptions of land, relationships to the environment, place-names, and contemporary environmental issues. Dinner will be from 6:00–7:00 pm and objects will be on view from 7:00–9:00 pm.



Artwork by Jason Adair

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 of Potawatomi
Department of Language & Culture

Join the Department of Language and Culture for

Shishibé

Potawatomi Language Bingo

FRIDAY JULY 13 6:00 PM
L&C BUILDING 59291 INDIAN LAKE ROAD | DOWAGIAC MI

Come join us for this fun gathering. Pizza and sides start at 6:00 pm and Shishibé Bingo begins at 7:00 pm. The evening ends at 9:00 pm. Potluck is optional.

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

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

Annual Baby Celebration welcomes next generation of Potawatomi children

The community celebrated our newest citizens at the annual Baby Celebration Saturday, April 21. Community Outreach, Early Childhood Education, DNR, and Dental hosted this year's event. We welcomed 19 new babies born into the tribe within the past year, wrapping them each in beautifully made quilts by Pokagon citizens. A total of 71 people came out to share in this celebration. Booths with information about safe sleep, cradle boarding, breastfeeding, making your own

baby products, home safety, nutrition, dental care, mercury, and energy efficiency were open for families to learn about the specific topics. Each baby received a quilt handmade by Melinda Thompson, a feast bundle wood burned with the language, a bag filled with Potawatomi stuffed animals with language buttons created by Shannon Snay, safety kits, munch mittens, and homemade baby products.

These are all the children we celebrated this year:

Payton Swisher
Grayson Laraway
Claire Williams
Willow Martin

Noden Bowen
Onyx Benedict Wesaw
Willow Brumley
Eliana Alexis

Kyra Robinson
Jolene Sturgeon
Miksani James Morseau
Avaneko Orel Gonzalez

Lucas Roach
William James Neshnabes Dressler
Tawodi Little-Cole
Zander Dill

Bneshi Alsup
Draya Lanae Fitchett
William Aaron Chapman



Protect Mother Earth, never flush medications

All pharmacy patients are encouraged to bring back their unused medications for safe disposal and enjoy lunch at the same time.

Drug disposal & luncheon

Tuesday, July 17 | 11 a.m. – 1 p.m.

Pokagon Health Services

Native Americans who bring medications for disposal will be entered into a drawing for one of five \$25 gift cards.

If you can't attend this event, please deposit any unused and acceptable medications in the Red Med Box in the rotunda of Pokagon Health Services for safe medication disposal. Medications on the not accepted list can be given to the PHS Pharmacy for appropriate disposal.

Acceptable

Expired and unused medications
Over the counter medications
Antibiotics, steroids
Cold and flu medications
Vitamins and herbal supplements
Medication samples
Pet medications
Medicated ointment, lotions, drops
Unopened Epi-pens
Liquid medications

Not Acceptable

Needles, lancets, syringes
Thermometers
IV bags
Bloody or infectious waste
Hydrogen peroxide, rubbing alcohol
Business waters
Empty containers
Personal care products
Used Epi-pens
Aerosol cans
Electronic devices, diabetes testers
Inhalers

Tribe hosts sixth annual All Tribes Lacrosse Tournament



The Pokagon Band hosted the sixth annual All Tribes Lacrosse Tournament at Rodgers Lake Sports Complex on May 19. This year's event featured five teams vying for the coveted trophy stick and the designation as Michigan's top tribal lacrosse team, ultimately claimed by a team called Special Forces, comprised of Native Americans living near Lansing. The Saginaw Chippewa team, Red Swamp, took second, and the Little Traverse Bay team called MTZ earned third.

The day started with a traditional prayer by an Elder, some seasonal strawberries, and a generous helping

of homemade long house cookies made by Pokagon Elder Majel DeMarsh. We welcomed the competitors to the tournament with an introduction of our language and a brief history of the Creator's game.

The seven-on-seven tournament featured a double-elimination format, which guarantees each team a minimum of two games. This year we hosted teams from Little Traverse Bay, Mount Pleasant, Battle Creek, the Lansing area, and Dowagiac. The teams maintained a respect for the game throughout the competition and left with a desire to return next year.

The Pokagon Band offers lacrosse trainings and clinics throughout the year. We are searching for eager participants to join the program and are able to provide the necessary equipment and safety protection to participate in lacrosse. Please contact a member of the Wellness Center or the Department of Language and Culture if you are interested in learning more about our lacrosse program at (269) 462-4290 or (269) 462-4325.



Pokégnek Bodéwadmik Pokagon Band of Potawatomi
Pokagon Health Services



Red Road to Wellbriety

EVERY FRIDAY 5:00 PM – 6:30 PM
PHS Multi Purpose Room

PHS is holding Red Road to Wellbriety meetings every Friday evening. Transportation is not provided.

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



Department of Education
EARLY CHILDHOOD EDUCATION

Débénwéthêk Parent Group



In Potawatomi, Débénwéthêk means the ones who take care of others. The goal of Débénwéthêk Parent Group is to develop opportunities for Pokagon families to spend quality time with one another and create meaningful experiences together.

Débénwéthêk Parent Group is composed of parents and caregivers of children under 8 years of age and meets every third 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.



Nibnë gizes [summ

Nëm'e gizhëk SUNDAY	Ngot gizhëk MONDAY	Nizh gizhëk TUESDAY	Aptë gizhëk WEDNESDAY
1	2 Circuit Training Open L&C Language Class Elders Health and Wellness Circuit Training Beginners Yoga Auricular Acupuncture Zumba L&C Znëget 1 + 3, Nithansêk & Penothésêk Language Classes	3 Lean Lunch Afterschool Program Penothiyêk Language Class Tone Up! L&C Dowagiac Language Class DNR Wild Edible and Medicinal Walks	Circuit Training Elders Health and Wellness Circuit Training Neshnabé Mbokén L&C Znëget 2 Intermediate
8	9 Circuit Training Open L&C Language Class Elders Health and Wellness Circuit Training Beginners Yoga Auricular Acupuncture Zumba L&C Znëget 1 + 3, Nithansêk & Penothésêk Language Classes	10 Lean Lunch Afterschool Program Penothiyêk Language Class Tone Up! L&C Dowagiac Language Class	Circuit Training Elders Health and Wellness Circuit Training L&C Znëget 2 Intermediate L&C Men and Boys Division L&C Archives Open House
15	16 Circuit Training Open L&C Language Class Elders Health and Wellness Circuit Training Beginners Yoga Auricular Acupuncture Zumba L&C Znëget 1 + 3, Nithansêk & Penothésêk Language Classes	17 Lean Lunch Pharmacy Drug Take Back/Cookout Afterschool Program Penothiyêk Language Class Tone Up! L&C Dowagiac Language Class	Circuit Training Elders Health and Wellness Healthy Lunch Circuit Training Débénwéthêk Parent Meeting L&C Znëget 2 Intermediate L&C Men and Boys Division
22	23 Circuit Training Open L&C Language Class Elders Health and Wellness Circuit Training Beginners Yoga Auricular Acupuncture Zumba L&C Znëget 1 + 3, Nithansêk & Penothésêk Language Classes	24 Lean Lunch Afterschool Program Penothiyêk Language Class Tone Up! L&C Dowagiac Language Class	Circuit Training Elders Health and Wellness Circuit Training L&C Znëget 2 Intermediate
29	30 Circuit Training Open L&C Language Class EDU STEM Day Camp Elders Health and Wellness Circuit Training Beginners Yoga Auricular Acupuncture Zumba L&C Znëget 1 + 3, Nithansêk & Penothésêk Language Classes	31 EDU STEM Day Camp Lean Lunch Afterschool Program Penothiyêk Language Class Tone Up! DNR Wild Edible and Medicinal Walks L&C Dowagiac Language Class	Circuit Training EDU STEM Day Camp Elders Health and Wellness Circuit Training Neshnabé Mbokén L&C Znëget 2 Intermediate

er moon] July 2018

WEDNESDAY	Nyéw gízhëk	THURSDAY	Nyano gízhëk	FRIDAY	Odankè gízhëk	SATURDAY
4 Illness Intermediate Language Class	PALS (Play and Learn Social) Lean Lunch Men's Sweat L&C South Bend Language Class L&C Potawatomi 201	5	Circuit Training Elders Health and Wellness Circuit Training PHS Red Road to Wellbriety	6		7
11 Illness Intermediate Language Class Drumming House	Lean Lunch L&C South Bend Language Class L&C Potawatomi 201	12	Circuit Training Elders Health and Wellness Circuit Training PHS Red Road to Wellbriety L&C Shishibé	13	Tribal Elections	14
18 Illness Group Intermediate Language Drumming	PALS (Play and Learn Social) Lean Lunch L&C South Bend Language Class L&C Potawatomi 201	19	Michigan Indian Family Olympics Circuit Training Elders Health and Wellness Circuit Training PHS Red Road to Wellbriety	20		21
25 Illness Intermediate Language	Lean Lunch L&C South Bend Language Class L&C Potawatomi 201	26	Circuit Training Elders Health and Wellness Circuit Training PHS Red Road to Wellbriety	27	Healthy Step with Education Pokagon Quadrathon	28
aug 1 Illness Intermediate Language Class	PALS (Play and Learn Social) L&C Bike Trip EDU STEM Day Camp Lean Lunch Men's Sweat L&C South Bend Language Class L&C Potawatomi 201	aug 2	Circuit Training EDU STEM Day Camp Elders Health and Wellness Circuit Training PHS Red Road to Wellbriety	aug 3	EDU STEM Day Camp	aug 4

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.

Regalia Class produces full regalia for 12 women

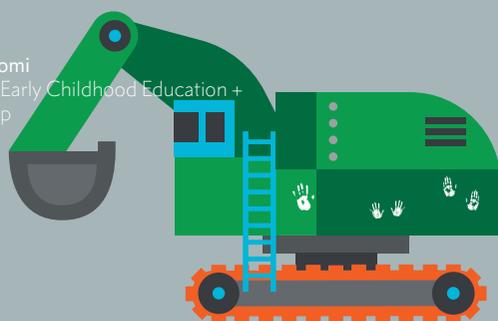
Regalia Class started in January, and the Language and Culture Department held two classes per month through May. The last class was the weekend before the Oshke-Kno-Kewéwen (OKK) Traditional Pow Wow, and almost all participants finished their full

traditional Potawatomi camp dress, moccasins, and an applique skirt. A total of 12 women attended classes regularly through the whole series. Some of the women were experienced with sewing and others were trying it out for the first time. One man also

made a ribbon shirt. The majority of the ladies in the class who completed their regalia danced at grand entry (some for the first time ever) on the Saturday afternoon of the OKK Pow Wow. Madalene Big Bear instructed the series of classes.



Pokagon Band of Potawatomi
Department of Education Early Childhood Education +
Débénwéthék 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.



Saturday, August 18

9:00 am - noon (Sirens start at 10:00 am)

Hosted by the Pokagon Band Débénwéthék Parent Group +
the Dowagiac Chamber of Commerce Rod and Roll Classic Auto Show

Downtown Dowagiac



If you are interested in providing a vehicle for this event, please contact Rachel Orvis at drorvis@gmail.com.

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



DRUM CLASSES

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

6:00 pm–8:00 pm

Please join John T. Warren at our Men's and Boys Drum Class, open to all tribal citizens, spouses and other tribal affiliations. Drum class welcomes all ages and is held the first and third Wednesday of every month. There are many teachings that come with this class from a great teacher.

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

2018

July 11	August 1	September 5	October 3	November 7	December 5
July 18	August 15	September 19	October 17	November 21	December 19

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



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

What's that invasive species? Yellow Flag Iris (*Iris pseudacorus*)



Yellow flag iris (*Iris pseudacorus*), also known as yellow water iris or yellow flag, is an invasive species native to Europe, the British Isles, North Africa and the Mediterranean region. Currently, this species is found in all 50 states within the U.S. The yellow flag iris's showy flower makes it an attractive perennial plant for home water gardens, however, it can be found in Michigan in wet habitats where it has likely escaped ornamental plantings. Unfortunately, this plant can outcompete native vegetation and create a monoculture along waterbody edges. This means biodiversity decreases and can include the loss of native cattails, sedges, and rushes which degrades bird and fish habitats. Additionally, if the yellow flag iris becomes thick enough, it reduces the water storage capacity of wetlands and slows flowing water. The flower of this species resembles the native flag iris in Michigan except for being yellow in color versus purple. There are no native yellow irises in the U.S. The leaves of the iris are green and lanceolate shaped. Yellow flag iris is difficult to control, having extensive root systems and seed banks, where established. Mechanical removal is the best method for small infestations, and it may take multiple years to eradicate a yellow flag iris bed. If you think you see yellow flag iris, please either collect a specimen and bring it in to the Department of Natural Resources or take pictures and report the plant's location to the Department of Natural Resources for further investigation.

What's that edible plant? Spicebush (*Lindera benzoin*)



Spicebush (*Lindera benzoin*), also known as northern spicebush or wild allspice, is native to eastern North America. Spicebush can be found in areas with wet soil, including wet woodlands and near streams. This understory shrub can grow up to 15 feet tall and can be just as wide. There are male and female plants of this species, with only the female flowers producing fruit. Yellow flowers appear in the spring, clustered close to the branches. Leaves are fragrant when crushed. The young leaves, bark and fruit contain essential oils that can be placed in boiling water to create a fragrant tea. Bark can be collected year-round, young leaves as they appear on the shrub, and fruit ripen to a bright red in the fall. The fruit can be powdered or the leaves can be ripped or crushed, both of which can be used as a substitute for allspice in recipes. Spicebush berries can be used to create a dry rub, spicebush cookies or spicebush ice cream. Medicinal uses of this plant include treatment for colds, fevers and dysentery. When harvesting, please make sure to leave plenty for the next person and next generation. As with any new edible, ensure that you have a positive identification before consumption and utilize the edible in small quantities at first to make sure there are no allergic reactions.

POKÉGNÉK BODÉWADMİK | POKAGON BAND OF POTAWATOMI
POKAGON HEALTH SERVICES

GYANKOJBEGÉMEN STAY CONNECTED
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Diabetes Program

Education

Join PHS for diabetes education open to tribal citizens and their families. Each class is 2 hours and there will be a different topic each month. See the times and topics below and please RSVP if you are interested in attending these classes. You can attend one or all of the classes. Classes may be canceled due to lack of participation.

PHS Multi-purpose Room
58620 Sink Road, Dowagiac MI



July 10	9 am – 11 am	Diabetes Basics Taught by PHS nursing staff
August 14	9 am – 11 am	Medications and complications Taught by a PHS pharmacist
September 11	9 am – 11 am	Nutrition Taught by PHS Registered Dietician
October 9	2 pm – 4 pm	Diabetes Basics Taught by PHS nursing staff
November 13	2 pm – 4 pm	Medications and complications Taught by a PHS pharmacist
December 11	2 pm – 4 pm	Nutrition Taught by PHS Registered Dietician

Please contact Elizabeth Leffler, RN at (269) 462-4406 for more information or to sign up for a session.

Prevention

Pokégnek Bodéwadmik
Pokagon Band of Potawatomi

Department of Language & Culture

BIKE TRIP

THURSDAY AUGUST 2 Join Language & Culture for a youth bike ride in Niles, MI along the St. Joseph River.

9:30 AM L&C

During this trip our Language Specialist, Kyle Malott will be identifying and talking about culturally significant spots along side the St. Joe River.

A few of the identified locations we will be learning about are Topinabee and his village, why the St. Joe river is called Senathwen Zibe, Allouez grave, Fort St. Joe marker and dig site along this river. There will be 10 bikes available for youth to use during this trip.

- 9:30 AM Depart from L&C
- 10:00 AM Arrive at Niles to begin Bike Tour
- 12:00 PM Lunch
- 2:00 PM Arrive back to L&C

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

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

Pokagon citizens represent community at Honoring, Healing and Remembering event



Pokagon children through elders and veterans experienced the Honoring, Healing and Remembering event at the site of the former Mt. Pleasant Indian Industrial Boarding School in Mt. Pleasant, Michigan this June. The group took part in ceremonies, tours, and engaging with other Michigan tribes.

Pokagon students engage in cultural ceremonies and college visits

This June 5–7, a group of Pokagon Band students traveled to Mt. Pleasant to participate in the Honoring, Healing, and Remembering Ceremony at the Mt. Pleasant Indian Industrial Boarding School with our Department of Education. The students took part in the sunrise ceremony at the Mission Creek Cemetery, followed by observances at the site of the school. There were songs, pipe ceremonies, and a grand entry with veteran flag carriers and jingle dress dancers. The students participated by wearing placards with the names of the 237 indigenous students who passed during the 41 years the boarding school was in operation.

After the services at the boarding school, the group went to the Saginaw Chippewa Tribal College. Ms. Kathy Hart led the orientation session, followed by a tour of the facility. The college has approximately 183 students, 83 percent of whom are Native American. Ms. Hart discussed the degrees offered at the college, which include an Associate of Arts in Native American Studies, an Associate of Arts in Business, and an Associate of Arts in Liberal Arts. All the classes offered at the college are transferrable to a four-year institution for a Bachelor's Degree. During the tour of the facility, the students were introduced to classroom instructors and current students at the college. The faculty and students entertained questions from the group about the college experience.

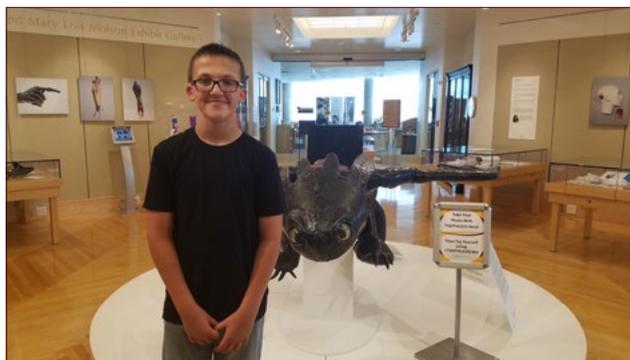
On Thursday, June 7, the group attended orientation at Central Michigan University. Ms. Coleen Green organized the tour, and Mr. Kevin Williams

presented admission and financial aid information offered by the university. There are scholarships based on SAT/ACT scores and High School GPA from \$2,000–\$8,000 per academic year and competitive scholarships based on a test taken at the university or at home online. The scholarships range from several thousand dollars up to a full ride covering tuition, room and board, and books.

Following orientation, the students embarked on a walking tour of campus. Upon completion of the tour, the students were treated to lunch at one of the residence hall cafeterias. After lunch, the students returned to the library for a Q&A session with students currently attending the University.

Afterward, the group moved to the Ziiibiwing Cultural Center for a tour led by Mr. Raymond Cadotte, a member of the Saginaw Chippewa Tribe. The tour was very informative, encompassing history of Indigenous People from the beginning of time, including an animated presentation of the creation story, clan groups, the seven prophecies from the Creator, the seven grandfather teachings, the proper roles of both men and women in tribal society, and the gifts given to the people by various animals for food, shelter, and clothing.

On a whole, the visit was very successful, giving students much to contemplate as they consider future higher education and career paths to follow.



Notice of Open Positions

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

- Ethics Board
- Pokagon Rights Board
- Election Board
- Oshke Kno Kewéwen Pow Wow Committee
- Kee-Boon-Mein-Kaa Pow Wow Committee
- Pokagon Promise
- Tribal Arts Review Committee
- Ogitchedaw Veterans Board
- Mno-Bmadsen Board
- Salary Commission
- Curriculum Committee

Gèkyathêk édnèkiwêk | Where elders' things happen

by Melody Pillow

Tips on how elders can protect themselves from scams

Unfortunately, elders are taken advantage of in many ways. By providing education about consumer protection, we can help our elders avoid being exploited. Since many elders fall prey to financial scams every year, it is important for our patients and their families to be aware of the many fraudulent and deceptive practices that exist and how to avoid them. Below are four ways to protect yourself from scams.

- 1. Be cautious and skeptical.** When you receive an unsolicited call or mail from strangers, ask questions and do not give out personal information such as your credit card, banking, social security, or Medicare numbers. From the internet to the television set, there are multiple types of scams! So, if you are not sure about who is calling you or why, please reach out to your family, friends, or healthcare providers for assistance.
- 2. Be direct and assertive.** When someone asks you for your social security number, birthdate, address, or other personal information, tell them “no.” Also, you have the right to ask them for their contact information. In a forceful tone tell them, “Take my number off your calling list, or I will report you.” You can also sign up for the “Do Not Call” list to take yourself off multiple mailing lists. You must call 1 (888) 382-1222 from the number you want to register.
- 3. Be knowledgeable and resourceful.** When someone continues to call or harass you, keep a log or diary so that you can report them to the proper authorities. Write down their phone number, the agency’s name, the name of

the caller, and their business license number, then document the time and date of the calls. Contact the Better Business Bureau at (800) 684-3222 for Michigan or (800) 552-4631 for Indiana, or the Attorney General Office at (877) 765-8388 for Michigan or (800) 382-5516 for Indiana for the Consumer Protection Division to report the fraudulent activity.

- 4. Be aware.** The most common types of scams are from unsolicited phone calls. Don’t buy from unfamiliar companies and always ask for and wait until you receive written material from charities or other non-profit organizations. If the offer sounds too good to be true, then most likely it is a false product or service. If you think you have been a victim of a scam, you may contact the Elder Law Legal Hotline for Seniors at (800) 347-5297 for Michigan or (800) 869-0212 for Indiana. You can also contact Pokagon Legal Services through the Michigan Indian Legal Services hotline (MILS) at 1 (877) 968-6877.

For further information on protecting yourself from scammers, reach out to any of our Pokagon Outreach team members or Medical Social Worker Melody Pillow at (269) 782-4141.

Resources: NCOA (2018). National Council on Aging. Top 10 Senior Financial Scams & How to Protect Yourself from Money Fraud- 8 Tips for Seniors. Retrieved on 6/7/18 from <https://www.ncoa.org/economic-security/money-management/scams-security/top-10-scams-targeting-seniors/> & <https://www.ncoa.org/economic-security/money-management/scams-security/protection-from-scams/>

Two possible Individual Development Accounts (IDA) with Chi Ishobak



CHI ISHOBAK

Small Business

Do you have an idea for a small business and need a little help getting it started? Chi Ishobak’s Small Business IDA might be for you. Whether it is money for traveling the pow wow circuit to sell

your beadwork, capital to purchase quilt work supplies, or expanding your current business, we are here to help with a Small Business IDA Account.

Youth Transportation

Do you have a youth between the ages of 13-17? If so, we would love to help them develop responsible saving habits. Your youth makes a monthly deposit to save for a vehicle and Chi Ishobak will match those monthly deposits up to \$25 until their 18th birthday. Upon successful completion of the savings requirements that include financial education, those matching funds will be distributed to your youth to purchase a vehicle. Our Youth Transportation IDA Account is as simple as that!

Call us at 269-783-4157. Chi Ishobak is here to help with your financial needs.

monday

2 language

Buffalo Sloppy Joes
Baked Tator Tots
Green Beans
Garden Salad
Fruit

tuesday

3

Parmesan Kale & Sausage
Soup
Turkey and Cheese
Sandwich
Veggie and Pickle Tray
Fruit

wednesday

4 closed for independence day



thursday

5 business meeting

Pork Chop
Baked Potato
Baked Beans
Fruit Salad
Whole Grain Roll
Birthday Cake

friday

6

Pizza Day

9 language

Buffalo Spaghetti and
Meatballs
Asparagus
Garden Salad
Garlic Breadsticks
Dessert

10

Sea Bass
Sweet Potatoes
French Style Green Beans
Coleslaw
Whole Grain Roll

11

BBQ Chicken
Mashed Potatoes and Gravy
Garden Salad
Cornbread

12

Pork Roast
Potatoes
Carrots
Cucumber Salad
Whole Grain Roll

13

Turkey Sausage, Cabbage,
Onions, and Red Potatoes
Strawberries over Angel
Food Cake
Garden Salad
Whole Grain Roll

16 language

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

17

Marinated Pork Chops
Mashed Potatoes and Gravy
Peas
Broccoli and Cauliflower
Salad
Whole Grain Roll

18

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

19

Buffalo Burgers
All the Toppings
Whole Grain Bun
Black Beans
Baked Chips
Dessert

20

Beef Liver and Onions in Gravy
over Mashed Potatoes
Broccoli
Garden Salad
Whole Grain Roll
Dessert

23 language

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

24

Beef Roast
Red Potatoes
Carrots
Cucumber Salad
Roll

25

Salad bar

26

Swedish Meatballs
Mashed Potatoes and Gravy
Broccoli Slaw
Jell-O With Fruit
Whole Wheat Roll

27 elders picnic at pavilion

Ribs and Chicken
Potato Salad
Baked Beans
Fruit and Veggie Trays
Desserts and Snacks

30 language

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

Tuna Casserole
Asparagus
Jell-O W/ Fruit
Corn Bread

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 2017	Monthly Per Cap
Scott Brewer, Jr	x	x
Angela Case	x	
Cristian Cobb	x	x
Mason Currey	x	x
Ian Deloach	x	
Brett Gibson	x	x
Bobby M. Haynes, Jr	x	
Jeffery Morseau	x	x
Austin L. Northrup	x	x
Peter J. Ramirez	x	
Skylar Topash		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: Enrollment@PokagonBand-nsn.gov

The document must be received by June 15 in order to make it on the July 2018 check run. Anything received after June 15 will be processed on the check run for August 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.

Per Capita Important Dates

Deadline to receive Changes/updates/additions	Checks mailed out on	Check date Direct deposits in accounts
Friday, January 12, 2018	Monday, January 30, 2018	Wednesday, January 31, 2018
Thursday, February 15, 2018	Monday, February 27, 2018	Wednesday, February 28, 2018
Thursday, March 15, 2018	Thursday, 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 28, 2018	Wednesday, May 30, 2018
Friday, June 15, 2018	Thursday, June 29, 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	Tuesday, 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
Thursday, 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 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 we will return your call as soon as possible.

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

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

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

Tribal Council July Calendar of Events

- 2 Meeting canceled
- 3 Meeting canceled
- 9 Meeting canceled
- 10 Gaming Authority Closed Session, Four Winds New Buffalo, 10 a.m.
- 14 Elections
- 16 No meeting: Tribal Council hiatus
- 17 No meeting: Tribal Council hiatus
- 23 No meeting: Tribal Council hiatus
- 24 No meeting: Tribal Council hiatus
- 30 Tribal Council Special Session Meeting, Administration, 10 a.m.
- 31 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.

Tribal Council August Calendar of Events

- 6 Tribal Council Special Session Meeting, Administration, 6 p.m.
- 7 Gaming Authority Closed Session, Four Winds New Buffalo, 10 a.m.
- 11 Tribal Council Meeting, Community Center, 10 a.m.
- 13 Tribal Council Special Session Meeting, Administration, 6 p.m.
- 14 Gaming Authority Closed Session, Four Winds New Buffalo, 10 a.m.
- 20 Tribal Council Special Session Meeting, Administration, 6 p.m.
- 21 Gaming Authority Closed Session, Four Winds Hartford, 10 a.m.
- 27 Tribal Council Special Session Meeting, Administration, 10 a.m.
- 28 Gaming Authority Closed Session, Four Winds New Buffalo, 10 a.m.

Pokégnek Bodéwadmik Pokagon Band of Potawatomi

7TH ANNUAL

A Healthy Step with Education

Saturday **July 28** 9:00 AM

at **Pokagon Health Services** [event ends at 1:00 PM]



The Department of Education and Pokagon Health Services invite you to the seventh 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.

New this year, PHS Wellness is hosting a Quadrathon immediately following Healthy Step. Join us at the starting line at 1:30 pm.

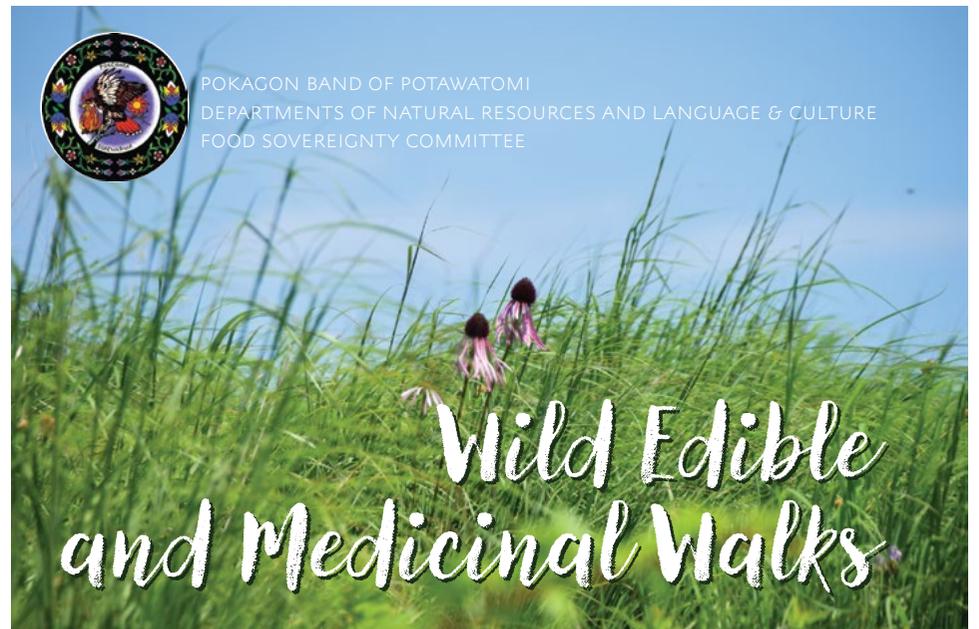
Please come and join in the fun.

Questions? Contact Elizabeth Leffler at (269) 462-4406 or Susan Doyle at (269) 782-0887.



GYANKOBJEGÉMEN
STAY CONNECTED
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POKAGON.COM

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



POKAGON BAND OF POTAWATOMI
DEPARTMENTS OF NATURAL RESOURCES AND LANGUAGE & CULTURE
FOOD SOVEREIGNTY COMMITTEE

Wild Edible and Medicinal Walks

ALTERNATING **TUESDAYS** 5:30 PM

MEET AT DNR | 32142 EDWARDS ST

Do you want to learn about wild edibles or medicinal plants? Come join us as we walk through the fields and forests on tribal properties identifying wild edible and medicinal plants. We will discuss what plants are edible, how to identify them, where to find them, and some of their potential uses.

Gathering baskets and hand tools will be available for use during our excursions.

We'll have snacks provided and start walking at 5:30 pm. Depending on what plants are available and where we travel on tribal properties walks could last until 8:30 pm or later.

Tuesday, July 3

Tuesday, July 17

Tuesday, July 31

Tuesday, August 7

Tuesday, August 21

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

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Tribal Office Directory

Administration

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

Commodities

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

Communications

58620 Sink Rd.
(269) 782-8998

Compliance

58620 Sink Rd.
(269) 782-8998

Chi Ishobak

27043 Potawatomi Trail
(269) 783-4157

Education

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

Elders Program

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

Elections

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

Enrollment

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

Facilities

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

Finance

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

Head Start

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

Pokagon Health Services

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

Housing & Community Development

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

Human Resources

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

Language & Culture

59291 Indian Lake Rd.
(269) 462-4325

Mno-Bmadsen

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

Natural Resources

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

Social Services

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

South Bend Area Office

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

Tribal Council

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

Tribal Court

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

Tribal Police

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

Tribal Council Directory

(888) 376-9988

Chairman

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

Vice-chairman

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

Treasurer

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

Secretary

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

Member at large

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

Member at large

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

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

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

Treasurer

Clarence White
(269) 876-1118

Member at Large

Cathy Ford
(269) 783-9380

Elders can receive a Kindle Fire

The Pokagon Band Education Department received 100 Kindle Fires from the Four Winds Casino/Resort New Buffalo. We would like to distribute the Kindles among our Elders. This was made possible by networking done with tribal member Jenna Huffinan & the Four Winds Casino staff.

This donation represents the opportunity to provide 100 Pokagon Band elders with some of the most recent technological advancements today for a bright future for tomorrow. We cannot express all the

gratitude we have but we do recognize that the Four Winds Casino/Resort are key players in this endeavor. Tribal elders can interact technologically with their friends and families from the convenience of their own homes. The many opportunities to connect with their grandchildren are what makes this program so fundamentally essential.

Since the Elder Kindle Fire Program ended in 2017, many elders have asked about Kindles and the possibility of receiving one or that their Kindle is

broken. It is now possible for any Elders that has not yet received a Kindle to apply for one, or if your old Kindle is broken just return it and you may be eligible for another one.



Register for the event at www.pokagonband-nsn.gov/form/elders-kindle-registration-0

Nibnë gizes July Citizen Announcements



Ethan,
We are so proud of your accomplishments in Middle School.
Love,
Mom, Dad, Emily and Darrell III

Happy Late Birthday,
Leona O'Keefe Pierce Falk.
73 years old on June 19, 2018.
Love,
Your Family

Congratulations to **Charles Mersereau** for graduating from Michigan State University with his Bachelors in Computer Engineering on May 6, 2018. Charles is the son of Pamela Wesaw Mersereau, and the grandson of the late James F. and Edna Faye Wesaw. Hey, little bro, I couldn't be more proud of you! The world is your oyster, crack that baby open! Success is your destiny, little brother. You've shown the world that no matter your beginnings, you can do whatever you set your mind to. I'm so glad my children have such an amazing, faithful, intelligent role model like you. Take the world by storm, you deserve it. Good luck with your internship in Florida and have fun with that free pass to Disney!

"Nobody's smart but meeeee!"
I love you to infinity, Irish twin!
Your wonderful, smarter-than-you, incredibly fun big sister,
Margaret

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 for weather related updates.

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Pokégnek Bodéwadmik
Pokagon Band of Potawatomi

Department of Language & Culture +
Tribal Police Conservation Department

CAN YOU SURVIVE IN the OUTDOORS?

WANT TO FIND OUT IF YOU COULD MAKE IT THROUGH ONE DAY OF TRADITIONAL TRAVELING?

**DISCOVER THE ANSWER
AUGUST 15–17, 2018**

Language & Culture and the Tribal Police Conservation Department are hosting a Traditional Travels Canoe Trip in Huron-Manistee National Forest at Seaton Creek Campground (Mesick, MI) August 15–17. This adventure consists of two nights spent rustic tent camping (no electricity or running water). During our stay the young men and women will receive teachings such as plant identification, survival and proper canoeing skills. Other activities consist of swimming and fishing.

This event, with **only 15 spots available**, is open to young men and women 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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Pokagon Band of Potawatomi + PHS Wellness

Quadrathon July 28 1:00 pm

SWIM

750 Meter
Open Swim



BIKE

12.4 Mile
Bike Ride



KAYAK

2000 Meter
Kayak



RUN

5K Trail
Run



Compete with Pokagon citizens, employees and their families in the first Quadrathon to be held in southwestern Michigan.

Register yourself or your team (limited to 50 teams of four) by **July 7** to receive a swag bag and t-shirt. Prizes awarded to the first three teams to complete the Quadrathon in three competition categories: Beginner, Competitor and Elder.

Event starts and finishes on the Rodgers Lake campus.

Registration closes on July 27 at 5:00 p.m.

A limited number of kayaks or bicycles are available for participants

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

Sign up at PokagonBand-nsn.gov/quadrathon-2018-registration