



POKÉGNEK YAJDANAWA

THE POKAGONS TELL IT

Giwsé gizes November 2017

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South Bend Pokégnek Édawat officially opens



Citizens and leaders from the tribe, along with national and regional dignitaries, gathered for a grand opening at the new Pokégnek Édawat Tribal Village in South Bend. Attendees were invited to walk through the finished housing units, now housing citizens.

Joining Tribal Council members and other Pokagon Band leadership were Administrator of the U.S. Dept. of Housing and Urban Development (HUD)'s Eastern Woodlands Office of Native American Programs, Mark Butterfield, and Bryan Hewitt of the Bureau of Indian Affairs. Also present were South Bend Mayor Pete Buttigieg along with other city and St. Joseph County officials.

The Village, located at 3115 Locust Road in South Bend, consists of a duplex containing two 2-bedroom homes, and a townhome building, which includes two 2-bedroom townhomes and two 3-bedroom townhomes. Eventually, the

site could have 44 housing units, a community center and facilities for health services and tribal government programs.

“Two centuries ago there were several Potawatomi villages in this area of Indiana. In fact, we Potawatomi called South Bend Zenba Odanek,” said Chairman Warren. “But today marks the beginning of a new era for a South Bend Pokagon community. Today we celebrate tribal land and a tribal village in Indiana once again.”

Singers performed drum songs as part of the grand opening celebration, and veterans posted flags, prior to an invocation and remarks by invited guests. Attendees were then able to walk through the homes in the village.

The Tribal Village sits on 167 acres, which will also house a Tribal Police Substation and Four Winds Casino South Bend opening in early 2018.

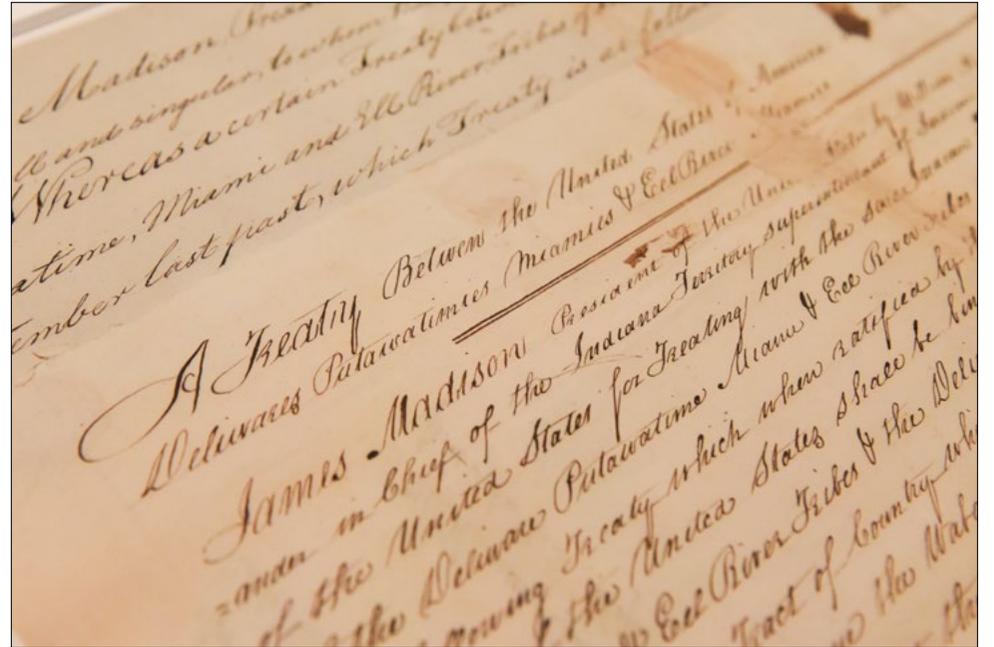
Concert tickets for Community Events

Starting October 1, 2017

Any unclaimed concert tickets not picked up by 5 PM on ticket pick-up day will be redistributed the following day from 8 a.m. to 5 p.m. or until all tickets are claimed on a first come, first served basis. Must show Tribal I.D. card when obtaining tickets. One set of tickets per citizen.

Please note the change to the concert hotline number. You may call the concert hotline (269) 462-4262 after 5 p.m. on the first ticket pick up day to find out how many unclaimed concert tickets are available.

Pokagon Band representatives witness installation of Potawatomi Treaty, 1809



Several Pokagon Band representatives travelled to the National Museum of the American Indian (NMAI) to view the Nation to Nation: Treaties Between the United States and American Indian Nations installation, which included a Potawatomi treaty from 1809.

The curatorial staff explained the painstaking process by which they prepare a 200-year-old document for public display. The treaty is in good shape and will be on display until 2021.

The Cultural Resources Center (CRC) is located 15 minutes from the museum, and there they hold more than 650,000 items from indigenous cultures in the Americas. Representatives were able to look at many items attributed to the Potawatomi.

Pokégnek Yajdanawa

Pokégnek Yajdanawa is the monthly voice of Pokégnek Bodéwadmik, the Pokagon Band of the Potawatomi. Citizens are encouraged to submit original letters, stories, pictures, poetry and announcements for publication in *Pokégnek Yajdanawa*. Submissions are subject to the established guidelines.

The deadline for submissions for the newsletter is always the 14th of each month. Please send items for publication to:

Pokégnek Yajdanawa
Box 180
Dowagiac, MI 49047
Pokagon.Newsletter@PokagonBand-nsn.gov

Healthy Lifestyles 2017 | Your Health, Your Choice



Whole Grains, Refined Grains, and Dietary Fiber

Despite all the current fuss over carbs and gluten, breads, cereals and pastas are comfort foods. You can find a better-for-you choice if you know what to look for.

First, the basics. There are two types of grain products:

1. Whole Grains contain the entire grain – the bran, germ and endosperm.
2. Refined Grains have been milled (ground into flour or meal) which removes the bran and germ. This gives them a finer texture and improves their shelf life (yay) but strips the grain of important nutrients you need, including B-vitamins, iron, and dietary fiber (boo).

So when it comes to your health, Whole Grains are where it's at. And here's why:

- Many whole grains are good sources of dietary fiber, which we all need. Most refined grains contain little or no fiber.
- Dietary fiber can help you improve blood cholesterol levels and lower your risk of heart disease, stroke, obesity and even type 2 diabetes. Fiber for the win!
- Fiber can help you feel full, so you'll be satisfied with less calories.
- In addition to fiber, grains provide nutrients Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B9, iron, magnesium and selenium.

Shopping Tip: When you're planning out your meals and snacks for the week, it's important to include a variety of grains because they can differ in their nutrient content.

How to Identify Whole Grains

Think you can identify something with whole grain by color? Think again. Bread, for example, can be brown because of molasses or other ingredients, not necessarily because it contains whole grains. This is why it's so important to get into the habit of reading nutrition labels. For most whole grain products you'll see the words "whole" or "whole grain" first on the ingredient list.

Some common whole grain foods are whole wheat, graham flour, oatmeal, whole oats, brown rice, wild rice, whole grain corn, popcorn, and whole grain barley.

Try a delicious whole grain recipe. See page 8.



Seasonal Affective Disorder

Seasonal affective disorder (SAD) is a type of depression that comes and goes with the seasons. It usually starts in the late fall and early winter and goes away during the spring and summer. Some people do have episodes of depression that start in the spring or summer, but that is a lot less common. Symptoms of SAD may include

- Sadness
- Gloomy outlook
- Feeling hopeless, worthless, and irritable
- Loss of interest or pleasure in activities you used to enjoy
- Low energy
- Difficulty sleeping or oversleeping
- Carbohydrate cravings and weight gain
- Thoughts of death or suicide

SAD is more common in women, young people, and those who live far from the equator. You are also more likely to have SAD if you or your family members have depression.

The exact causes of SAD are unknown. Researchers have found that people with SAD may have an imbalance of serotonin, a brain chemical that affects your mood. Their bodies also make too much melatonin, a hormone that regulates sleep, and not enough vitamin D.

The main treatment for SAD is light therapy. The idea behind light therapy is to replace the sunshine that you miss during the fall and winter months. You sit in front of a light therapy box every morning to get daily exposure to bright, artificial light. But some people with SAD do not respond to light therapy alone. Antidepressant medicines and talk therapy can reduce SAD symptoms, either alone or combined with light therapy.



Sleep may reduce your risk for depression

Sleep impacts many of the chemicals in your body, including serotonin. People with serotonin deficiencies are more likely to suffer from depression.

Check the medicine cabinet. Certain medications might be interfering with sleep. Think a prescription is the culprit to a sleepless night? Talk to a doctor about potential side effects and how to deal with them.



Weight Loss through Weight Gains

Stack on weights to shed pounds. Let's get one thing settled: you do not need to spend hours doing cardio to lose weight. Modern research has shown that building muscle through strength training is the way to go.

Strength training builds muscle mass. More muscles increase your ability to lose weight and maintain a healthy weight. Each pound of muscle burns 35-50 calories per day. Therefore, as our muscles get bigger they require more calories and continue burning those calories long after our workout. The result is a sustained burning of calories and an increased metabolic rate. As another bonus, muscles also burn up glucose and help keep our blood sugar under control.

You can start weightlifting at any age. A recent study was conducted by having a group of elderly patients (92-96 years of age) begin a weight lifting regiment. In just four weeks they increased their strength by 114%, their flexibility by 145%, and their mobility by over 200%! On the other hand, inactive people begin to lose muscle mass in their early thirties and can lose as much as 5% every decade.

Strength training can be done with just your body weight or even just a portion of your weight. For some great bodyweight exercises that you can do at the gym or at home, please ask your personal trainer or speak with someone at the Wellness Center.

As always, you should know your limits. Consult your doctor if you have injuries, chronic pain, muscular imbalances, or health complications that will affect your ability to perform. You may also consult with the Wellness Center to receive a personalized fitness evaluation and obtain an exercise plan to meet your health goals.

Workout of the month: Lunge squats

Take a large step out with your right foot; keeping both feet stationary slowly lower yourself until your left knee almost touches the ground; straighten your right leg to stand back upright (keep your feet in the same spot); then repeat; after ten repetitions switch to the other leg. Complete two sets of ten repetitions with each leg. Increase as desired. Safety tips: keep your lunging knee behind your front foot's toes; keep your shoulders and back upright throughout the exercise; and keep your eyes looking forward.

Tribal Council members receive awards, meet with the governor, and invest in community



John Warren, Chairman of the Pokagon Band of Potawatomi Indians and David Z. Bean, Council member of the Puyallup Tribes, and Acting Vice Chairman of the National Indian Gaming Association join the NIGA Board and dignitaries after being presented with the John Kieffer Sovereignty Award at the 2017 NIGA Mid-Year Conference and Expo.



Vice Chairman Bob Moody breaks ground at Howard Park with other community leaders and school children.



Council member Roger Rader, midwest vice president, runs a session at NCAI.



Chairman Warren with NAFOA and other Pokagon Band leaders.



Tribal Council members and Elders Council Treasurer Clarence White pose with Michigan State Governor Rick Snyder after exchanging gifts.



Chairman Warren speaks at the NAFOA awards ceremony after receiving one of the 10th annual lifetime achievement awards.

This fall, Tribal Council has been busy in Michigan, Indiana, and Indian Country.

Chairman John Warren received two awards, one from the National Indian Gaming Association (NIGA), and one from the Native American Finance Officers Association (NAFOA).

NIGA honored Chairman John Warren and another tribal leader with the prestigious John Kieffer Sovereignty Award at the 2017 NIGA Mid-Year Conference and Expo. Recipients of this award are chosen based on their embodiment of NIGA's mission and purpose.

Upon accepting the award, Warren said, "I am so humbled because I have always looked up to the leaders who have received this award. I am so grateful to be here. This recognition does not go to my tribe alone or me. You know as Indian people, we do everything as a team. If you stand alone as a tribe you do not get anywhere, nothing happens. To me, this award is about the greatness of our leadership in Indian country."

NAFO awarded Chairman Warren with a Life Time Achievement Award for his accomplishments as a chairman, such as shepherding the restoration of our tribal ancestral homeland in Indiana, and his dedication to tribal sovereignty.

In September, the Pokagon Band hosted the annual Tribal State Summit, which invites tribal leaders from the 12 tribes in Michigan and the governor of Michigan to come together and discuss issues of Indian Country and ways to work together with the state to create better opportunities for citizens.

Our Tribal Council joined other councils from around the state in the Silver Creek Event Center in our Four Winds New Buffalo for lunch, discussion, and gift giving. Pokagon Band citizens drummed as our veterans posted flags before beginning discussion.

Just a week later, Tribal Council Vice Chairman Bob Moody spoke at a ground breaking ceremony for the Howard Park renovation in South Bend, Ind. The park is undergoing millions of dollars worth of improvements, funded in small part by the tribe.

Vice Chairman Moody spoke about the importance of improving the community as a whole and about his personal connection to the area, including his own grandmother who once regularly cleaned the small building in Howard Park. The new Howard Park will open in 2019.

Cultural Education Days provides invaluable experience to community children



About 810 students, teachers and chaperones attended the annual Cultural Education Days on our Dowagiac campus this September. They came from Eastside Connections (Niles), Howard (Niles), Kincheloe (Dowagiac), Sam Adams (Cassopolis), River School (Sodus), Lincoln (South Haven), South Walnut (Bangor), and Moccasin (Buchanan). The Language & Culture and Education Departments collaborated to bring this two-day event to our community.

Participants rotated between six workshops about Native history led by Director of Language & Culture Marcus Winchester and Language Specialist Kyle Mallott, turtles with Natural Resources Manager Vic Bogosian, medicine wheel teachings with Education Associates Donald Summers and Autumn Laraway, fire keeping

with citizen Jefferson Ballew IV and Educational Resource Specialist Kristie Bussler, water teachings with citizen Barbara Ann Warren, and language learning with the Language Program staff Rhonda Purcell, Carla Collins, and Kyle Mallott.

Attendees ate lunch together and participated in a mini pow wow. Ribbon Town drummed, Donald Summers emceed, and Sterling Big Bear, Madalene Big Bear, Prettyrock Big Bear, Madalene Big Bear, Trish Williams, Barbara Ann Warren, Jefferson Ballew III, Jefferson Ballew IV, and Marcus Winchester danced.



Pokagon Band of Potawatomi
Pokagon Health Services

HEALTHY LUNCH

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

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U.S. Treasury Awards \$562,000 to Chi-Ishobak to support tribal communities

The U.S. Department of Treasury's Native American CDFI Assistance (NACA) Program awarded \$562,000 to Chi-Ishobak so they can continue to offer services to build capacity for our tribal citizens in the areas of professional and personal finance.

"This is a tremendous opportunity for Chi-Ishobak," said Sean Winters, executive director of Chi-Ishobak. "This is the largest grant we have received from the NACA program, and will help us provide tremendous opportunity to our tribal citizens—both personally, and for those wanting to start or are in business."

The U.S. Department of the Treasury's Community Development Financial Institutions Fund (CDFI Fund) was established to expand economic opportunity for underserved people and communities by supporting the growth and capacity of a national network of community development lenders, investors, and financial service providers. The CDFI Fund's Native American CDFI Assistance Program (NACA Program) was created specifically to help Native Communities thrive and grow by increasing their access to credit, capital, and financial services.

"We are very pleased to announce the FY 2017 CDFI Program and NACA Program award recipients. This is the largest pool of awardees in the history of the CDFI Fund," said CDFI Fund Director Annie Donovan. "These award recipients represent a diverse array of organization types and community investment strategies, serving a broad spectrum of communities."

Overall, the U.S. Department of the Treasury's Community Development Financial Institutions Fund (CDFI Fund) awarded 303 Community Development Financial Institutions (CDFIs) \$208.7 million in awards, including \$15.6 million being awarded to 38 Native CDFIs for financial and technical assistance.

Awards from the NACA Program facilitate the creation and advancement of Native CDFIs and can be used for lending capital, loan loss reserves, capital reserves, financial services, and development services.

Chi Ishobak is a 501(c)(3) non-profit organization that was established in 2009 promote the improvement of the financial capacity of all tribal members by equipping them with the skills, knowledge and confidence that they need to make informed judgments and to make effective decisions with respect to their current and future personal and household circumstances. Chi Ishobak provides tribal citizens with the tools and opportunities needed for meaningful lives and self-sufficiency, whether through employment, self-employment, or traditional life-ways.

For more information, visit www.chiishobak.org.

Sovereignty Day Celebration gets citizens out on the field



Tribal citizens and their families gathered to celebrate our 23rd year of sovereignty at South Bend's Four Winds Field, home of the South Bend Cubs. Citizens enjoyed drumming, field games, prizes, and concessions.

What's that invasive species? Oriental Bittersweet (*Celastrus orbiculatus*)



Oriental bittersweet (*Celastrus orbiculatus*) is an invasive vine species native to China, Japan and Korea. This vine was introduced in the 1860s as an ornamental plant because the plant produces bright red to orange fruits. Oriental bittersweet poses a threat to native plants due to its rapid growth and ability to shade out or strangle any vegetation upon which it grows. This vine can girdle native trees and shrubs, seeds are dispersed by birds, and cuttings can take root and grow rapidly. Oriental bittersweet occurs in many different types of habitats, especially those that have been disturbed or are near road and forest edges. This invasive species can be identified by its rapid growth and spiraling growth pattern, as well as by the bright fall fruits. This species is similar to the native bittersweet vine American bittersweet (*Celastrus scandens*), but the fruit growth form can be differentiated between the two species. The invasive species has dispersed red to orange fruits with yellow capsules along fruiting branches, while American bittersweet has red to orange fruits with orange capsules that grow in clusters at the ends of fruiting branches. Since this invasive species grows rapidly and spreads easily, control methods include both chemical and mechanical removal. Any occurrence of oriental bittersweet should be reported in order to remove this invasive species before it becomes established. If you think you see oriental bittersweet, please take photos and report the plant's location to the Pokagon Band Department of Natural Resources.

What's that edible plant? Hen of the Woods (*Grifola frondosa*)



The hen of the woods (*Grifola frondosa*) is a soft-fleshed polypore that is typically found near the base of hardwoods (especially oaks). If this mushroom is present, this indicates that the tree is beginning to develop rot. Hen of the woods grows in a bushy cluster rosette form and is recognized by having white to smoky brown wavy caps. The underside of hen of the woods is pure white in color. This mushroom is a late summer and fall mushroom native to the Eastern United States. Hen of the woods can be distinguished from the black staining polypore because the black staining polypore mushroom's flesh turns black when compressed, while it does not on the hen of the woods. Many times, this mushroom fruits in multiple areas at the base of the tree and will also grow in the same area for multiple years. Hen of the woods is considered a choice edible with a firm texture that can be added to many culinary applications. This mushroom is easily stored by cutting and drying or freezing. When gathering this mushroom, you should clean it thoroughly to remove insects and debris. Hen of the woods contains antioxidants and has been touted to boost the immune system and produce a hypoglycemic effect. As with any new edible, be sure to have a positive identification before consumption and utilize in small quantities at first to make sure there are no allergic reactions. As you are walking through the fall forest, be on the lookout for clusters of this choice mushroom to enjoy for your wild dinner.

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

Neshnabé Mbokén

A children's book club

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

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

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

Register to attend at www.PokagonBand-nsn.gov and be entered in a raffle.

Early Childhood Education will provide punch cards for this program. Attend 2 and get a prize.

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

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

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Débénwéthék
Parent Group

Pokagon Band of Potawatomi
Department of Language & Culture

Please join our community for a fall ghost supper

Community Tibakwé

Saturday, November 4 | 4:00 p.m.
Language and Culture building

Main dish, beverages, and dessert will be provided. Please bring feast bags and dish to pass in honor of loved one who has passed.

Jiibye Dbikat Wiikdewin is a time for the spirit world and the world of man. The spirits depart for the spirit world away from the cold of one more winter. Wandering spirits, long lost, were called to feast with an ancient song. They appeared slowly, hesitantly as some were injured in their lives and were shy about their appearance. Many were not given the proper ceremony in death. These spirits remain forever on the earth's face. Those spirits that return to the spirit world will return on the arrival of the first thunders and the song of many frogs

in early spring along. Many only migrates to their warmer summer camps to subsist on the fish that spawn all summer. Fresh meat from the four-leggeds is a welcome variation in diet. To take the life of a nursing mother of any four-legged is forbidden to us by Creator. Stories of familiar old Nishnabe humor tell from many years ago that this annual migration soon came known as the journey to the happy hunting grounds, or mino downjige kaa.

~ Stewart King

For more information, please contact the Department of Language and Culture at (269) 783-9265

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Domestic Violence Awareness Month engaged community this October



This October, the Department of Social Services honored Domestic Violence Awareness Month through a number of community events including Harvest Day (co-sponsored by the Department of Education), a vigil and survivor speak out, educational film screenings, a 5K run/walk, women's social gatherings, a beading class, and, new this year, a Purple Ribbon Shirt workshop for men and boys.

Government staff helped raise awareness by decorating their offices in purple and sharing facts about domestic violence. Citizen and employee Ray Bush designed this year's t-shirt, which featured a swan set against thirteen moons, to show that domestic violence doesn't only happen in October, but rather is something we need to work on all year to end.

Domestic violence is a very serious issue and can impact anyone.

Love should not hurt. If you or someone you know is being hurt and wants help, please contact Casey Kasper, Victim Services Manager/Case Worker at (269) 462-4324 or casey.kasper@pokagonbandnsn.gov.

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.

Zesty Quinoa Salad

Ingredients

- | | |
|--|--|
| 1 cup quinoa | 1 ½ cups halved cherry tomatoes |
| 2 cups water | 1 (15 ounce) can black beans, drained and rinsed |
| ¼ cup extra-virgin olive oil | 5 green onions, finely chopped |
| 2 limes, juiced | ¼ cup chopped fresh cilantro |
| 2 teaspoons ground cumin | salt and ground black pepper to taste |
| 1 teaspoon salt | |
| ½ teaspoon red pepper flakes, or more to taste | |

Directions

1. Bring quinoa and water to a boil in a saucepan. Reduce heat to medium-low, cover, and simmer until quinoa is tender and water has been absorbed, 10 to 15 minutes. Set aside to cool.
2. Whisk olive oil, lime juice, cumin, 1 teaspoon salt, and red pepper flakes together in a bowl.
3. Combine quinoa, tomatoes, black beans, and green onions together in a bowl. Pour dressing over quinoa mixture; toss to coat. Stir in cilantro; season with salt and black pepper. Serve immediately or chill in refrigerator.

November is Diabetes Awareness Month

Join PHS in raising awareness and having fun during November.

- November 1 Everyone is welcome to sign an ornament to honor someone touched by diabetes
- November 2 Elders Business meeting: MSU extension will be presenting
- November 3 Light the Way Run
- November 7 PALS: Ingrid Gschwind is reading to the PALS playgroup
- November 8 Marcy Herbert will provide diabetic education to Head Start students and making chains with healthy food stickers
- November 14 World Diabetes Day: Education will be provided throughout different departments in PHS.
- November 15 Diabetic Healthy Lunch
- November 16 Elders social meeting: Melody Pillow will discuss meditation and mindful eating

November Wellness Promotion: Wellness Center Fitness Warrior

Participants will have an opportunity to win a Fitness Warrior t-shirt for completing our strength-based challenge.

Strength training burns more calories than cardio training. Muscle uses up glucose and helps keep your blood sugar under control. Muscle increases your ability to maintain weight loss (Each pounds of muscle burns 35–50 calories per day). Strength training is good for any age and can be done with just your body weight.

Are you at risk for type 2 diabetes?

ALERT!DAY
TYPE 2 DIABETES AWARENESS

WRITE YOUR SCORE IN THE BOX.

- How old are you?**
 Less than 40 years (0 points)
 40–49 years (1 point)
 50–59 years (2 points)
 60 years or older (3 points)
- Are you a man or a woman?**
 Man (1 point) Woman (0 points)
- If you are a woman, have you ever been diagnosed with gestational diabetes?**
 Yes (1 point) No (0 points)
- Do you have a mother, father, sister or brother with diabetes?**
 Yes (1 point) No (0 points)
- Have you ever been diagnosed with high blood pressure?**
 Yes (1 point) No (0 points)
- Are you physically active?**
 Yes (0 points) No (1 point)
- What is your weight category?**
 See chart at right.

ADD UP YOUR SCORE.

Height	Weight (lbs.)		
4' 10"	119–142	143–190	191+
4' 11"	124–147	148–197	198+
5' 0"	128–152	153–203	204+
5' 1"	132–157	158–210	211+
5' 2"	136–163	164–217	218+
5' 3"	141–168	169–224	225+
5' 4"	145–173	174–231	232+
5' 5"	150–179	180–239	240+
5' 6"	155–185	186–246	247+
5' 7"	159–190	191–254	255+
5' 8"	164–196	197–261	262+
5' 9"	169–202	203–269	270+
5' 10"	174–208	209–277	278+
5' 11"	179–214	215–285	286+
6' 0"	184–220	221–293	294+
6' 1"	189–226	227–301	302+
6' 2"	194–232	233–310	311+
6' 3"	200–239	240–318	319+
6' 4"	205–245	246–327	328+

1 point 2 points 3 points

If you weigh less than the amount in the left column: **0 points**

Adapted from Bang et al., Ann Intern Med 151:775–783, 2009. Original algorithm was validated without gestational diabetes as part of the model.

If you scored 5 or higher:

You are at increased risk for having type 2 diabetes. However, only your doctor can tell for sure if you do have type 2 diabetes or prediabetes, a condition in which blood glucose levels are higher than normal but not yet high enough to be diagnosed as diabetes. Talk to your doctor to see if additional testing is needed.

Type 2 diabetes is more common in African Americans, Hispanics/Latinos, Native Americans, Asian Americans, and Native Hawaiians and Pacific Islanders.

Higher body weight increases diabetes risk for everyone. Asian Americans are at increased diabetes risk at lower body weight than the rest of the general public (about 15 pounds lower).



The good news is you can manage your risk for type 2 diabetes. Small steps make a big difference in helping you live a longer, healthier life.

For more information, visit us at diabetes.org/alertday or call **1-800-DIABETES (800-342-2383)**.

American Diabetes Association.

Pokagon Band of Potawatomi
DEPARTMENT OF EDUCATION
EARLY CHILDHOOD EDUCATION PROGRAM

Gwikwé'amen
Holly Fair

Saturday, December 2
11:00 am–2:00 pm
Dowagiac Middle School
57072 Riverside Dr | Dowagiac, MI 49047

Enjoy holiday shopping with free gift wrapping, make and take crafts, and have your picture taken with Santa!
Open to the public. Lunch is provided.
Register online by November 30 to be entered in raffles.

For a description of the full meaning behind Gwikwé'amen, please see www.pokagonband-nsn.gov/government/departments/education

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Pokagon Band of Potawatomi
Department of Language & Culture

Wrapped Quill Work Workshop

Session One | November 17–22 **Session Two** | December 15–20
11:00 am–9:00 pm (all sessions)
Language & Culture Workshop

Language and Culture is happy to invite quill artist **Dana Warrington** back to teach a two part workshop on the art and techniques of wrapped quill work. This is a two-part workshop of six days each part. Our objective is to stir interest and produce quill work artisans within our community.

Space is limited to 15 participants with a \$50.00 registration fee. Supplies and materials for the class will be provided.

Come to the quill art open house on October 27 from 3:00–6:00 pm in the Language and Culture conference room.

For more information or to **RSVP no later than November 15**, please contact Nicole Holloway or Rebecca Williams at the Department of Language and Culture at (269) 462-4325.

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Nëm'e gizhëk SUNDAY	Ngot gizhëk MONDAY	Nizh gizhëk TUESDAY	Aptë gizhëk WEDNESDAY
			Circuit Training Elders Health and Wellness Circuit Training Neshnabé Mbokén L&C Znëget 2 Intermediate L&C Men and Boys Division DNR Question and Answer
5	6 <ul style="list-style-type: none"> Circuit Training Day Language Class L&C Department Language Class Elders Health and Wellness Circuit Training Beginners Yoga Auricular Acupuncture Zumba Znëget 3 Language Classes 	7 <ul style="list-style-type: none"> PALS (Play and Learn Social) Lean Lunch Afterschool Program Tone Up! L&C Kids Language Class: Dowagiac L&C Adult Language Class: Dowagiac 	Circuit Training Elders Health and Wellness Circuit Training L&C Znëget 2 Intermediate
12	13 <ul style="list-style-type: none"> Circuit Training Day Language Class L&C Department Language Class Elders Health and Wellness Circuit Training Beginners Yoga Auricular Acupuncture Zumba Znëget 3 Language Classes 	14 <ul style="list-style-type: none"> Lean Lunch Afterschool Program Tone Up! L&C Kids Language Class: Dowagiac L&C Adult Language Class: Dowagiac 	Circuit Training Elders Health and Wellness Healthy Lunch Circuit Training Débénwéthëk Parent L&C Znëget 2 Intermediate L&C Men and Boys Division
19 L&C Wrapped Quill Workshop	20 <ul style="list-style-type: none"> Circuit Training Day Language Class L&C Department Language Class L&C Wrapped Quill Workshop Elders Health and Wellness Circuit Training Beginners Yoga Auricular Acupuncture Zumba Znëget 3 Language Classes 	21 <ul style="list-style-type: none"> L&C Wrapped Quill Workshop Autumn Harvest Gathering Lean Lunch Afterschool Program Tone Up! L&C Kids Language Class: Dowagiac L&C Adult Language Class: Dowagiac 	Circuit Training Elders Health and Wellness Circuit Training L&C Znëget 2 Intermediate
26	27 <ul style="list-style-type: none"> Circuit Training Day Language Class L&C Department Language Class Elders Health and Wellness Circuit Training Beginners Yoga Auricular Acupuncture Zumba Znëget 3 Language Classes 	28 <ul style="list-style-type: none"> Lean Lunch Afterschool Program Tone Up! L&C Kids Language Class: Dowagiac L&C Adult Language Class: Dowagiac 	Circuit Training Elders Health and Wellness Circuit Training L&C Znëget 2 Intermediate

November 2017

WEDNESDAY	Nyéw gízhëk THURSDAY	Nyano gízhëk FRIDAY	Odankè gízhëk SATURDAY
<p>1</p> <p>Illness</p> <p>mediate Language</p> <p>drumming</p> <p>answer</p>	<p>2</p> <p>Lean Lunch</p> <p>Diabetes Program</p> <p>Men's Sweat Lodge</p> <p>L&C Adult Language Class: South Bend</p> <p>L&C Potawatomi 201</p>	<p>3</p> <p>Circuit Training</p> <p>Elders Health and Wellness</p> <p>Circuit Training</p> <p>Light the Way 5k</p>	<p>4</p> <p>Community Jibakwé</p>
<p>8</p> <p>Illness</p> <p>mediate Language</p>	<p>9</p> <p>Lean Lunch</p> <p>Diabetes Program</p> <p>L&C Adult Language Class: South Bend</p> <p>L&C Potawatomi 201</p>	<p>10</p> <p>Tribal government offices closed in observation of Veterans Day</p>	<p>11</p> <p>Tribal Council Meeting</p>
<p>15</p> <p>Illness</p> <p>Group</p> <p>mediate Language</p> <p>drumming</p>	<p>16</p> <p>PALS (Play and Learn Social)</p> <p>Lean Lunch</p> <p>L&C Potawatomi 201</p> <p>L&C Adult Language Class: South Bend</p>	<p>17</p> <p>Circuit Training</p> <p>Elders Health and Wellness</p> <p>L&C Wrapped Quill Workshop</p> <p>Circuit Training</p>	<p>18</p> <p>L&C Wrapped Quill Workshop</p>
<p>22</p> <p>Illness</p> <p>mediate Language</p>	<p>23</p> <p>Tribal government offices closed in observation of Thanksgiving</p>	<p>24</p> <p>Tribal government offices closed in observation of Thanksgiving</p>	<p>25</p>
<p>29</p> <p>Illness</p> <p>mediate Language</p>	<p>30</p> <p>Lean Lunch</p> <p>L&C Adult Language Class: South Bend</p> <p>L&C Potawatomi 201</p>	<p>dec 1</p> <p>Circuit Training</p> <p>Elders Health and Wellness</p> <p>Circuit Training</p>	<p>dec 2</p> <p>Pokagon Band Holly Fair</p>

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



DEPARTMENT OF EDUCATION

Elders Health + Wellness

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

Chair aerobics

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

Cardio drumming

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

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POKAGON HEALTH SERVICES

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Diabetes Program

Education

Join PHS for a five week educational Diabetes Program open to tribal citizens and employees to improve their diabetes. Each class is 1.5–2 hours (time will include education, food journaling, exercise and healthy snack). A team of health professionals including a dietitian, physician assistant, pharmacist and social worker will provide information and support. A different topic will be discussed each week including:

- Week 1 **What is Diabetes?**
- Week 2 **Healthy Eating**
- Week 3 **Home blood sugar monitoring/
Balancing your blood sugar**
- Week 4 **Staying Healthy with Diabetes/
Foot and Dental Care**
- Week 5 **Mind, Spirit, and Emotion
Behavioral Health/Making Healthy Changes**



Classes are from 3:00–5:00pm
PHS Multi-purpose room

January 12	February 2	April 3	May 4	July 20	August 3	October 12	November 2
January 19	February 9	April 20	May 11	July 27	August 10	October 19	November 9
January 26		April 27				October 26	

Please contact Marcy Herbert, RD at (269) 783-2472 for more information or to sign up for a session.

Prevention

Pokagon Band of Potawatomi
Pokagon Health Services | Community Outreach



This season, honor those touched by diabetes

November 2017
8:00 am–5:00 pm
Pokagon Health Services

November is Diabetes Awareness Month. Stop by Pokagon Health Services during November and make a snowflake ornament to help bring awareness to this disease. Ornaments will be displayed on a tree throughout November and December at PHS.

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



Young Boys' Shkenwé

RITE OF PASSAGE

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

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

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

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DRUM CLASSES

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

6:00 pm–8:00 pm

Please join John T. Warren at our Drum Class, this is open to all tribal citizens, spouses and other tribal affiliations. Drum class is open to all ages and is held the first and third Wednesday of every month. There are many teachings that come with this class from a great teacher.

2017

November 1 December 6
November 15 December 20

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



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



Pokagon Band of Potawatomi
Pokagon Health Services +
Department of Education Early Childhood Education

Quilters needed to make baby celebration quilts

In preparation for 2018's Baby Celebration, the community is invited to help make 50 blankets for our newest members. Quilters chosen to participate will be compensated. Quilts should be completed by April 1.

If you are interested in sewing with us, please contact Angelina Herman at (269) 783-2485 or angelina.herman@pokagonband-nsn.gov for more information.



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



Pokégnek Bodéwadmik
POKAGON BAND OF POTAWATOMI

Tribal Housing Vacancies

Quaint 2 bedroom, 1 bath available in the **Dowagiac Elders Village**.

Spacious 3 Bedroom, 2 bath unit available in the **Hartford Village** for citizens with physical disabilities.

If you are currently on the waiting list for any Tribal housing unit and are still interested in being on the waiting list or have questions about the available units please contact Megan Rick at (269) 462-4251.



**Courses at Four Winds Casino Resort
Open to Pokagon Citizens, Spouses,
Custodial Parents
and Government Employees
October-December**

Thursday, November 2 nd	Friday, November 3 rd	Saturday, November 4 th
Leadership 1 1p-3p	Leadership 3 2p-4:30p	Leadership 4 9a-12:30p
Thursday, November 30 th	Friday, December 1 st	Saturday, December 2 nd
Leadership 1 1p-3p	Leadership 3 2p-4:30p	Leadership 4 9a-12:30p
Thursday, December 14 th	Friday, December 15 th	Saturday, December 16 th
Leadership 1 1p-3p	Leadership 3 2p-4:30p	Leadership 4 9a-12:30p
Wednesday, October 18 th	Friday, November 10 th	Wednesday, November 29 th
ServSafe for Managers 9a-6p	ServSafe for Managers 9a-6p	ServSafe for Managers 9a-6p

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

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

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

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

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

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

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



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

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.

Notice of Open Positions

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

- Pokagon Band Salary Commission
- Kee-Boon-Mein-Kaa Pow Wow Committee
- Election Board
- Pokagon Promise
- Ethics Board
- Oshke Kno Kewéwen Pow Wow Committee
- Tribal Art Review Committee

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.

Pokagon Band Elders Snow Removal Reimbursement Application Form

November 1, 2017 through April 1, 2018

Name: _____

Address: _____

City: _____ State & Zip Code: _____

Phone No: _____ Tribal ID: _____

Third Party Snow Removal Service Provider Information

Name: _____

Address: _____

City: _____ State & Zip Code: _____

Phone No: _____

Business Name: _____

Pokagon Band Elders anywhere in the U.S may be reimbursed for snow removal services provided to their residence by third party service providers. The maximum reimbursement for any one of snow removal is \$25 per household and the maximum reimbursement an Elder may receive over the entire season is \$175 per household.

You are responsible for finding your own third party snow removal service provider. You will not be reimbursed if you are the person who removes snow from your own driveway. Except for those residing at Phase II (Rent to Own), those residing at Pokagon Band Housing are not eligible for reimbursement, as the Pokagon Band already provides snow removal.

To be eligible for reimbursement, you must complete and return this application. Additionally, you must include the invoice(s) or receipt(s) from third party service provider. All invoices or receipts must be from the third party service provider and not the Elder. We may contact your third party snow removal provider for verification. **Incomplete applications, applications without invoice(s)/receipt(s), and applications received after April 15, 2018 will not be processed.**

The completed application with accompanying invoice(s)/receipt(s) must be returned to:

Elders Council
P.O. Box 180
Dowagiac, Michigan 49047

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

By my signing below, I certify that all information provided on this application is true/correct.

Signature of Applicant: _____ Date: _____

Print Name: _____

monday

tuesday

wednesday

thursday

friday

nov

6 **language**

Mostaccioli with Buffalo Meatballs
Asparagus
Garden Salad
Garlic Bread
Dessert

13 **language**

Buffalo Pot Pie Topped W/
Biscuits
Garden Salad
Cottage Cheese & Pineapple
Blueberry Pie

20 **language**

Chicken Fajitas W/ All the Toppings
Red Beans and Rice
Dessert

27 **language**

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

7

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

14

Baked Chicken
Baked Potato
Asparagus
Garden Salad
Whole Grain Roll

21

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

28

Sea Bass
Rice Pilaf
Green Beans
Coleslaw
Whole Grain Roll

8

Brats on a Bun
Sauerkraut
Tri-Blend Veggies
Veggie and Relish Tray

15

Ham
Mashed Sweet Potatoes
Zucchini and Squash Salad
Jell-O W/Fruit
Whole Grain Roll

22

Beef Noodle Soup
Ham and Cheese Sandwich
Veggie and Relish Tray
Fresh Fruit

29

Marinated Chicken
Potato Salad
Baked Beans
Veggie Tray
Whole Grain Roll

9

Tuna Casserole
French Style Green Beans
Garden Salad
Fresh Fruit
Whole Grain Roll

16

Sliced Turkey in Gravy
Mashed Potatoes & Stuffing
Green Bean Casserole
Pumpkin Pie
Whole Grain Roll

23 **closed | thanksgiving**



30

Buffalo Lasagna
Spinach
Garden Salad
Garlic Bread
Fresh Fruit

10 **closed | veterans day**



17

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

24 **closed | thanksgiving**

3

Buffalo Sloppy Joes
Tator Tots
Green Beans
Fruit Salad
Birthday Cake

Pizza Day

2 **business meeting**

1

Bean Soup
Turkey and Cheese Sandwich
Veggie and Relish Tray
Fresh Fruit

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

Per Capita News

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

Name	Christmas 2016	Monthly Per Cap
Scott Brewer, Jr	x	
Cristian Cobb	x	
Mason Currey	x	
Bobby M. Haynes, Jr	x	
Austin L. Northrup	x	
Peter J. Ramirez	x	
John Watson	x	
Santana Stone	x	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 October 13 in order to make it on the November 2017 check run. Anything received after October 13 will be processed on the check run for November 2017. If you have any questions please call the direct per capita phone line at (269) 462-4209 or (269) 462-4200 or toll free (800) 517-0777.

Elders Stipend increments

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

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

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 13, 2017	Monday, January 30, 2017	Tuesday, January 31, 2017
Monday, February 15, 2017	Monday, February 27, 2017	Tuesday, February 28, 2017
Monday, March 15, 2017	Thursday, March 30, 2017	Friday, March 31, 2017
Friday, April 14, 2017	Thursday, April 27, 2017	Friday, April 28, 2017
Friday, May 15, 2017	Tuesday, May 30, 2017	Wednesday, May 31, 2017
Wednesday, June 15, 2017	Thursday, June 29, 2017	Friday, June 30, 2017
Friday, July 14, 2017	Thursday, July 27, 2017	Friday, July 28, 2017
Monday, August 15, 2017	Wednesday, August 30, 2017	Thursday, August 31, 2017
Thursday, September 15, 2017	Thursday, September 28, 2017	Friday, September 29, 2017
Friday, October 13, 2017	Monday, October 30, 2017	Tuesday, October 31, 2017
Wed, November 1, 2017*	Tuesday, November 21, 2017	Wed, November 22, 2017
Friday, December 15, 2017	Thursday, December 28, 2017	Friday, December 29, 2017

* Please note, in 2017, the November deadline for changes is November 1. This is due to time limitations on all the events that occur at this time of the year.

Per Capita Direct Deposit & Tax Withholding Forms

The tribe has mandatory direct deposit for per capita checks. This is information pertains to citizen not receiving payments by direct deposit or a PNC pay card or making changes to their existing direct deposit information.

Direct Deposit Form Submission:

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

PNC Paycard

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

Federal Tax Withholding

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

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

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

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 November Calendar of Events

- 6 Tribal Council Special Session Meeting, Administration, 10 a.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, 10 a.m.
- 14 Gaming Authority Closed Session, Four Winds New Buffalo, 10 a.m.
- 20 Tribal Council Special Session Meeting, Administration, 10 a.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.

Tribal Council December Calendar of Events

- 4 Tribal Council Special Session Meeting, Administration, 10 a.m.
- 5 Gaming Authority Closed Session, Four Winds New Buffalo, 10 a.m.
- 9 Tribal Council Meeting, Community Center, 10 a.m.
- 11 Tribal Council Special Session Meeting, Administration, 10 a.m.
- 12 Gaming Authority Closed Session, Four Winds New Buffalo, 10 a.m.
- 18 Tribal Council Special Session Meeting, Administration, 10 a.m.
- 19 Gaming Authority Closed Session, Four Winds Hartford, 10 a.m.
- 25 Tribal government closed for Christmas holiday
- 26 Gaming Authority Closed Session, Four Winds New Buffalo, 10 a.m.

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

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

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

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



Tribal Art Review Committee is happy to host the

ART EXTRAVAGANZA

Pokagon Annual Holiday Craft Show



Sunday **December 2**
11:00 am – 4:00 pm
Community Center



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POKAGON BAND GAMING COMMISSION NOTICE OF PUBLIC HEARING LIQUOR LICENSE APPLICATION

Applicant:

Pokagon Gaming Authority
d/b/a Four Winds South Bend, an unincorporated instrumentality of the Pokagon Band of Potawatomi Indians

Proposed License Location:

3000 Prairie Ave
South Bend, IN 46614

Application for New Issuance of Liquor License Class of License Applied For:

Retail On Sale General License

Place of Hearing:

Pokagon Band Gaming Commission
Hearing Room, Second Floor
10528 Maudlin Road
New Buffalo, MI 49117

Hearing Date:

November 14, 2017

Hearing Time:

1:30 PM

Public Access to Gaming Commission Hearing Room through the side door of Human Resources Building. Take the elevator to the second floor. The Human Resource Building is located behind Four Winds Casino.

There will be a bake sale and lunch, snacks and refreshments available for purchase. Interested vendors should contact **Angie Rice at (574) 273-8828 / angela.rice@pokagonband-nsn.gov**.

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

Vacant

Vice Chair & Acting Chair

Maxine Margiotta
(269) 783-6102

Secretary

Judy Augusta
(269) 783-6304

Treasurer

Clarence White
(269) 876-1118

Member at Large

Cathy Ford
(269) 783-9380

Senior Youth Council Directory

Chairman

Michael Gamache
Michael.Gamache@pokagonband-nsn.gov

Treasurer

Andy Murray
Andy.Murray@pokagonband-nsn.gov

Secretary

Mahogan Shepard
Mahogan.Shepard@pokagonband-nsn.gov

Member at large

Skyler Daisy
Skyler.Daisy@pokagonband-nsn.gov

Member at large

Robert Dick
Robert.Dick@pokagonband-nsn.gov

Rebecca Williams

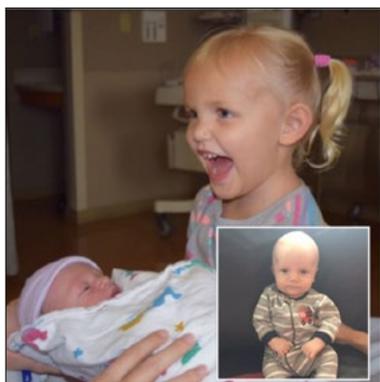
Youth Culture Coordinator
(269) 462-4325

Junior and Senior Youth Council Members Wanted

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

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

Giwsé gizes November Citizen Announcements



Babies are such a joy. AJ, Jenny, and big sis Adalyn are excited to announce our new baby boy!

Kaven Joseph Kime

Born July 20, 2017

7 pounds 11 ounces, 20 inches

"Every good and perfect gift is from above..."
James 1:17



Save the Date for the annual
Round Dance Saturday, December 9 2017



Healthy Lifestyles 2018
kicks off in January.
Stay tuned for more
information.

Pokégnek Bodéwadmik
Pokagon Band of Potawatomi
Departments of Natural Resources

QUESTION AND ANSWER



The Department of Natural Resources is seeking citizen input on current and future projects. The session will begin with brief presentations from DNR staff on current projects. After the presentations, the remaining time will be for citizens to voice environmental and natural resource related concerns and for DNR staff to answer any question you may have. Topics to be covered include:

- Hunting, Fishing + Gathering
- Climate Change
- Water Quality
- Composting + Recycling
- Trails
- Prescribed Burns
- Dowagiac River Re-meander Project

Dinner will be provided.

For more information, contact the Pokagon DNR at DNR@pokagonband-nsn.gov or call (269) 782-9602.

WEDNESDAY NOVEMBER 1 6:00 PM–8:00 PM
COMMUNITY CENTER DOWAGIAC, MI 49047

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



Department of Language & Culture
7th annual community celebration

Autumn Harvest pow wow

Tuesday, November 21
12:00 pm – 2:30 pm
Community Center

The autumn harvest pow wow the Tuesday before Thanksgiving has become an annual Pokagon event. Join the fun at the Community Center. Ribbon Town is host drum.

12:00 pm – 1:00 pm | Lunch
1:00 pm – 2:30 pm | Grand Entry: all dancers welcome

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

GYANKOJECÉMEN
STAY CONNECTED
POKAGON.COM

JOIN THE POKAGON BAND OF POTAWATOMI
TO RAISE DIABETES AWARENESS IN OUR COMMUNITY ON

FRIDAY, NOVEMBER 3
SOUTHWESTERN MICHIGAN COLLEGE
59900 CHERRY GROVE RD [DAILEY RD ENTRANCE] DOWAGIAC, MI 49047

LIGHT THE WAY 5K

6:30 PM
EVENT CHECK-IN, PACKET PICK UP, FACE PAINTING BEGIN

7:15 PM
WALK/RUN BEGINS

A FAMILY-FRIENDLY, NON-COMPETITIVE RUN/WALK 5K
THIS WILL BE A NIGHT RUN WITH A PORTION OF THE COURSE FEATURING EMERGENCY VEHICLES WITH FLASHING LIGHTS AND THE OTHER HALF OF THE RUN LIT BY HUNDREDS OF GLOW STICKS.

REGISTER HERE
WWW.POKAGONBAND-NSN.GOV/FORM/LIGHT-WAY-NIGHT-RUN-5K-REGISTRATION
SPONSORED BY THE POKAGON BAND OF POTAWATOMI, THE CONGRESSIONALLY ESTABLISHED SPECIAL DIABETES PROGRAM FOR INDIANS, NATIONAL INDIAN HEALTH SERVICES, AND SOUTHWESTERN MICHIGAN COLLEGE.

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