



POKÉGNEK YAJDANAWA

THE POKAGONS TELL IT

Nmébné gises March 2017

Inside This Month

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Check out the website refresh.

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Meet the new archivist.

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Camp registration opens May 4.

Native veterans gather for dialogue, healing and training



Last month native veterans from several tribes gathered for a two-day training aimed at facilitating cross generational dialogue and helping women and younger veterans. The discussions centered on engaging culture, eagle feathers and staffs, and helping attendees run similar meetings in their

communities. The event was a collaboration between the Pokagon Band, Trickster Gallery in Chicago, and the federal substance abuse and mental health administration.

Additional photos on page 10.

Pokagon elders schedule two future trips with Signal Travel

The Elders Council announces two elders trips this year. The first trip will be five days and four nights on the following itinerary: a one night stay in Manistee, Michigan, crossing Lake Michigan on the ferry the S.S. Badger, a stay in Wisconsin Dells, and then to Green Bay, Wisconsin. Then depart to Munising, Michigan for a Pictured Rocks boat cruise and then to Sault Ste. Marie Michigan before returning home.

One group of elders will follow this itinerary on a bus from June 19 to June 23. A second group of elders will follow the same itinerary June 26 to June 30.

Later this summer, the Elders Council has scheduled another trip with Signal Travel: 11 days and 10 nights visiting South Dakota, North Dakota, and the Crows Fair Pow Wow in Montana.

The first group will go August 11 to 21, and the second group travels August 12 to 22.

To go on the trips, Pokagon elders will have to register for a random trip drawing. You will not have the option to pick what dates of either trip to go on. If your name is not drawn, you will be added to an alternate list and will be called in the order the names were drawn. Only Pokagon elders are eligible to participate on the trips. Only spouses of Pokagon elders can accompany them; no boyfriends, girlfriends or live-in partners can participate in the trips. Singles will be paired up female/female and male/male in double occupancy rooms.

Elders will receive more detailed information in the mail for the trips at the beginning of March.

Improvements made to Pokagon Band website

After listening to citizens in focus groups, conducting an online survey, and reviewing website data, the tribe's website has received a refresh. This includes stronger search capabilities, a single sign-in area to view citizen-only content, and a dynamic front page.

We encourage citizens to use the search bar at the top right of the website to find what they need. Because there is so much information on the site, pieces will sometimes appear in places you might not expect. We have increased the number of keywords associated with pages, so you should find everything the site contains about a single topic when you search just once. You will also now be able to find previous feature stories to read and share. Coming soon after this refresh will be a page where you can search for services by age and service type.

Instead of having to log in several times to view webcasts or meeting minutes, you can now log in just one time and view all citizen-only pages, which now includes the per cap page where monthly amounts will be shared. Links to all the secure content will appear on one page.

The front page will now feature videos and photos. Highlighted content on the homepage will change based on what has most recently been updated. Upcoming deadlines will appear next to the calendar events, so you won't miss registering for events and applying for services.



The overall look of the site is also changing, but content will still live where it did before. If you have any questions or comments, please contact us at digitalcommunications@pokagonband-nsn.gov.

Understand your credit score

Credit scoring is a system that creditors use to help determine whether to give you credit. Your credit score can also be used to decide the terms you are offered or the rate you will pay for a loan. It is used when you open a credit card, purchase a vehicle from a car dealership, or apply with a lending company prior to purchasing a home. Your credit score may also be used by insurance companies to help predict your likelihood of filing an insurance claim, whether they grant you insurance, and at what premium they will charge you. The better your credit score is, the likelihood of you receiving a better deal with credit increases.

Your credit score is several things collected and factored together. Your bill paying history, whether you pay your bills by the date they're due, the number and the type of accounts you have, collection actions, outstanding debt, and the age of your



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accounts are all considered in this evaluation. Credit scoring enables creditors to evaluate millions of applicants consistently on these different characteristics.

Creditors compare all of this information to the loan repayment history of consumers with similar profiles. A credit scoring system awards points for each factor, which, in turn, helps predict who is most likely to repay debt. These points total your credit score and predict how creditworthy you are.

If you need assistance or have questions on ways to improve your credit score, please call our office at (269) 783-4157. We are here to assist you with your financial needs.



Pokagon Band of Potawatomi
Pokagon Health Services

HEALTHY LUNCH

Join Marci Herbert, Pokagon Band dietician, for a healthy lunch Wednesday, March 15 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.

GYANKOBJEGÉMEN
STAY CONNECTED



POKAGON.COM

Michigan Indian Elders Association offers incentive program for students



The Michigan Indian Elders Association (M.I.E.A), every year offers students in first through 12th grade the Student Incentive Program. This program recognizes first through 12th grade students who achieve perfect attendance and students in grades fourth through 12th grades who achieve straight As. The student can qualify for both the perfect attendance and straight As for both marking periods.

The Pokagon Band Elders Council will again this year match the awards each Pokagon student receives from the Michigan Indian Elders Association. Applications are now available on the Michigan Elders Association website (www.michiganindianelders.org/student.php) or you can pick up applications at the Department of Education at the Rodgers Lake Administration Building.

A parent must complete and sign the Student Incentive Program application form in order for the student to qualify for award. The deadline is March 15, 2018 at 5:00 p.m. The address where to mail application is on the form, and winners will be announced in April at the M.I.E.A Conference.

Michigan Indian Elders Association offering college scholarship

The Michigan Indian Elders Association (M.I.E.A) every year offers Pokagon students a college scholarship. Pokagon Elders Council matches the amount the student who qualifies for this program receives. You can pick up the application at the Department of Education office at the Administration Building or get the application at the website (michiganindianelders.org/student.php).

The application contains details for the student to follow. The deadline is June 15, 2018 and will be announced at the July M.I.E.A Conference.

Censuses ready for your response



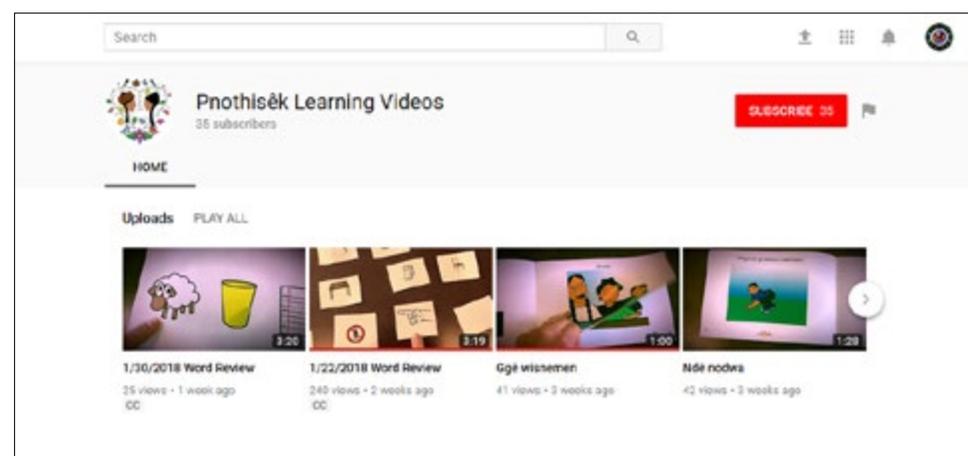
Over 200 Pokagon citizens completed and submitted their 2018 Tribal Census within the first day after the online form went live last month. Were you one of them?

If not, you still have plenty of time to make your voice heard. You should have received your printed form in the mail by now. You can complete and return that in the envelope provided, or you can access the online form at www.pokagonband-nsn.gov/citizens/census-2018 and respond electronically. Either way, the Pokagon Band wants to know your thoughts and information (which will be kept confidential) to be able to more effectively plan future programs, services, and developments.

Plus, each citizen who completes a census form will receive a \$50 gift card and be entered to win one of several \$1000 prizes. The earlier you respond, the better your chance of being one of the winners.

Please complete your census by the end of March. You may get a call from the tribe's census consultants reminding you to complete the form; if you'd like, you can respond via phone at that time. However is best for you to share your ideas and priorities, Tribal Council looks forward to hearing from you.

Pnothisêk Learning Videos available on YouTube



The Language Program has created a language learning YouTube channel for kids called "Pnothisêk Learning Videos." This channel is accessible to all Bodwêwadmi children interested in learning our Bodwêwadmimwen, near and far! The Language Program will continue to add content, so subscribe to get notifications of new uploads. Just go to youtube.com and search "Pnothisêk Learning Videos."

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

Life after addiction

This is the conclusion to the three-part series about Jacob and Marci—a son struggling to find sobriety and happiness and his mother who's fighting for his life

Jacob spent one month in jail for possessing and using heroin while on probation for doing the same. He figured he'd wait it out and get high as soon as he got out, but the judge offered him a different option: Adult Treatment Court (ATC), and his first day in jail became his last day high.

"I knew a lot of things were going bad in my life once I'd been clean for enough time to really think about it," Jacob said. "I wasn't going anywhere. I wasn't doing anything. I didn't have anything."

ATC is an intense probation. Between 6:00 and 10:00 in the morning, Jacob would text his schedule to his probation officer. During his first 30 days in the program, he also called to check in twice every night, at 6:00 and 10:00. Jacob submitted to a drug test four times every week and attended 12 to 15 hours of recovery classes or meetings a week. The schedule purposefully does not allow room to return to old habits. Jacob went to meetings and his home, and that was about it.

Jacob also received monthly Vivitrol injections at Pokagon Health Services (PHS). Vivitrol is a medicine that blocks the body's receptors to opiates. So no amount of heroin was going to get Jacob high anymore. He received these for a year, and now he's living clean without them. He's been clean for 600 days, and counting.

"Different things will help different people, and different types of meetings will help different people whether it's groups, or whether it's one on one counseling, or whether it's a spiritual, or religious based recovery, or cognitive based," Jacob said. "Find something that works for you and work it."

Jacob still attends meetings when he needs to, and he's looking to his future in a way he didn't think possible just two years ago.

"I was 23 years old. I was to the point where I thought I had missed the boat, like it was too late for me to ever get back to having a normal life," Jacob remembers. "There probably wasn't no logic in thinking that way, but you don't think logically when you're in active addiction."

Jacob got a job, moved into his own apartment, then moved in with his girlfriend, Rose, and her son. This relationship is incomparable to his entanglements while on heroin. He and Rose share interests and goals, not drug use. Jacob is working the night shift at a local McDonalds, with which he is grateful to be able to pay bills, but he hopes for a better job, vacation time, better vehicles for him and Rose. These goals may seem small, but they are big for Jacob.

"It's crazy even for me to think that it could happen within the next couple years," he said. "That is a possibility, where two years ago, it wasn't even in the realm of possibility to have any of that or any of even what I have now."

Recovery will never be finished for Jacob. It's ongoing, and he is mindful of new triggers that develop in his life so he can work through them. He's just grateful to be where he is.

"I'm not sure exactly how it is being real addicted to other drugs, but for me my choice was heroin," Jacob explained. "I fell in love with it the first time I tried it. To this day and probably to the day I die I will always love heroin, but there's other things that I love more."



Marci underwent her own transformation, both physically and in the way she views the struggles around her

As Jacob worked through Adult Treatment Court, Marci began a recovery of her own, of sorts. She made the decision to work on being healthier along with Jacob.

"My father and all his family have diabetes, so I was terrified of that," she said. "Here I am telling Jacob all the time, 'You need to be healthier and happier,' but, yet, I wasn't doing it myself."

So she started walking, for hours at a time, sometimes twice a day while Jacob was in recovery meetings. Marci would drive him to his meetings and take walks, thinking, being along in her own mind. The meditative walking helped her sort through the end of her marriage, Jacob's recovery, and her anxieties about his health. The physical movement helped her eventually lose more than 130 pounds.

As they both started understanding more about addiction, Marci and Jacob recognized it was a sickness. After a few months, Jacob started to remember what it felt like to be happy without being on drugs. Now, two years into Jacob's sobriety, Marci can reflect on Jacob's addiction with a grateful hindsight.

"Jacob tells me that I did the right thing by just telling him that I loved him every day," said Marci. "He said 'Mom, if you had washed your hands of me like people told you to do, I don't think I'd be here right now, because I just wouldn't have cared.'"

"But sometimes I think, had I done things different, it wouldn't have went on as long as it did."



Jacob told Marci that his fellow addicts would tell him that nobody cared if they used drugs or overdosed. But Jacob told himself, "My mom cares. My mom doesn't want me to do this." Despite it all, that unconditional love always made Jacob not want to shoot up.

Marci and Jacob are focusing on living their healthier life, and part of that includes helping others avoid falling into addiction. They're sharing their stories at meetings, recovery centers, and through the Pokagon Band's Clean Body, Clean Spirit campaign.

"A lot of people in our community just looked at my son like he was horrible. I remember thinking, 'Don't look down on him, help him. He needs help.' They just thought, 'Oh, he's horrible. He is just a drug addict.'"

Marci said that she used to think that way too, before their ordeal.

"This totally changed my outlook on people who are addicted to drugs. If you suspect that anyone you know is abusing drugs of any kind, opiates or anything else, get right down to it immediately. Ask them about it and try to get them help. They need help.

"Until you actually deal with it and live through it. Then you realize they need help. They need people to help them, more than anything."

New tribal archivist opening history up for the community



Included in the new Language & Culture building was a robust archives area, and now here to oversee those archives is citizen Blaire Topash-Caldwell as the tribal archivist. Her goals are focused on better cataloging and storing of the objects and to open the archives up for the community.

Blaire earned her Bachelor's and Master's Degrees in anthropology and is now working on her PhD through the University of New Mexico. Before moving here, she worked in the Maxwell Museum of Anthropology in Albuquerque, New Mexico. Now, she's using her experience to enhance the tribe's historical understanding of our community.

"This is the collective memory of who we are, mediated through these items," Blaire said about the collection.

Our archives consist of media, objects, and documents. The media includes audio recordings of fluent Potawatomi speakers and elders. Objects include pieces like beadwork, baskets, and regalia. Two of Blaire's favorite pieces are birch bark books written by Simon Pokagon and a sketch by George Winters. The documents in the archives are ones that we used to gain reaffirmation.

Blaire will be working with museums and personal collectors to bring significant items back to our archives on a permanent basis or on loan. She also works with museums and other entities to loan out some of our materials. She is currently working with the Epcot Center in Disney World on their Native American art exhibit, providing baskets and writing the text to accompany them. This is in conjunction with the National Museum of the American Indian in Washington, D.C.

Blaire doesn't just want to properly and safely store these items, but she also wants to bring them out so the community can experience them. We have an abundance of photographs in the archives with community members whom we cannot identify, so citizens are welcome to look through these and help identify the people in them.

You may contact Blaire to make an appointment to view the archives or come during her open office hours, Wednesday and Thursday, 9-11 a.m.

Government Summer 2018 College Internship Program application now available

Current students looking to gain work experience in the tribal government and the economic development settings should apply now. Possible placements include the following departments: Communications, Education, Finance, Health Services, Housing, Human Resources, Information Technology, Language and Culture, Natural Resources, Social Services, Tribal Court, Mno Bmadsen, Pokagon Gaming Commission, Pokagon Fund and Tribal Police. Qualified applicants must be eighteen years old by June 4, 2018.

What is provided:

1. Housing stipend up to \$400/month. Housing available at Southwestern Michigan College.
2. Gasoline stipend of up to \$225/month.
3. Clothing stipend \$250 total.
4. Travel Assistance up to \$500 through Special Request Funding.
5. Wages range from \$10.00 to \$11.50/hour.

If interested, please visit the Career Opportunities webpage located at the bottom of the Pokagon Band website www.pokagonband-nsn.gov by April 20, 2018. Interested students should be prepared to upload the following supporting documents:

- Resume
- Current college schedule
- Unofficial college transcript

Important dates for the Summer Internship Program:

- Application due: April 20, 2018
- Phone interviewing and hiring will begin after materials are reviewed.
- Background checks and drug testing will begin immediately after hiring.
- Welcome luncheon: Tuesday June 1, 2018
- Program start: Monday, June 4, 2018
- Last work day: Friday, July 26, 2017



If you have any questions or need assistance in the process, please contact Polly Mitchell, higher education resource specialist, (269) 462-4294 or polly.mitchell@pokagonband-nsn.gov

Regalia making, fingerweaving, Pidro, and sugarbushing engage community members



About 17 people are regular participants in this year's series of regalia workshops. The women in the class have been working on making camp dresses to wear for ceremonies and/or as traditional Potawatomi dance regalia, and the men in attendance have been working on ribbon shirts. There are a total of 16 women making dresses and one man making a ribbon shirt. The classes have been instructed by Madalene Big Bear.

Finger weaving is a two-part workshop instructed by Frank Barker. Twelve people total are participating in this workshop. They have begun crafting hat bands or lanyards. The second class was on the last Sunday in February where the participants completed their projects.

The Language Program welcomed 32 people to the first Pidro Card Night this January and more to the second gathering in February. They taught people who



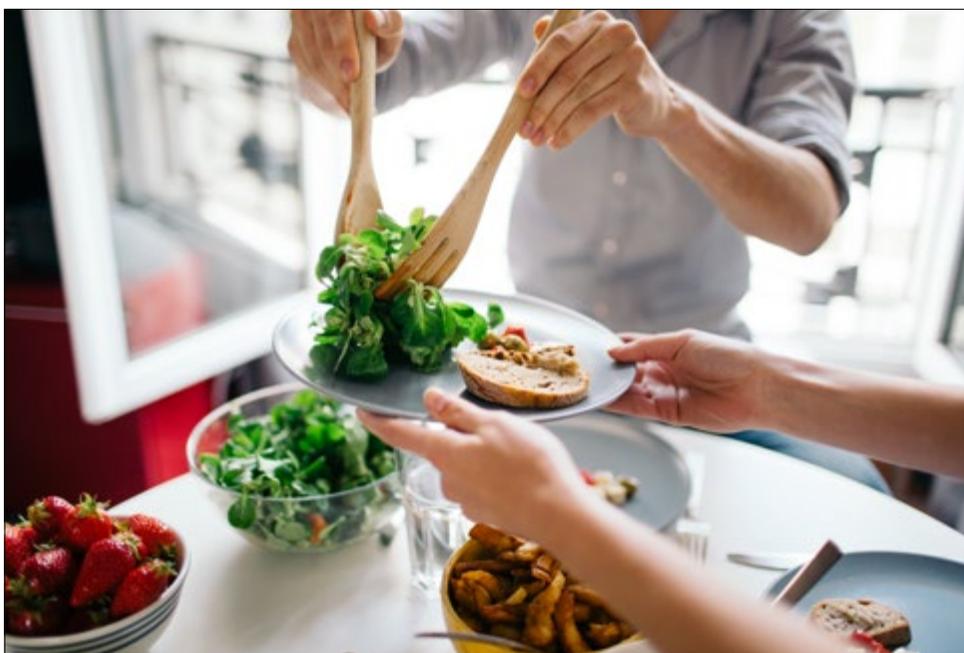
had never played how to play the game and refreshed the skills of some folks who hadn't played in more than 20 years. Tom Wesaw Jr. was one elder in attendance who hadn't played since the late 40s.

The pancake breakfast kicked off this year's sugar bush season. About 35 people attended to hear stories and sign up to be notified when the sap starts to flow. If you sign up for this list, you will be able to come out and volunteer time helping with the sugar/syrup making process at Rodgers Lake. The season will go as long as the weather allows it to, and the syrup will be available to citizens upon the conclusion of the season, depending on the amount of syrup we are able to make.

Watch the website calendar for more events like these from your Department of Language and Culture.

March is National Nutrition Month

The Academy of Nutrition and Dietetics provides tips to help you incorporate nutritious food and physical activity to promote a healthy lifestyle in 2018.



1. Start your day with a healthy breakfast consisting of lean protein, whole grains, fruits and vegetables.
2. Make half your plate fruits and vegetables.
3. Decrease your portion sizes.
4. Start a regular exercise program. Start by doing 10 minutes at a time, working up to 150 minutes a week for adults and 60 minutes a day for children and teens.
5. Substitute fruits, vegetables and whole grains for chips, cookies and candy.
6. Drink more water. Add lemons, limes or other fruits to enhance flavor.
7. Eat out less and cook at home. Preparing foods at home can be healthy, rewarding and cost-effective.
8. Make a grocery list and stick to it. After shopping, clean, chop and prepare foods ahead of time.
9. Don't be afraid to try new foods. Select a new food to try each week.
10. Consult Marci Herbert, PHS's registered dietitian, to provide you sound, easy-to-follow personalized nutrition advice.

What's that invasive species? Japanese Stiltgrass (*Microstegium vimineum*)



Japanese Stiltgrass (*Microstegium vimineum*), also known as Asian stiltgrass or Nepalese browntop, is an invasive annual grass species that is native to Japan, China, India, Korea and other areas of Asia. This grass is also considered invasive on many other continents throughout the world including, Africa, Europe, South America, and Australia. Japanese stiltgrass was first accidentally introduced to the U.S. in 1919. This grass species has recently been identified as being present in Michigan. Japanese stiltgrass is an aggressive plant that forms dense monocultural patches where it grows, outcompeting native vegetation. This grass is known to grow in multiple soil types and can adapt to high or low sun exposure. As with most invasives, Japanese stiltgrass can easily colonize disturbed soil areas. Japanese stiltgrass resembles a small bamboo-like plant that can grow to 3.5 feet in height. The leaves are 1–3 inches long, alternately arranged on the stem with a silvery strip of reflective hairs on the leaf's upper surface. If you think you see Japanese stiltgrass 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? Canadian Mint (*Mentha canadensis*)



The native mint species, Canadian mint (*Mentha canadensis*), also known as corn mint or wild mint, is found throughout much of North America. This plant is perennial and has a tendency to grow in damp soil conditions. As with other mints, the stem of the Canadian mint is square. The flowers cluster about the base of the leaf and range from white to pale lavender. Plant height can be up to 30 inches. The leaves have a peppermint smell when crushed. Leaves can be utilized raw or cooked, in salads and cooked foods wherever mint is called for. Canadian mint leaves have been utilized to create a tea for sore throats, colds, coughs, nausea, and fevers. This mint does have verified antibiotic activity which is most likely the reason some of the uses have developed over time. As with any new edible, be sure to have a positive identification before consumption and utilize the edible in small quantities at first to make sure there are no allergic reactions.

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.

Nmėbnė gize

Nėm'e gizek SUNDAY	Ngot gizek MONDAY	Nize gizek TUESDAY	Aptė gizek WEDNESDAY
L&C Regalia Workshop 4	5 Circuit Training Open L&C Language Class Elders Health and Wellness Circuit Training Beginners Yoga Auricular Acupuncture Zumba L&C Znėget 1 + 3, Nithansėk & Penothėsėk Language Classes Tribal Council Special Session	6 Lean Lunch Afterschool Program Penothiyėk Language Class Tone Up! L&C Dowagiak Language Class	Circuit Training Elders Health and Wellness Circuit Training Neshnabė Mbokėn L&C Znėget 2 Intermediate L&C Men and Boys Day
11	12 Circuit Training Open L&C Language Class Elders Health and Wellness Circuit Training Beginners Yoga Auricular Acupuncture Zumba L&C Znėget 1 + 3, Nithansėk & Penothėsėk Language Classes	13 Lean Lunch Afterschool Program Penothiyėk Language Class Tone Up! L&C Dowagiak Language Class	Circuit Training Elders Health and Wellness Circuit Training L&C Znėget 2 Intermediate
L&C Regalia Workshop 18	19 Circuit Training Open L&C Language Class Elders Health and Wellness Circuit Training Beginners Yoga Auricular Acupuncture Zumba L&C Znėget 1 + 3, Nithansėk & Penothėsėk Language Classes	20 Lean Lunch Afterschool Program Penothiyėk Language Class Tone Up! L&C Dowagiak Language Class	Circuit Training Elders Health and Wellness Healthy Lunch Circuit Training Dėbėnwėthėk Parent L&C Znėget 2 Intermediate L&C Men and Boys Day MIFO Training Day
Melting Mann Fat Tire Races 25	26 Circuit Training Open L&C Language Class Elders Health and Wellness Circuit Training Beginners Yoga Auricular Acupuncture Zumba L&C Znėget 1 + 3, Nithansėk & Penothėsėk Language Classes	27 Lean Lunch Afterschool Program Penothiyėk Language Class Tone Up! L&C Dowagiak Language Class	Circuit Training Elders Health and Wellness Circuit Training L&C Znėget 2 Intermediate

March 2018

WEDNESDAY	Nyéw gízhëk THURSDAY	Nyano gízhëk FRIDAY	Odankè gízhëk SATURDAY
	1 PALS (Play and Learn Social) Lean Lunch Men's Sweat L&C South Bend Language Class L&C Potawatomi 201	2 Circuit Training Elders Health and Wellness Circuit Training Wild Game Dinner	3
7 Wellness Intermediate Language Class Drumming	8 Lean Lunch PHS Breastfeeding Class L&C South Bend Language Class L&C Potawatomi 201 MIFO Training Day	9 Circuit Training Elders Health and Wellness Circuit Training	10 Tribal Council Meeting
14 Wellness Intermediate Language	15 PALS (Play and Learn Social) Lean Lunch L&C South Bend Language Class L&C Potawatomi 201	16 Circuit Training Elders Health and Wellness Circuit Training	17 Gwiké'amen Connecting Generations
21 Wellness Group Intermediate Language Drumming	22 Lean Lunch L&C South Bend Language Class L&C Potawatomi 201 MIFO Training Day	23 Circuit Training Elders Health and Wellness Circuit Training	24
28 Wellness Intermediate Language	29 Blood Drive Lean Lunch L&C South Bend Language Class L&C Potawatomi 201	30 Circuit Training Elders Health and Wellness Circuit Training	31 L&C Birch Bark Biting Workshop

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.

Per Capita Payment requires current address

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

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

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

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

1. Use the Self-Service Address Change at www.pokagonband-nsn.gov/citizens/enrollment. Select Change of Address form and or Minor Change of Address form.
2. Send an email to beth.edelberg@pokagonband-nsn.gov requesting your address be changed from the old address (include old address) to your new address (include tribal id number, name, new address, phone number, and list any minor children).

3. Mail in completed change of address forms and supporting documentation to the Enrollment Office at 58620 Sink Road, Dowagiac, MI 49047.
4. Fax the change of address forms and supporting documentation to (269) 782-1964.
5. Visit the Enrollment Office located in the Administration building at 58620 Sink Road, Dowagiac, MI 49047.

Phone address updates are not accepted. If you have any question, please call (269) 782-8998 ask for the Enrollment department.

Scott Alan Brewer Jr.
Cristian Michael Cobb
Alexander Jacob Duddy
Carlin Michael Elrod
Steffan Kyle Gonzalez
Francine Lee Hamilton
Seth William Hargett
Thomas Richard Hernandez
Katelyn Ann Hoggatt

Danielle Jo Kruithoff
Samuel Joseph Olds
Barbara Ann Pake
Christopher George Ramirez
Peter John Ramirez
Taylor Brianne Tabaszewski
Arthur Lloyd Watson Jr
John Dylan Watson

Native veterans gather for dialogue, healing and training, *continued from page 1*





CASINO RESORT
HARTFORD | DOWAGIAC
NEW BUFFALO | SOUTH BEND

POKAGON SUMMER INTERNSHIP

Interested in applying for the summer internship at Four Winds Casinos?
Please see requirements below for participation in this paid intership which offers a clothing stipend, mileage to and from work, and housing*.

Pokagon Band Citizens, Spouses or Custodial Parents are eligible for the summer internship program

Enrolled full time in an accredited college/university for the fall of 2018

8 week program (June 4 - July 27, 2018)

Must be 18 years of age or older

For more information, please contact:

Lynne Foerster
Manager of Tribal Placement & Development
W: 574-444-6219
C: 269-426-1407
lfoerster@fourwindscasino.com

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

*Certain restrictions apply

POKÉGNEK BODÉWADMIK | POKAGON BAND OF POTAWATOMI
DEPARTMENT OF LANGUAGE & CULTURE | DEPARTMENT OF EDUCATION
TITLE VI SPONSORED



SAVE THE DATE SAVE THE DATE SAVE THE DATE SAVE THE DATE

KëGbëshmen Camp

Think Neshnabé Be Neshnabé

Ages 13–18 Monday **June 25**–Saturday **June 30**
Ages 5–8 (Day Camp) Thursday **July 5**–Saturday **July 7**
Ages 8–12 Tuesday **July 10**–Saturday **July 14**
Ages 9–13 (Day Camp) Tuesday **July 17**–Thursday **July 19**

Look for staff job postings on **March 1**. Camper registration begins **May 4**.

Notice of Open Positions

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

- Pokagon Band Salary Commission
- Kee-Boon-Mein-Kaa Pow Wow Committee
- Pokagon Bode'wadmik Ogitchedaw Board
- Election Board
- Pokagon Promise
- Tribal Arts Review Committee
- Pokagon Rights Board
- Mno Bmadsen Board
- Ethics Board
- Land Use Board
- Oshke Kno Kewéwen Pow Wow Committee

monday

tuesday

wednesday

thursday

friday

march

5 **language**

Buffalo, Broccoli & Mushroom Stir Fry over Brown Rice
Garden Salad
Yogurt Cup
Roll

6

Pork Roast
Mashed Potatoes & Gravy
Carrots
Waldorf Salad
Roll

7

Vegetable Rice Soup
Egg Salad Sandwich
Veggie & Pickle Tray
Dessert

8

Sliced Chicken Breast with Gravy
Mashed Potatoes
Broccoli
Dessert
Roll

9

Salmon Patty
Baked Potato
French Style Green Beans
Garden Salad
Roll
Dessert

12 **language**

Buffalo Goulash
Brussel Sprouts
Garden Salad
Garlic Bread
Fruit

13

Chicken, Rice, Broccoli & Cheese Casserole
Coleslaw
Fruit Salad
Corn Bread

14

Pork Steak
Stuffing
Gravy
Corn
Garden Salad
Roll

15 **social**

Bring in your famous soup or chili for the famous Cook-off Contest!

16

Corned Beef or Fish
Red Potatoes
Cabbage, onions, carrots
Spinach Salad
Rye Bread
Jello with Pears

19 **language**

Buffalo Burgers
Hotdogs
Potato Salad
Veggie & Pickle Tray
Fruit

20

Sliced Ham
Au Gratin Potatoes
Brussel Sprouts
Cottage Cheese & Fruit
Roll

21

Chicken Broccoli Alfredo
Red Potatoes
Bruschetta
Garden Salad

22

BBQ Pork Chops
Baked Sweet Potato
Mixed Vegetables
Spinach Salad
Roll

23

Salad Bar

26 **language**

Tacos with all the fixings
Dessert

27

Baked Chicken
Mashed Sweet Potato
Tri-blend Veggies
Tomato Salad
Roll

28

Brats
Rice Pilaf
Veggie & Pickle Tray
Banana Pudding with Nilla
Wafers

29

Beef Roast
Potatoes
Peas
Cucumber Salad
Apple Pie
Roll

30

Sea Bass
Spanish Rice
Asparagus
Garden Salad
Roll

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	
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 March 15 in order to make it on the April 2018 check run. Anything received after March 15 will be processed on the check run for May 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 information pertains to citizen not receiving payments by direct deposit or a PNC pay card or making changes to their existing direct deposit information.

Direct Deposit Form Submission

- If your form is received before the deadline date for per capita changes, the information will be entered into the system. If your test-run is error-free, then you will have direct deposit the same month.
- If you submit your direct deposit form after the deadline date; the following month, your check will be direct deposited into your bank as long as the test-run is error-free.

PNC Paycard

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

Federal Tax Withholding

As always, the tax withholding form is not mandatory although highly suggested as per capita payments are subject to federal and state taxes. The tribe only withholds federal taxes with a completed form, state taxes are the responsibility of the citizen. All three of the above stated forms are available online at www.Pokagonband-nsn.gov. If you have any questions, please call (269) 462-4209 or (269) 462-4200 or toll free (800) 517-0777. Please leave a message and 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 form to the Enrollment Office, 58620 Sink Road, Dowagiac, MI 49047 or Fax: (269) 782-1964. Forms are available online at www.Pokagonband-nsn.gov

Tribal Council March Calendar of Events

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

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

Tribal Council April Calendar of Events

- 2 Tribal Council Special Session Meeting, Administration, 6 p.m.
- 3 Gaming Authority Closed Session, Four Winds New Buffalo, 10 a.m.
- 9 Tribal Council Special Session Meeting, Administration, 10 a.m.
- 10 Gaming Authority Closed Session, Four Winds New Buffalo, 10 a.m.
- 14 Tribal Council Meeting, Community Center, 10 a.m.
- 16 Tribal Council Special Session Meeting, Administration, 10 a.m.
- 17 Gaming Authority Closed Session, Four Winds Hartford, 10 a.m.
- 23 Tribal Council Special Session Meeting, Administration, 10 a.m.
- 24 Gaming Authority Closed Session, Four Winds New Buffalo, 10 a.m.
- 23 Tribal Council Special Session Meeting, Administration, 10 a.m.
- 24 Gaming Authority Closed Session, Four Winds New Buffalo, 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.



free
LEGAL AID

For Pokagon Band Citizens

Do you need advice or assistance with a legal issue?

The Pokagon Band has arranged for Michigan Indian Legal Services (MILS) and Indiana Legal Services (ILS) to provide free legal services to Pokagon citizens (and in some cases, spouses of Pokagon citizens) regarding certain types of legal issues:

- Guardianships and Conservatorships
- Power of Attorney (Medical and/or Financial)
- Simple Wills
- Real Estate Matters
- Landlord Tenant Matters
- General civil matter legal advice
- Expungements (misdemeanor and low-level felony) in Indiana only
- Specialized Driving Permits in Indiana only

For questions about Michigan or Pokagon Band law, contact

Michigan Indian Legal Services
(800) 968-6877

An MILS attorney will be at the Pokagon Community Center at least one day a week. Please call for an appointment.

For questions about Indiana law, contact

Indiana Legal Services
401 East Colfax, Suite 116
South Bend, Indiana
(574) 234-8121 | (800) 288-8121

Please call for an appointment Monday through Friday 9:00 am – 3:00 pm.

Except for criminal matters in Pokagon Tribal Court, there are no asset or income restrictions for Pokagon Band citizens receiving this free legal service. Not all legal services provided include representation in court, in some instances the available legal services are limited to document review, document preparation, and/or providing legal advice.

Tribal Office Directory

Administration

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

Commodities

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

Communications

58620 Sink Rd.
(269) 782-8998

Compliance

58620 Sink Rd.
(269) 782-8998

Chi Ishobak

27043 Potawatomi Trail
(269) 783-4157

Education

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

Elders Program

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

Elections

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

Enrollment

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

Facilities

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

Finance

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

Head Start

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

Pokagon Health Services

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

Housing & Community Development

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

Human Resources

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

Language & Culture

59291 Indian Lake Rd.
(269) 462-4325

Mno-Bmadsen

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

Natural Resources

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

Social Services

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

South Bend Area Office

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

Tribal Council

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

Tribal Court

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

Tribal Police

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

Tribal Council Directory

(888) 376-9988

Chairman

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

Vice-chairman

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

Treasurer

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

Secretary

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

Member at large

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

Member at large

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

Member at large

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

Member at large

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

Member at large

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

Member at large

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

Elders Representative

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

Executive Secretary

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

Elders Council Directory

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

Chair

Maxine Margiotta
(269) 783-6102

Vice Chair

Julie Dye
(269) 462-1004

Secretary

Judy Augusta
(269) 783-6304

Treasurer

Clarence White
(269) 876-1118

Member at Large

Cathy Ford
(269) 783-9380

Senior Youth Council Directory

Chairman

Michael Gamache
Michael.Gamache@pokagonband-nsn.gov

Treasurer

Andy Murray
Andy.Murray@pokagonband-nsn.gov

Secretary

Mahogan Shepard
Mahogan.Shepard@pokagonband-nsn.gov

Member at large

Skyler Daisy
Skyler.Daisy@pokagonband-nsn.gov

Member at large

Robert Dick
Robert.Dick@pokagonband-nsn.gov

Rebecca Williams

Youth Culture Coordinator
(269) 462-4325

Junior and Senior Youth Council Members Wanted

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

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

Nmébné gizes March Citizen Announcements



Mno dbeshkan Miksani James Morseau! August 25, 2017

Bozho! Miksani James Morseau ndezhnekas. Bodewadmi Neshnabe mine Oneida mine Scottish ndaw. Pokagon Band ndebéndagwes. Thigwé ndodém. Albuquerque, New Mexico ndë wttthbya mine Dowagiac, Michigan nde da. Ndédé John Mirage Morseau zhenkazé mine ngëyéy Blaire Kristine Topash-Caldwell zhenkazé. Nmishomis Gregory Smith zhenkazé mine nokmes Lucinda Graverette Smith zhenkazé ndédé wthë yégwan. Nmishomis Joseph Caldwell zhenkazé mine Theresa Maina zhenkazé ngëyéy wthë yégwan.



Save the date for upcoming events in April

Monday, April 2	Tribal Council Special Session	6:00 p.m.
Wednesday, April 4	Neshnabé Mbokén	4:00–5:00 p.m.
Wednesday, April 11	Language & Culture Archives Open House	6:00–9:00 p.m.
Friday, April 13	Shishibé	6:00–9:00 p.m.
Saturday, April 14	Débénwéthêk Air Zoo	1:00 p.m.
Wednesday, April 18	Michigan Indian Family Olympics Training Day	7:00–8:00 p.m.
Saturday, April 21	Në Mnokemêk (Gifts of Spring) Celebration	10:00 a.m. – 2:00 p.m.
Saturday, April 21	Baby Celebration	10:30 a.m. – 1:30 p.m.
Thursday, April 18	Michigan Indian Family Olympics Training Day	6:00–7:00 p.m.
Saturday, April 28	Survivor Stomp	9:00 a.m.
Saturday, April 28	Birch Bark Winter Etching Workshop	1:00 – 2:30 p.m.

This is a limited selection of events taking place in April. Please refer to the March calendar in this newsletter or the calendar on our website for a complete listing of events.

