



FIRST CLASS MAIL
U.S. POSTAGE PAID
GREENVILLE, MI
PERMIT NO. 5

March 2018 | Volume 29 | Issue 3
Onaabadin-Giizis (Snow-Crusted Moon)

\$1.00

TRIBAL OBSERVER

THE SAGINAW CHIPPEWA INDIAN TRIBE... "Working Together for Our Future"

Features

- 11 Fun and Games
- 14 Education
- 16 Tribal College
- 18 Entertainment
- 21 Health
- 24 Tribal Elders
- 26 Calendar
- 27 Classifieds



11
Seventh Generation events
Social events and cultural workshops held throughout February



17
SCTC Student of the Year
Students honored for higher education achievements



24
Andahwod's Valentine event
Social and auction for Tribal elders and community



28
Wear Red Fit and Fashion Show
Annual fashion show raises awareness about heart disease

Saganing Eagles Landing Casino celebrates 10 year anniversary

NATALIE SHATTUCK

Editor

The Saganing Eagles Landing Casino celebrated its 10 year anniversary on Wednesday, Jan. 24.

Throughout January, SELC personnel gave away 10th anniversary T-shirts and key chains to randomly-selected patrons visiting the gaming floor.

On Friday, Jan. 26, a cake-cutting ceremony occurred after Chief Ronald F. Ekdahl provided a congratulatory speech on the gaming floor.

Dressed in colorful regalia, Native dancers performed during an honor song – played from a recording on a CD – dancer Raymond Cadotte provided.

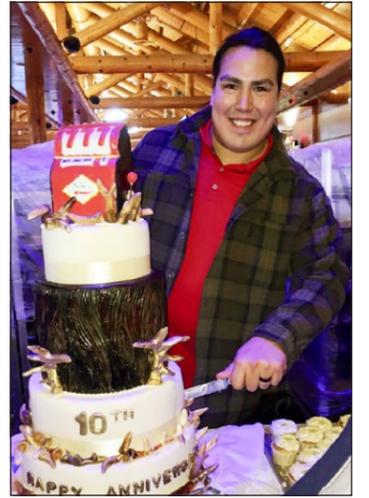


Casino chefs and Food & Beverage department personnel pose for a photo with the anniversary cake on Friday, Jan. 26.

Spectators and SELC and Tribal representatives gathered to watch the performance.

"The achievements of our organization are the results of the combined efforts of every individual (associated

with Saganing Eagles Landing Casino)," said Michelle Pfund, guest service manager for SELC. "We came together in the beginning. Staying together as we progressed and working together has been our success."



Chief Ronald F. Ekdahl cuts the 10 year anniversary cake for the Saganing Eagles Landing Casino.

MLB's Cleveland Indians removing Chief Wahoo logo in 2019

NATALIE SHATTUCK

Editor

The MLB's Cleveland Indians announced they will be removing the Chief Wahoo logo from their uniforms in 2019.

The mascot will be coming off the team's jersey sleeves and caps starting in 2019, a move to end Chief Wahoo's presence on the field, the team announced Jan. 29.

According to the Associated Press, after lengthy discussions between team owner Paul Dolan and MLB commissioner Rob Manfred, the Indians are shelving the Chief Wahoo caricature, which has been used in various expressions by the team since 1947.

However, the logo will continue to be displayed throughout 2018. The team must maintain a retail presence so the MLB and the Cleveland Indians can keep ownership of the trademark, the Associated Press reported.

"Major League Baseball is committed to building a culture of diversity and inclusion throughout the game," Manfred said in a statement. "Over the past year, we encouraged dialogue with the Indians organization about the club's use of the Chief Wahoo logo. During our constructive conversations, Paul Dolan made clear that there are fans who have a

longstanding attachment to the logo and its place in the history of the team."

In recent years and in an effort to minimize the logo, the Cleveland Indians have introduced a block "C" on some caps and have removed the Chief Wahoo logo in and around Progressive Field, the team's ballpark, according to the Associated Press.

On Feb. 12, the National Coalition against Racism and Sports and Media released a letter to Manfred thanking him for "retiring" the logo but stated the effort was "not enough," calling Manfred to change the Cleveland Indians and Atlanta Braves team names.

"We understand the inherited tradition of these names and mascots and the strong emotions they conjure," the NCARSM letter stated. "We believe that institutional racism is hard to change, and we are asking you

to continue on that journey now. No indigenous sports mascot or name manufactured by and for non-indigenous people honors us, is welcomed by us, is celebrated without denigration or is an accurate representation of our race, our spirituality and our heritage."

The letter continued, "Moreover, there is overwhelming evidence from impartial academic research that unwelcome indigenous mascots, stereotypes, caricatures and associated minstrel damage indigenous children, damage indigenous futures and damage the perception of all protected classes."

The letter was signed by NCARSM's President David Glass, Vice President Henry Boucha and Co-Founder Clyde H. Bellecourt.

Tribal Council Secretary Frank J. Cloutier said individuals may be "overlooking an opportunity" within the debate over mascots.

"Using these discussions to right some wrongs and shed light on the true history of Native Americans during the colonization of this country is an opportunity that should not be left behind," Cloutier said. "There is always the option of using identifies to further the actual truth of our people."

Cloutier said he believes removing the logo was the correct decision.

"However, still remaining is the responsibility to teach, platform and further appropriate Native American history," Cloutier said.

Under similar scrutiny are the Washington Redskins who have resisted changing their logo and nickname.

The Associated Press reported last year that a Supreme Court ruling in another case cleared the way for the Redskins to preserve the trademark on its logo.

Town Hall Meeting

- Hosted by At-Large/Member Services -

Saturday, March 10, 2018 • Saganing Outreach Center
Doors open at 11 a.m. • Meeting starts at 12 p.m.

*Tribal ID required. *Must be 18 years of age or older. *Open to Tribal Members from all districts.



PLEASE REPORT ALL WILDLIFE VIOLATIONS

to the Saginaw Chippewa Tribal Police Department



Dispatch: 989.775.4700
Tip Line: 989.775.4775

ATTENTION

Anishinabe Ogitchedaw
Veteran & Warrior Society Members

Now Recruiting New Members



Meetings Will be Held

The first Tuesday of the month in the Seniors Room
Time: 6 p.m. | For More Information: 775-4175



Check out the
Tribal Observer
ONLINE

www.sagchip.org/tribalobserver

Saginaw Chippewa/Isabella County



FAN

Families Against Narcotics

Monthly Forum

Every third Thursday of the month

Upcoming dates: March 15, April 19

7 - 8:30 p.m. | Ziibiwing Cultural Center

Monthly Forums are an educational awareness opportunity for our local community that will be hosted by our F.A.N. chapter.

Support Groups

Every first Thursday of the month

Upcoming dates: March 1, April 5

7 - 8:30 p.m. | Tribal Operations Senior's Room

Support Groups are open to anyone in recovery, grieving with a loss or have a loved one battling an addiction.

Rez Pets

"It's Raining Cats and Dogs!"



Attention Tribal Members and employees, please submit a photo of your pet to show them off in the April Tribal Observer. Households with two or more pets, please submit one group photo!

Email your photos to observer@sagchip.org or turn them in to the Tribal Observer office located inside the Tribal Operations building.

Please include:

Owner's name, pet's name, age and breed

Deadline: Thursday, March 15

Public Notice

Unclaimed per capita disbursements for deceased Tribal Members

The following is a list of unclaimed per capita disbursements for deceased Tribal Members. Any person who has been court appointed as the member's Personal Representative of the Estate can contact the Per Capita Office to claim the funds.

All monies must be claimed within two years from their date of death, or such monies will be forfeited and returned to the Saginaw Chippewa Indian Tribe's Per Capita Trust.

Tribal Member Name	Date of Death
Davis, William	10/5/2017
Dennis, Joel	10/13/2016
Folts, Carolyn	8/13/2017
Hendrickson, Ruth	11/20/2017
Jackson Sr, Garth	10/5/2017
Macgregor, Ruth Ann	7/2/2017
Pashenee, Glenn	4/14/2016
Primavera, Julia	7/10/2017
Schramm, Linda	7/22/2017
Sprague, Gary	4/7/2017
Zocher, Virginia	8/23/2017
Zocher, David	9/9/2017



2018

SCIT GOLF

Membership

On sale Monday, Feb. 12

- 100 memberships available
- Open to Tribal Members, employees and their families
- Includes Green fees and discounts on apparel, range, food and drink at participating courses

Memberships cost \$250 each

- 10 percent discount for first 20 memberships purchased and paid in full
- Memberships and cart raffle tickets available for purchase at the Accounting Department in Tribal Operations
- Payment plans available

Participating courses:

Pleasant Hills Golf Club, The Pines Golf Course, Maple Creek Golf Club, Waabooz Run Golf Course and Riverwood Resort.

Cart Membership Raffle (optional)

Drawing on Friday, April 6 in the Tribal Operations Seniors Room at 3 p.m.

- Win a cart at your favorite course
- One cart membership available at each course
- Tickets: one for \$5 or five for \$20

You can Quit!
We can help!

Free!
Michigan
TOBACCO
QuitLine

1-800-QUIT-NOW
1-800-784-8669

www.michigan.gov/tobacco

Funded by the Michigan Department of Community Health

Conservation Committee Seats

The Planning Department is currently soliciting letters of interest for adult SCIT Members to fill **two vacant seats** on the Conservation Committee for the remaining year of two year terms (ending November 2018) per Ordinance 11, section 102, subdivision 2 and the approved Ordinance 11 Conservation Committee By-Laws.

Please submit a letter of interest along with your qualification and experience to:

Donald Seal
Saginaw Chippewa Indian Tribe of Michigan
Planning Department
7070 E. Broadway Rd.
Mt. Pleasant, MI 48858
dseal@sagchip.org

All letters of interest will be accepted until the seats are filled by Tribal Council.



TRIBAL MEMBERS

Receive important Tribal announcements via text messaging. Text the letters **SCIT** to the number **32363** to subscribe to SCIT.



Coffee
..... with the
Community

Please join the Water Quality Program staff for a free cup of Starbucks coffee and take advantage of this opportunity to share stories, perspectives, concerns and priorities about water resources.

Let us know what we are doing right, how we can improve and what you would like to see from the Environmental Team in the future.



To schedule your session:

Taylor Brook

- Phone: 989.775.4162
- E-mail: TBrook@sagchip.org

Kellie Henige

- Phone: 989.775.4065
- E-mail: KHenige@sagchip.org

Planning Department

2451 Nish Na Be Anong, Mt. Pleasant, MI 48858



Tribal Council Regular Session Meetings

The Regular Council Sessions occur at 9 a.m. on the first Tuesday of each month in the Seniors Room of Tribal Operations, in accordance to the Tribal Constitution.

Meetings are open to Tribal Members.

Administration will announce ahead of time if meeting date or time changes for possible weather or emergencies. However, it is rare the times change.

Administration's administrative assistant III compiles and prepares the agenda.

Approximately two weeks prior to the meeting, an email is sent to Tribal Operations employees to remind them of the meeting and request any submissions for the agenda.

Any SCIT Tribal Member or other individual/department must submit a written request if they wish to be placed on the Regular Council Session agenda. Anyone wanting to be added can call (989) 775-4003.

Regular Council Session Dates

- March 6 • April 3 • May 1 • June 5



*My heart,
my world,
my family!*
**Happy
Birthday!**



*My heart,
my world,
my family!*
**Happy
Birthday!**



*My heart,
my world,
my family!*
**Happy
Birthday!**



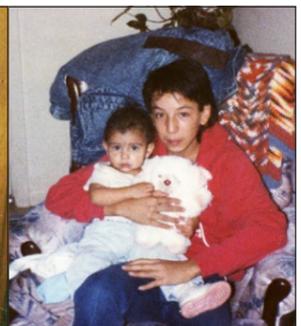
*Happy
9th B-day
Angelo
Love, your Family*



**Happy
Birthday!**
Lorna Kahgegab Call
March 12th
Love, Your Family



**Happy
Birthday
Dasia**
*Love, Mom, Dad
and Donna*



We may not be able to spend time with you anymore, but we want you to know that you are always on our minds. We are sending you lots of love & hugs to Heaven.
Happy Heavenly Birthday!
March 1

Three judges sworn in, repeat oath to serve Tribe



Observer photos by Natalie Shattuck

On Tuesday, Feb. 20 at 1 p.m., Appellate Judges Carolyn Abeita (left) and Greg S. Paulson (center) and Chief Judge Andrew J. Pyatskowit (right) were sworn in to serve the Saginaw Chippewa Indian Tribe by Chief Ronald F. Ekdahl, with support from fellow Tribal Council members in the chambers.

Tribal teens enjoy fun fiesta in February

NIKI HENRY

Photographer Journalist

More than 20 Tribal teens gathered in the Eagles Nest Tribal Gymnasium from 7 to 10 p.m. on Friday, Feb. 2 to participate in the Fiesta Teen Dance, a pro-social activity, sponsored by the SCIT Youth Council.

The event was open to youth 12 to 20 years old and provided an enjoyable night of music, dancing, ice breakers and team building games with many participants donning sombreros and mustaches from the selfie station to add to the fun.

A taco bar was provided, and prizes were given away throughout the night.



Observer photos by Niki Henry

Zaltana Hinmon (front), Jasmyne Jackson (center) and Madison Kennedy-Kequom (back) don costumes provided at the selfie station during the Fiesta Teen Dance in the Eagles Nest Tribal Gymnasium on Feb. 2.



Observer photos by Niki Henry

Kylie Wemigwans (left) and Josiah Wemigwans (right) pose for a photo at the Youth Council sponsored event.

Bret Jon
Happy Birthday
my love

Sara



Tribal Council

Chief

Ronald F. Ekdahl | District One

Sub-Chief

Julius S. Peters | District One

Treasurer

Craig Graveratte | District One

Secretary

Frank J. Cloutier | District Three

Sergeant-at-Arms

Kenny Sprague | District One

Chaplain

Diana Quigno-Grundahl | District One

Council Member

Louanna Bruner | District One

Council Member

Bill Federico | District One

Council Member

Lindy Hunt | District One

Council Member

Theresa Jackson | District One

Council Member

Jennifer L. Wassegijig | District One

Council Member

Ron Nelson | District Two

Seven Grandfather Teachings

Nbookaawin ~ Wisdom

To live with wisdom is to acquire and use experiences as guides for making equitable and mature decisions.

Zaagidowin ~ Love

To live our lives with love is to understand our capacity to realize, empathize, and nurture the needs of others.

Minaadendamoowin ~ Respect

To live with respect is to give mutual consideration for shared and differing ideas as well as for the world around us.

Zoongide'ewin ~ Bravery

To be brave and have courage is to recognize our moral and mental strength and to do what is appropriate.

Gwekwadiziwin ~ Honesty

To be honest is to recognize that we have the ability to live our lives with honor and integrity.

Dibaadendiziwin ~ Humility

To live with humility is to recognize that we are all equal, we all make mistakes, we all like to have our success rewarded and to put others before ourselves.

Debwewin ~ Truth

To live in truth is to recognize the difference between right and wrong and to be faithful to ourselves as well as the world around us even when the right way is not the easiest way.



Tribal Action Plan

CAROL EMMENDORFER

Tribal Action Plan Development Coordinator

The Tribal Action Plan development is funded through the Healing to Wellness grant. The Tribe is also the recipient of the Native Connections grant that is housed in Behavioral Health.

Both grants include provisions to write plans to address substance use and misuse.

The Native Connections grant also requires the development of plans to address suicide prevention and trauma, and it is targeted towards Tribal Members who are 0-24 years old, their families and communities.

The Tribal Action Plan addresses the same population; however, it includes individuals of all ages.

The Tribal Action Plan developer and project coordinator for Native Connections recently met to compare grant narratives and seek out commonalities defined within the grants.

It was discovered that both plans share enough of the same guidelines and goals that working together to write a plan would be most beneficial to the Tribe, so the two departments have pooled their resources to accomplish this task.

Pooling resources will eliminate duplication of efforts and strengthen the outcome of the planning process without undue hardship on Tribal Membership.

Both plans include a Community Readiness Assessment that will include collecting data from the Tribal community, the creation of a community

Plan collaboration

Strategic Prevention Framework



**Inclusion of SAMHSA content does not constitute or imply endorsement or recommendation by the Substance Abuse and Mental Health Services Administration, the U.S. Department of Health and Human Services or the U.S. Government.*

resource guide that will be available for individuals needing assistance and other community-based tools to enhance the outcomes for individuals with substance misuse disorder.

The Tribal Action Plan supports the sovereignty of the Tribe and creates a unifying action plan to address substance misuse.



CALL TO SAGINAW CHIPPEWA ARTISTS:

Please consider loaning your work to Ziibiwing's next exhibition with the working title:

miikawaadendaagwad (it is beautiful):

Artistic Expressions of the Saginaw Chippewa

Your artwork will be on display from April 28, 2018 to September 30, 2018.

We are seeking contemporary or traditional art, diversified art forms, mixed media, photography, video, writing/prose, etc.

DEADLINE TO HAVE YOUR ARTWORK TO THE ZIIBIWING CENTER IS FRIDAY, APRIL 13, 2018

For more information, contact Ziibiwing's Curator William Johnson at (989) 775-4730 or email wjohnson@sagchip.org



ZIIBIWING CENTER
of Anishinabe Culture & Lifeways

THE MIDWEST'S PREMIER AMERICAN INDIAN MUSEUM
6650 East Broadway, Mt. Pleasant, Michigan 48858
989.775.4750 • www.sagchip.org/ziibiwing

Tribal Observer

Boozhu! The Tribal Observer, a monthly newspaper, is published on the first of each month.

To contact Tribal Observer staff, please call 989-775-4010 or email observer@sagchip.org.

To change your mailing address, please contact the Tribal Clerk's office at 989-775-4055.

Community advertisements will not be accepted over the phone.



Submissions from the Tribal community are encouraged and can be sent to:

Saginaw Chippewa Indian Tribe
c/o Tribal Observer
7070 E. Broadway Rd.
Mt. Pleasant, MI 48858

Subscription rates are \$30 per year.

Story ideas, articles and photographs from the community are always welcome. The Tribal Observer reserves the right to edit and/or refuse any submissions or advertisements for publication. The Tribal Observer is published by the Saginaw Chippewa Indian Tribe of Michigan and is subject to an editorial review process.

The views expressed within the Tribal Observer do not necessarily reflect the views of the Tribal Observer, the Saginaw Chippewa Indian Tribe, the Saginaw Chippewa Tribal Council, Soaring Eagle Casino & Resort or its employees or any other enterprise of the Saginaw Chippewa Indian Tribe. The Tribal Observer works to uphold the highest integrity in news reporting and supports the Indian Civil Rights Act of 1968.

Tribal Observer Advertising

If you would like to advertise your business, please contact the Tribal Observer at 989-775-4010 for more information.

Announcements - Including birthday, wedding, engagement, congratulations, etc., costs \$10 and is open to Tribal members, community members and employees. Double-sized announcements are \$20.

Political ads - All political ads will be 1/4 page and have a red border stating as such. The cost is \$500. Political ads may include, but are not limited to, any opinion or advertisement that is political in nature and/or any Letter to the Editor that does not conform to guidelines.

Tribal Observer Subscription Form

Please send \$30 for the annual subscription. Checks may be made out to SCIT.

Name: _____

Address: _____

City: _____ State: _____ Zip code: _____

Please mail form to:

Tribal Observer
Attn: Subscriptions
7070 E. Broadway Rd.
Mt. Pleasant, MI 48858

Contact Information:

Phone: 989-775-4010
Email: Observer@Sagchip.org
www.Sagchip.org/TribalObserver



Tribal Court judge collaborates with Sault Ste. Marie community for opioid education

JOSEPH V. SOWMICK

Healing to Wellness
Coordinator

Patrick Shannon, senior judge for the Saginaw Chippewa Tribal Court, joined with the Sault Ste. Marie chapter of Families Against Narcotics (FAN) and its local Substance Abuse Prevention Coalition in hosting a free community information event on Jan. 23 at the Arts Center of Lake Superior State University.



Observer photo by Natalie Shattuck

Tribal Court Senior Judge Patrick Shannon

The FBI and DEA film “Chasing the Dragon: The Life of an Opioid Addict,” also previously showcased in the Eagles Nest Tribal Gym in March 2017 with FAN advocate Phil Pavona, was shown followed by a Q-and-A opportunity with local officials.

Shannon said the film was created to educate young adults about the dangers of drug addiction.

“Residents living in Chippewa County and (Sault Ste. Marie) welcomed this opportunity to collaborate locally on the substance misuse crisis that is killing our citizens,” Shannon said. “A week or day does not pass without my meeting and speaking with an addicted client in our Healing to Wellness treatment

court. Overall, our clients are candid and will share a great deal of their personal struggles with their addictions.”

Last month, Shannon said he asked a young mother where she is accessing the illicit substances, and her reply was, “Judge, it is everywhere.”

“I wasn’t surprised with her answer, but it does underscore our failure as a nation and state to address and control the access to these deadly substances and to own our nation-wide failure to educate our public,” Shannon said. “As I have previously written, our best way out of the opioid epidemic is to meet it head on in our communities. The prevention, intervention, and

treatment for this plague at the local level will save lives.”

Shannon said he is “pleased to see the grassroots effort by the citizens in this community and the support given by the Sault Ste. Marie Tribe of Chippewa Indians to fellow Judge Jocelyn Fabry and the tribe’s Healing to Wellness and action plan.”

“To prevent, intervene and treat prescription and opioid addiction requires a full-court effort by all,” he said. “The recent meeting at (Lake Superior State University) is evidence of the resilience of local mothers, fathers, friends and relatives of those who have passed or are addicted and their willingness to work together.”

He said even the National White House Office of Drug Control Policy admits addressing the opioid epidemic is “no easy task,” and it will take the “ongoing efforts” of politicians, parents, educators, health professionals, spiritual leaders along with families and friends.

“It may be uncomfortable for many to look at drug addiction as an illness and not merely as a crime. Arresting and incarcerating addicted people has not worked and will not work,” he said. “Quoting a county prosecuting attorney who spoke at our recent State Opioid Commission meeting in Lansing, ‘We cannot arrest and incarcerate our way out of this epidemic. For those in elected positions

Michigan & The Opioid Epidemic

MISUSE OF PRESCRIPTION PAIN MEDS IN THE US

Opioid pain medications are sometimes necessary to treat certain medical conditions. Unfortunately, these medications are easy to misuse.

259
MILLION
opioid pain medication prescriptions written in the US in 2012

29
PERCENT
of patients prescribed opioid pain meds abuse them at some point

12
PERCENT
of patients who misuse opioids meds will develop opioid use disorder

80% of heroin users started out using prescription opioids

OPIOID USE DISORDER IN MICHIGAN

Michigan is one of the hardest-hit states when it comes to the nation’s opioid epidemic.

#10
RANKED
Michigan’s national ranking for the number of opioid pain med prescriptions

#15
RANKED
Michigan’s national ranking for the number of drug overdose deaths

67
PERCENT
of drug overdose deaths in Michigan are attributed to opioids and heroin

Courtesy of UM Public Health



Mt. Pleasant Indian Industrial Boarding School Committee Vacancies

Would you like to be a voice for those who can no longer speak for themselves? Now is your chance!

Committee Meetings

10 a.m. - 12 p.m. | Ziibiwing

Meetings are held every other Wednesday.



Mail, email or drop off letters by March 10:

MIIBS Committee
c/o Sandy McCreery
7070 E. Broadway
Mt. Pleasant, MI 48858

Email:
SMcCreery@sagchip.org

The MIIBS Committee is dedicated to SCIT’s efforts to transform, preserve and finance the development of the Mt. Pleasant Indian Industrial Boarding School to become a place for healing, education, wellness and empowerment at a local, national and global level.

Interested committee members need to

- Meet every other week on Wednesdays at 10 a.m.
- Implement strategic plan and vision of Tribal Council.
- Ensure properties are managed safely and effectively.
- Work collaboratively with Project Manager to accomplish goals.
- Share information with community and partners on project.

For more information, please contact:

Sandy McCreery at 989.775.4096 or SMcCreery@sagchip.org



Construction Workers Needed

Tribal Member preference:

SCIT Tribal Members, Descendants and Members of Other Tribes

The Saganing Eagles Landing Casino expansion has entered into its third phase of construction.

This phase includes footings and foundations, cast-in-place concrete, masonry, structural steel and metal framing.

Seeking the following skilled tradesmen:

- Carpenters
- Iron Workers
- General Laborers
- Block Layers
- Cement Finishers
- Painters
- Flooring Installers
- Electricians

**Skilled and unskilled labor



Submit a resume to:

Chip Neyome
Anishinabe Workforce Developer

- Email: chneyome@sagchip.org
- Phone: 989.775.0053
- Fax: 989.775.5601



Saginaw Chippewa Indian Tribe of Michigan

“Working Together for Our Future”

7070 E. Broadway
Mount Pleasant, MI 48858
989-775-4000
www.sagchip.org



29TH ANNUAL "CELEBRATING LIFE" POW WOW

CMU is an AA/EEO institution, providing equal opportunity to all persons, including minorities, females, veterans and individuals with disabilities.

DIGNITARIES:

Emcee-

Jason Whitehouse

Arena Director-

Dave Shananaquet

Head Veteran-

George Martin

Host Drum-

Midnite Express

Head Female Dance Judge-

Netawn Kiogima

Head Male Dance Judge-

Tyler White

PRIZES:

Drum Contest

1st- \$4,000

2nd- \$3,000

3rd- \$2,000

4th- \$1,000

Hand Drum Contest

1st- \$500

Adult Dance Contest (18-49)

1st- \$500

2nd- \$400

3rd- \$300

\$10 REGISTRATION FOR ALL DANCERS
\$100 REGISTRATION FOR EACH DRUM GROUP

COMMITTEE SPECIALS:

Mens and Women's Woodland 15+
MORE TO BE ANNOUNCED

MARCH 17 & 18, 2018

**JOHN G. KULHAVI EVENTS CENTER
MCGUIRK ARENA
300 E. BROOMFIELD RD.
MOUNT PLEASANT, MI 48858**

GRAND ENTRIES:

SATURDAY 1 P.M. AND 7 P.M.

SUNDAY NOON

DOORS OPEN TO THE PUBLIC AT 11 A.M.

ADMISSION:

GENERAL ENTRY (EVERYONE 11 YEARS AND OLDER) \$7

CHILDREN 10 YEARS AND UNDER FREE

SCIT MEMBERS (WITH I.D.) FREE

CMU STUDENTS (WITH I.D.) FREE

SPONSORED BY:

Office of Native American Programs

Auxiliary Services

Office of the President

Office for Institutional Diversity

Finance & Administrative Services

Vice Provost Academic Development

American Indian Science and Engineering Society (AISES)

College of Humanities and Social and Behavioral Sciences

North American Indigenous Student Organization (NAISO)

Vice President for University Advancement Division

College of Education and Human Services

College of Communication and Fine Arts

Office of the Vice President and Provost

College of Science and Engineering

Saginaw Chippewa Indian Tribe

Enrollment & Student Services

CMU Athletics



FOR MORE INFO: Contact Native American Programs at 989-774-2508 or cmich.edu/powwow



Editorial: College students visit, volunteer at the Ziibiwing Center

ESTHER HELMS

Contributing Writer

The Ziibiwing Center is always pleased to have students of all ages visit.

Recent college student visits have included Mid Michigan Community

College's HUM 200 students. The students said they "hoped to learn about culture and globalization."

Central Michigan University's Mary Ellen Brandell Volunteer Center and its CMU Service Ambassadors assisted Ziibiwing staff in installing the E. I. Couse

Collection Showing of beautiful paintings.

Raymond Cadotte, visitor services representative, proudly received a letter of commendation from a CMU English 101 Honors class that recently visited Ziibiwing.

The students thanked Cadotte for the excellent tour

he gave them of Ziibiwing's Permanent Exhibit; praising both the information he shared and his energetic and passionate manner of presentation.

The students said they used the information in research papers written about topics related to Indigenous people's history and culture.

The Ziibiwing Center would love to have students of any age come out for a visit or possibly lend a hand with an upcoming event or exhibit. For information, please call 989-775-4750.



Mid Michigan Community College's HUM 200 students, photographed with Raymond Cadotte (far right), visit the Ziibiwing Center and learn about Native culture and history.



Central Michigan University's Mary Ellen Brandell Volunteer Center and its CMU Service Ambassadors assisted Ziibiwing staff in installing the E. I. Couse Collection Showing.



Raymond Cadotte, visitor services representative for the Ziibiwing Center, proudly holds a letter of commendation he received from a CMU English 101 Honors class that recently visited the museum.

Sagamok Express Mobil, Green Suites to be renovated

FREDRICK KUHLMAN

Migizi Marketing Manager

The Migizi Economic Development Company would like to announce two of the Tribe's businesses will receive complete makeovers this summer and fall.

The interior and exterior of Sagamok Express Mobil will be fully renovated, and Green Suites will be fully remodeled. Beginning mid-summer, Green Suites will undergo renovations inside and out. The project will begin at the east building, and, upon its completion, the remodel of the west building will commence.

Renovating one building at a time will ensure suites are available for use at all times and that the business will not need to be shuttered during the upgrades.

The property will be renamed The Retreat at Soaring Eagle and will cater to professionals in need of long-term stays, such as visiting Central Michigan University professors, physicians at

local hospitals and families or groups that need large accommodations.

Featuring bold interior colors and an inviting, updated exterior, The Retreat at Soaring Eagle will be unlike any other hotel in the area.

The interior updates, conceived by designer Rachelle McCrone and her company dbrinteriors, will feature bold, vibrant colors and minimalist furnishings in rooms accented by tribal art and photographs contributed by members.

This combination will create a decidedly high-end feel in the lodgings which will appeal to those in search of a comfortable and elegant destination. In addition to the clientele mentioned earlier, The Retreat will complement Soaring Eagle Waterpark and Hotel and Soaring Eagle



Green Suites will receive a full remodel beginning mid-summer 2018. The above photos show concept artwork of the remodel which will be completed by designer Rachelle McCrone and her company, dbrinteriors.

Casino & Resort, offering alternate accommodations to upper level players and VIPs.

The landscaping and signage surrounding The Retreat will

be updated as well, including the sign located at Summerton Road and M-20, and a new sign will be placed at the entrance to the property on Summerton Road. These signs will sport the new logo and color scheme for The Retreat.

The Tribe has owned Green Suites since 2007. The property

has not been upgraded since long before Tribal ownership and, due to age, is beginning to deteriorate both inside and out. This has led to issues with maintenance and clientele. With its transformation into The Retreat, these problems should be greatly reduced, if not eliminated altogether.

Attention all cooks!

- ★ Are you always asked to bring your salad to the family cookout?
- ★ Are your cookies gone immediately at functions?
- ★ Does your chili sell out at fundraisers?
- ★ What is your favorite recipe to make?

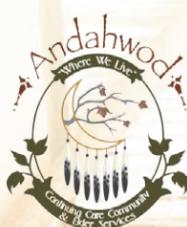
Here is your chance to showcase the recipe that everyone is always asking you to make or you just enjoy cooking and eating!

Elder Services is asking community members/employees to lend us recipes for a cookbook we are creating. This cookbook will also be sold as a fundraiser for elder activities and events. Sorry, no royalties for your recipes, just bragging rights!

Please help us create the SCIT Community Cookbook! Elder Services will have a drawing only for those who submit a recipe. Also a drawing will be held to name the cookbook.

To submit recipes, photos and cookbook name suggestions, please contact:

Sheligh Jackson • Phone: 989.775.4307
Assistant Elders Advocate • Email: shjackson@sachip.org



MIGIZI
ECONOMIC DEVELOPMENT CO.

Positions Now Available!

Apply today at
www.migiziedc.com



Shakopee Tribe donates more than \$4 million to tribes, charitable causes across the country

NATIVE NEWS ONLINE STAFF

PRIOR LAKE, Minn. – On Feb. 22, the Shakopee Mdewakanton Sioux Community (SMSC) announced more than \$4 million in donations to a local charitable organization and 16 tribes across the country.

The donations will support a variety of projects, including tribal housing repairs, a health clinic expansion, new emergency service equipment and an early childhood education facility. Specific recipients include:

- American Red Cross Twin Cities (Minnesota) – \$75,000 matching grant for an emergency response vehicle
- Bad River Band of the Lake Superior Tribe of Chippewa



(Wisconsin) – \$250,000 grant for its Head Start program facility as well as an additional \$250,000 pledged for the next fiscal year

- Blackfeet Nation (Montana) – \$200,000 for its Starlink Broadband project

- Coquille Indian Tribe (Oregon) – \$50,000 grant for its health clinic expansion
- Eastern Shawnee Tribe of Oklahoma (Oklahoma) – \$50,000 grant for tribal scholarships to N2N University
- Eastern Shoshone Tribe (Wyoming) – \$400,000 grant for a banquet kitchen, sign and training for casino employees
- Lower Brule Sioux Tribe (Minnesota) – \$100,000 for servers and phone system upgrades
- Nisqually Indian Tribe (Washington) – \$250,000 matching grant to help purchase dental equipment
- Northern Arapaho Tribe (Wyoming) – \$200,000 grant for NATI Broadband services, pending a resolution
- Oglala Sioux Tribe (South Dakota) – \$30,000 grant to

fund vehicles for its Child Protection Services program

- Red Cliff Band of Lake Superior Chippewa (Wisconsin) – \$500,000 grant for marina dock repairs and casino upgrades
- Santee Sioux Nation (Nebraska) – \$500,000 grant for several community projects including its buffalo program, youth development and renovations to powwow grounds
- Spirit Lake Nation (North Dakota) – \$240,000 grant to fund community infrastructure improvements
- Standing Rock Sioux Tribe (North Dakota) – \$250,000 grant to benefit the Kay Murphy Cancer Fund, tribal housing repairs and casino operations consulting
- Turtle Mountain Band of Chippewa Indians (North

Dakota) – \$250,000 for fire equipment, wood stoves, handicap ramps and ambulance and dialysis expansion

- Upper Sioux Community (Minnesota) – \$300,000 grant for its wastewater treatment plant
- Yankton Sioux Tribe (South Dakota) – \$350,000 grant for the tribe's food services building and casino

“Sharing our resources is an important value in our Dakota culture,” said SMSC Chairman Charles R. Vig. “We're proud to honor this tradition by supporting the meaningful work being done in these tribal communities and nonprofits.”

The SMSC has donated more than \$350 million to organizations and causes in the past 25 years and is the single-largest philanthropic benefactor for Indian Country nationally.

Oklahoma City elects its first American Indian mayor (Osage Nation)

LEVI RICKERT

Native News Online

OKLAHOMA CITY – David Holt, 38, a tribal citizen of the Osage Nation, will be sworn in

as the mayor of Oklahoma City on April 10.

Holt won 78.18 percent of the vote on Feb. 13 in a three-person primary election. Since he garnered more than 50 percent of the votes cast in the

primary election, Holt was declared the victor.

Holt will be the first American Indian to lead Oklahoma City, Oklahoma's largest city.

Currently, Holt serves in the Oklahoma state senate and will

resign his senate seat prior to being sworn in as mayor.

Holt is an attorney and a married father of two.

“This is one of the most divisive times in American politics, but not here in Oklahoma City.

We've had remarkable unity, and I think this campaign has taken it to another level, and I hope that that is preserved in the next four years or however long my service may last,” Holt said during his victory speech.

ACFS sells comfort food for those ‘recovering’ from Valentine’s Day, funds foster care

NIKI HENRY

Photographer Journalist

Those who were suffering from a Valentine's Day “love hang-over,” who were hungry for a good meal or who wanted to support the Tribe's foster care program were invited to the Anishnaabeg Child and Family Services' chili lunch fundraiser.

The fundraiser began at 10:30 a.m. on Wednesday, Feb. 21 and went until late afternoon.

In the kitchen across from the Eagles Nest Tribal Gymnasium, the menu included mild, spicy and white chicken chili along with frybread and soda.

Also available for purchase were 50/50 raffle tickets to help raise funds, and Bernard Sprague, director of hotel

operations for the Soaring Eagle Casino & Resort, held the winning number.

Anyone interested in becoming a licensed foster home who was unable to attend the fundraiser can stop by ACFS for a foster care packet or call 989-775-4901 for more information.

Keep in mind what ACFS said, “You really don't have to be perfect to make a difference!”



Observer photo by Niki Henry

ACFS staffers prep food to sell during the department's foster care program fundraiser on Feb. 21.

Adopt a Pet

Hooper

Hooper is a couch potato! Enjoy the easy life? Then this 8-year-old male is the perfect match for you! He is a relaxed, laid back dog who enjoys long naps, watching movies, curling up on laps and walking very short distances from the couch to the food bowl and back. He gets along with well-mannered dogs, older children and cats.



Colette

Meet Colette! This sweet, bright-eyed, medium-sized girl has been with the Humane Animal Treatment Society of Isabella County since March 2017. Colette is a 4-year-old Domestic Shorthair mix. Her pretty eyes sure shine brightly at the shelter, but she agrees they would look much better in her ‘furrrever’ loving home.



Available at: The Humane Animal Treatment Society

1105 S. Isabella Rd. Mt. Pleasant ➤ Hatsweb.org ➤ 989.775.0830 ➤ Email: isabellahats@gmail.com
Monday - Friday: 9:30 a.m. - 5:30 p.m., Saturday: 10 a.m. - 2 p.m. | Puppies: \$175, Dogs: \$160, Senior Dogs: \$50, Kittens: \$85, Cats: \$55, Senior Cats: \$35

Humane Animal Treatment Society Wish List

Please drop off during business hours: Monday - Friday 9:30 a.m. - 5:30 p.m., Saturday 10 a.m. - 4 p.m.

- Bleach wipes
- Cat/kitten wet food
- Soft dog treats
- Cat litter
- Laundry detergent
- Dog/puppy wet food
- Fleece blankets
- Paper towels
- Pet carriers (small/medium)
- Wood chips (for dog walking path)

Behavioral Health staff members educate local students



Courtesy of Kari Klouse

KARI KLOUSE

Student Support Advisor

Behavioral Health staff members paid a visit to local elementary school students to educate about Native culture.

On Feb. 13, Catherine Bouchard and Carrie Carabell, from the Prevention Team, presented to Mary McGuire Elementary fourth and fifth grade students during their lunch.

Bouchard and Carabell worked with the students on cultural posters and discussed upcoming cultural projects including beading and dream catchers.

SATURDAY, MARCH 3

Warm Ups - 12PM | Early Bird - 1:30PM | Main Session - 3PM | Late Owl - 7:30PM

FIRST SATURDAY OF EVERY MONTH | 3PM SESSION
SESSION PAYS OUT OVER \$30,000!
THE COVERALL PAYS \$5,000!

WITH 2nd and 3rd Chances!

KING & QUEEN DRAWINGS ARE BACK!

MULTIPLE NEW WAYS TO WIN!

MYSTERY GRAB BAG!

SUPER SATURDAY

BINGO

ST. PATRICK'S DAY BINGO

SATURDAY, MARCH 17
 3PM SESSION

\$1 DRAFTS!

Receive a drawing ticket with session purchase for a chance to win one of five - \$100 Pots of Gold or a chance to win your share of \$1,700 in cash playing the Lucky Leprechaun game!

FREE Irish Boiled Dinner with session purchase!

FREE ST. PADDY'S DAY DAUBER WITH PURCHASE!
 (While Supplies Last)



PAPER BINGO DAY

SATURDAY, MARCH 24
 3PM SESSION

PAYS OUT OVER \$10,000!

First 100 guests to purchase the 3PM session will receive a free gardening kit and all guests will receive a drawing ticket for a chance to win their share \$1,700 in cash playing the Mug of Money game.

FREE CHIPS & CHEESE with session purchase!



Spring
 INTO CASH!

DAILY SPECIALS ALL MONTH LONG!

WEDNESDAYS (March 7, 14, 21 & 28)	 Paper Packets are only \$5 for the 1:30pm Matinee and 7:00pm Evening Sessions
THURSDAYS (March 1, 8, 15, 22 & 29)	 Purchase an electronic unit for the Sunrise or Twilight sessions and receive 100 FREE cards loaded into your unit.
FRIDAYS (March 2, 9, 16, 23 & 30)	 Purchase the 1:30pm or the 7:00pm session for a chance to win one free entry into our Anniversary Bingo Bash April 21st 2018. Three winners will be drawn each session.
SATURDAYS (March 10 & 31)	 Purchase the 1:30pm or the 7:00pm session for a chance to win one free loaded electronic unit for that session. Five winners will be drawn each session.
SUNDAYS (March 4, 11, 18 & 25)	 Purchase the 1:30pm session for a chance to win up to \$250 in cash. Three winners will be drawn during the session.

Soaring Eagle BINGO

Mt. Pleasant, MI • 1.888.7.EAGLE.7 • SoaringEagleCasino.com





Isabella County Restoration House director shares his passion at FAN forum

JOSEPH V. SOWMICK

Healing to Wellness
Coordinator

Another substantial crowd packed the Zibiwing Center on Feb. 15 for the monthly Families Against Narcotics, or FAN, forum.

Guests attended to hear Ryan Griffus, executive director for the Isabella County Restoration House (ICRH), share his passion in a heartfelt presentation.

Griffus spoke fondly of his connection with Central Michigan University and the two years he spent as a child welfare worker for the Tribe's Anishinaabeg Child & Family Services.

"I welcome the opportunity to share my passion about ensuring the safety, wellbeing, dignity and respect of all of Isabella County citizens," Griffus said. "I enjoy collaborating with many incredible and compassionate community partners like the SCIT FAN chapter to end homelessness in Isabella County."

Griffus has served as a child welfare worker (CPS, foster care, CPS supervisor) for the State of Michigan Department of Health and Human Services



Courtesy of Joseph Sowmick

Ryan Griffus, executive director for the Isabella County Restoration House, shares a heartfelt message during the Feb. 15 Families Against Narcotics forum.

for 10 years and earned a bachelor's degree in child development and psychology.

He earned a master's degree in management from Davenport University.

Griffus gave insight into his childhood and mentioned his work in the field where many people can relate to instances of "parentification."

"Parentification is the process of role reversal, whereby a child is obliged to act as parent to their own parent," Griffus said. "In extreme cases, the child is used to fill

the void of the alienating parent's emotional life, and it is something I experience in working with trauma. Everyone is going through a struggle, and we need to be vulnerable to help others because we are not the only ones experiencing these feelings."

FAN Board member Guadalupe Gonzalez said each monthly forum focuses on addiction concerns that arise in the community.

"(The FAN Board knows) one such concern that we don't hear too much about in our community is homelessness," Gonzalez said. "The ICRH

is a rotating shelter for folks in need who are seeking emergency shelter. Some ways we can help are to volunteer our time or donate money. Being knowledgeable about what ICRH is and how the organization can help those in need is also a benefit."

Gonzalez said ICRH has a great website for anyone interested in learning more. (www.icrhouse.org/wordpress)

"Part of FAN's mission is to 'empower individuals to prevent and eradicate addiction,' so we are trying to highlight

different resources available to educate our community about some of the issues that addiction can bring," Gonzalez said. "We welcome any input from the community during our monthly support group meetings and FAN forums to bring topics that directly affect families in our area."

Probation Officer Cathy Matthews, founder of the Healing to Wellness program, attended the forum and said she gathered an interesting observation from the presentation.

"It really made sense to me when Ryan mentioned you 'do not pour from an empty cup' and explained that the quote meant you are not able to help someone until you have been healed," Matthews said. "The recovery begins by helping 'you' first, and I just want our community members with substance use disorder to know there is hope. You just have to want it, and we are there to help you so you don't have to go through this alone."

FAN Board member Catherine Bouchard, prevention specialist for Behavioral Health, said she appreciated Griffus' strength and hope with the community.

"As a prevention specialist and a FAN Board member, I



see the importance of breaking down barriers in life so that the individual can then focus on recovery. Ryan and his staff at ICRH (are) amazing at equipping their guests with the capability to utilize resources at their disposal," Bouchard said.

Tera Green, administrative assistant II for the Zibiwing Center, provided technical and logistic support for the evening.

"As a staff member of the Zibiwing Center, I am honored that the monthly FAN meetings are held at our facility," Green said. "Zibiwing is often defined as 'the gathering place' in Anishnaabemowin. I feel that it's fitting the Zibiwing Center is a gathering place for the Tribal community to discuss the effects of drugs in our tribal community and the consequences of drug addiction."



ZIBIWING CENTER
of Anishinaabe Culture & Lifeways
THE MIDWEST'S PREMIER AMERICAN INDIAN MUSEUM

**OPEN:
MONDAY-
SATURDAY
10am-6pm**



6650 East Broadway, Mt. Pleasant, MI
989.775.4750 • www.sagchip.org/ziibiwing

APRIL EVENTS:

SACRED SEED SYMPOSIUM
April 21

MOTHER EARTH WEEK
April 23-27

NEW CHANGING EXHIBIT OPENS
April 28

BABY SWING & MOSS BAG WORKSHOP
MARCH 19-23, 2018 • 5pm - 7pm

5-Day Workshop • Free & Open to the Public
First 10 registrants only! • Call 989.775.4750 to register

Classes will be at SCTC* East Building - Classroom 6
*Saginaw Chippewa Tribal College - 2274 Enterprise Drive, Mount Pleasant, MI. 989.317.4760



Sponsored by:



CALL TO SAGINAW CHIPPEWA ARTISTS:

Please consider loaning your work to Zibiwing's next exhibition with the working title:

miikawaadendaagwad (it is beautiful):
Artistic Expressions of the Saginaw Chippewa

Your artwork will be on display from April 28, 2018 to September 30, 2018.

We are seeking contemporary or traditional art, diversified art forms, mixed media, photography, video, writing/prose, etc.

DEADLINE TO HAVE YOUR ARTWORK TO THE ZIBIWING CENTER IS FRIDAY, APRIL 13, 2018

For more information, contact Zibiwing's Curator William Johnson at (989) 775-4730 or email wjohnson@sagchip.org

Zibiwing Vendor Training at Zibiwing Center
March 21, 2018 • 6pm-8pm

During the training a ZCS team member will discuss:

- Required paperwork and tax forms needed to become a vendor
- Types of items we are currently looking for
- Product packaging and descriptions

This training is designed for anyone making handmade & handcrafted items that they would like to sell in the Zibiwing Commercial Services' gift shops which includes:

Meshtoonigewinoong - at Zibiwing
Dawe-Wi-Gamigoonse - in the SECR
Jeemon-Aince - in the Slot Palace
Naanooshke Gallery - near Isabella's
NativeDirect.com - online



Register at (989) 775-4745 • RSVP by March 20, 2018



Anishinaabemowin WORD SEARCH

A	B	I	N	O	O	J	I	I	Y	E	N	S	E	N	D	A	A	D	I
Z	A	W	D	C	F	V	B	H	N	J	M	K	L	P	Y	T	R	F	N
O	Q	B	I	Z	O	Z	I	D	E	S	H	I	N	I	T	A	M	T	A
O	W	I	A	Q	W	S	D	F	R	T	Y	A	H	J	K	W	G	Y	S
N	R	H	R	A	C	V	B	N	M	Z	A	Z	X	C	A	Y	I	P	H
I	T	C	T	W	G	Q	A	L	P	A	V	B	N	A	G	H	I	L	K
Y	D	I	G	S	Z	A	D	F	Y	Q	M	K	S	B	M	N	Z	K	E
A	F	P	B	X	B	H	M	A	G	J	Z	E	C	V	I	T	H	M	A
A	G	O	V	I	V	L	K	I	H	N	Y	P	M	J	N	H	A	J	N
M	H	A	W	Y	F	H	R	Q	D	A	T	L	O	N	J	M	A	N	O
A	J	A	R	T	S	D	S	T	A	E	H	O	K	L	G	B	W	H	K
S	K	W	D	O	P	L	M	N	B	H	G	T	G	C	F	V	A	Y	I
H	L	G	C	Y	Q	W	E	F	R	A	X	B	T	R	W	Q	S	T	I
K	Y	N	F	H	P	S	Z	R	K	T	Y	H	A	N	J	K	O	G	W
I	P	E	G	B	I	C	V	H	Q	W	S	D	R	M	L	Y	W	B	I
M	D	M	B	J	N	Y	S	R	T	F	G	V	B	H	E	T	U	V	G
O	F	E	A	B	H	O	Z	X	C	V	B	N	M	K	L	N	P	F	A
D	H	M	I	I	K	A	W	A	A	D	A	D	W	A	A	B	I	R	M
Z	A	T	Y	H	N	J	M	K	L	P	Z	S	Q	W	C	F	V	M	I
W	I	I	S	I	N	I	A	D	A	A	W	E	W	I	G	A	M	I	G

WHERE on the REZ?



Do you know where this is?
Answer the puzzle correctly by March 15.

Your name will go into a drawing, and one winner will receive two free announcements in the Tribal Observer.

To submit your guess

Email Observer@sagchip.org or call 989.775.4010.



LAST MONTH:

Nimkee Fitness Center

February winner:

Kayle Crampton

awake	amajise
new	oshkaya'aa
new moon	oshkagoojin
baby	abinoojiyens
first	nitam
home	endaad
beautiful	miikawaadad
behold	inashke
calm	awibaa
vision	waabi
protect	giizhaawaso
trip	bizozideshin
warm	abaagamide
sunny	waaseyaa
robin	opichi
care	bamenim
butterfly	memengwaa
workshop	anokiiwigamig
grocery store	wiisini-adaawewigamig
hand bag	zooniyaa-mashkimod

Seventh Generation programs provide community connections, entertainment

NIKI HENRY

Photographer Journalist

Throughout the cold winter months, Seventh Generation has been providing a warm haven by accommodating many social events and workshops for community members.

The evening of Thursday, Feb. 15 was no different, with the ceremonial building hosting both a feast plate workshop and the newly-formed sewing group while the weekly drum circle took place in the blue house.

The community sewing night was developed by Seventh Generation and Saginaw Chippewa Tribal College Extension at the request of women in the community who wanted to stitch and socialize.

“Sewing machines are lent by SCTC, and they also provide food and supplies,” said Lee Ann Ruffino, cultural manager for Seventh Generation. “There was much interest, so we decided to continue this effort every Thursday from 5 to 8 (p.m.)”

Ruffino said participants are currently sewing ribbon skirts inspired by recent teachings

from Tonya Jackson, administrative assistant.

“There are many experienced sewers in the community lending their expertise on this,” Ruffino said. “Many would like to work on ribbon shirts and regalia as well, so these will be future projects.”

Ruffino said four women have already finished their ribbon skirts.

Feast plates were finished that evening as well, with the two-day workshop coming to a close after designs were stenciled on the wooden plates and then burned into them.

Seventh Generation has also recently hosted several other workshops, including a lacrosse stick workshop on Jan. 29-31 during which participants could craft an Iroquois-style (for \$75) or an Ojibwe-style (for \$25) lacrosse stick.



Observer photo by Natalie Shattuck

Examples of completed lacrosse sticks are on display during the second day of the workshop, Jan. 30, at Seventh Generation.

Daniel Jackson led the lacrosse stick workshops, and a light meal was provided each night.

Doors also opened for a storytelling event on Jan. 31 and an evening of traditional game playing on Friday, Feb. 16.



Observer photo by Niki Henry

Dylan Jennings from the Bad River Reservation shares tales for the crowd gathered in the Seventh Generation storytelling event that took place Jan. 31.



Observer photo by Niki Henry

Feast plates, decorated during a workshop that took place Feb. 14 and 15, are finished and ready to be used.



Observer photo by Niki Henry

Tribal youth gather for an evening of traditional game playing on Friday, Feb. 16.



Observer photo by Natalie Shattuck

Daniel Jackson leads the Jan. 30 lacrosse stick workshop. Participants could either create a \$25 Ojibwe-style stick or a \$75 Iroquois-style stick.



Observer photo by Niki Henry

Sherri Hawkins (back) helps Jessica Hawkins (front) notice and correct a small usage error with her machine.



Observer photo by Niki Henry

Courtney Kahgegab (left) and Lee Ann Ruffino (right) work on projects with the help of Ruffino's granddaughter Avianna Lee Tree-Ruffino (center) during sewing night that now takes place each Thursday evening in the ceremonial building at Seventh Generation.



Editorial: Community members tap maple syrup trees at The Hill

CHARMAINE SHAWANA

Contributing Writer

It is getting to be that time of the year again—the time to make that beautiful, sweet medicine we get from our maple trees.

The caramel-colored, sweet, gooey sugar that we put on our pancakes... Mmm, I can taste it already.

A crew of community members and folks from the Seventh

Generation Program went to The Hill recently to tap the maple trees.

A beautiful thank you song was offered up by Dan Jackson and Keeshta Wemigwans, and we were in business.

Lacey Mandoka and Lee Ann Ruffino provided guidance as about 30 trees were tapped.

A simple battery-operated drill punctured the trees, and spouts and buckets were

attached — such a simple process for gathering the sugar water (zeebaaquetdahboo), but it is one of the many steps included in making the golden liquid.

When all of the sugar water is collected from the trees — a step that may take weeks — it is boiled down to make the thick maple syrup. It is a very time consuming process, which is why the maple syrup is so costly for buyers.

Imagine the process in the old days and how ingenious people first created it. Families went into a stand of maple trees they used sometimes for generations.

It was a great time for visiting old friends and checking out all the babies who had been born that winter. It was a time for socializing.



(Left to right) Kenson Taylor, Keeshta Wemigwans and Charmaine Shawana prepare for gathering zeebaaquetdahboo from the trees at The Hill on Wednesday, Feb. 21.



Guadalupe Gonzalez (left) and Lacey Mandoka (right) assist with tapping roughly 30 trees.



(Left to right) Mandoka, Wemigwans, Gonzalez, Dan Jackson, Shawana and Taylor break from tapping the trees to pose for a photo.

containers. Many times, these were buried for later use.

Many people use the maple syrup as medicine and use the sugar water to make tea. It tastes so good when the tea is made over an open fire.

Kenson Taylor and Guadalupe Gonzalez also helped tap the trees. It was a good time joking and laughing as the trees were tapped.

Families would stay there for weeks and weeks, gathering the sugar water and boiling it down. The syrup was used to trade and flavor meats, soups and berry mixtures.

Candy and regular sugar were also made from the syrup and stored in birch bark

Native storytelling at Seventh Generation warms up a winter afternoon

NIKI HENRY

Photographer Journalist

An afternoon of storytelling took place Wednesday, Jan. 31 in the Seventh Generation ceremonial building.

The event began after 3 p.m. with community members enjoying popcorn and beverages while they waited for tales to be told to the eventually full house.

Electronic devices were gathered in a large bowl, sage was lit for smudging and tobacco was distributed, recollected and packed into pipes for the storytellers to smoke.

Jason Schlender from the Lac Courte Oreilles Band of Lake Superior Ojibwe officially opened the event with a greeting, and then he explained the ownership of the stories that would be told.

“These stories don’t belong to me; they belong to you and to all of our people,” he said.

Isabelle Osawamick, Anishnaabe outreach specialist,



After entertaining a full house with their tales on Wednesday, Jan. 31, (left to right) Wahwahtey Benais, Dylan Jennings and Jason Schlender pose with gifts presented by Seventh Generation staff.

next offered an invocation, and Dylan Jennings from the Bad River Reservation said the stories told are “traditionally shared when snow is on the ground.”

Jennings said the stories would typically be told in the Native language but he and the other storytellers are still learning.

Jennings then offered the first story to the large crowd gathered — a tale of the trickster Nanaboozhu and how the first turkey vulture was created from a crow.

Schlender then presented several stories of Nanaboozhu, including how the red willow



Schlender commands the room, acting out several hilarious stories during the event.

came to be, and his stories were followed by one from Wahwahtey Benais (George Goggeley) from Leech Lake Reservation.

Benais told the story of a special boy who struggled and learned the value of dreams and his culture and the power of sacred items and prayer.

Jennings and Schlender told several more tales of the meddlesome Nanaboozhu before all in attendance enjoyed a taco bar.

Before the event’s close, Benais, Jennings and Schlender were offered gifts of gratitude from the Seventh Generation staff.

Ziibiwing shares collection with Andahwod elders

NATALIE SHATTUCK

Editor

Departmental collaborations continue to thrive within the Tribal community.

On Thursday, Feb. 22, Ziibiwing Center’s William Johnson, curator, and Anita Heard, research center coordinator, paid a visit to the residents at Andahwod Continuing Care and Elders Services.

Johnson and Heard presented the “Always a People” portrait collection and books to the Andahwod residents and staff.



Ziibiwing Center’s William Johnson, curator, and Anita Heard, research center coordinator, present the “Always a People” portrait collection on Feb. 22 at Andahwod.

“It was very interesting. We had a great turnout, and we are looking forward to learning more at the

next presentations,” said Tomarrah Green, elders’ community activity assistant for Andahwod.

WANTED

ATTORNEY AT LAW

William L. Antrobis

Specializing in: Tribal Law, and Federal Indian Law;
Overturning Prior State of Michigan Criminal Convictions For Lack of Jurisdiction; Appeals to Tribal, and State Courts; Tribal Disenrollment Cases in Tribal Court; Criminal Cases, Juvenile Cases, Child Support Reductions, and Child Removal Cases; Michigan Prisoner Housing Collection Actions in State Court

Experience: Former Prosecuting Attorney Saginaw Chippewa Indian Tribe of Michigan, and Salish and Kootenai Tribes of the Flathead Indian Reservation; Former Public Defender Assiniboine Sioux Tribe; Criminal Defense Attorney

Tribal Affiliation: Member of the Six Nations Tribe, Ontario Canada

Contact: (989) 772-6277
113 W. Broadway, Suite 240
Mt. Pleasant MI 48858



**WIN PREMIUM PLAY & BONUS ENTRIES
SATURDAYS IN MARCH**

GRAND PRIZE
DRAWINGS AT 11PM
MARCH 24

EARN **10X** ENTRIES
FRIDAYS, MARCH 2, 9, 16 & 23




NOW WE'RE COOKIN'

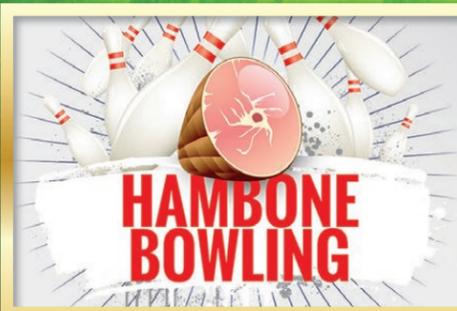
**\$500 CASH EVERY HOUR
PLUS \$4,000
KITCHEN APPLIANCE PACKAGE**

FRIDAYS IN MARCH 5PM-9PM




EARN POINTS, WIN YOUR PREMIUM GIFT!

Sundays in March between 8am and 10pm the first 1,000 guests who earn 1000 points on their Access Loyalty Card will win a weekly prize of ECO Copper Cookware! Different pieces each week. Collect the whole set!

SATURDAYS IN MARCH | 6PM-9PM

3 winners every hour to compete

1st- \$200 Cash + \$50 Meijer Gift Card | 2nd- \$50 Meijer Gift Card | 3rd- \$50 Meijer Gift Card

HAMBONE BONUS: 4 strikes in a row: \$300 cash!

Earn entries starting February 23rd




Saganing Eagles Landing Casino

New Landing Jackpots!
Guaranteed to hit by \$30,000, plus mini frequent jackpots guaranteed to hit by \$10,000!



Soaring Eagle Casino & Resort

New Soaring Jackpots!
Guaranteed to hit by \$75,000, plus mini frequent jackpots guaranteed to hit by \$25,000!



AICF early childhood initiatives spur international self-determination movement

AMERICAN INDIAN COLLEGE FUND

DENVER, Feb. 13 — Preparing children for college starts at birth, but the American Indian College Fund realized a one-size-fits-all approach to education does not work for Native children.

Six years ago, the College Fund set out to strengthen systems of care and learning for Native children by expanding opportunities for their families to consider college as a pathway to thriving communities, starting from birth to career, by incorporating the local culture into education.

Today, the College Fund released a landmark report detailing its findings from the work that has inspired an international movement, titled “Tribal College and University Childhood Education Initiatives: Strengthening Systems of Care and Learning with Native Communities from Birth to Career.”

Thanks to the College Fund’s Tribal College and University (TCU) Early Childhood Education Initiatives, entire Native communities are determining and providing place-based, culturally appropriate

education for their young children to ensure their academic and social success at a foundational age.

The new report details how the College Fund built systems of early childhood care and learning founded on sustainable structures and implemented them at seven TCUs (accredited higher education institutions located on or near Indian reservations serving Native communities).

Through the College Fund’s initiatives to date, 3,975 children and 2,398 families have benefitted, while 1,185 teachers received training and professional development opportunities to better serve their communities.

The report shares early childhood education models that can be modified to meet specific community needs. It also includes information about growing partnerships with local and external education organizations, foundations and professional organizations; engaging parents and families in curriculum development; utilizing the knowledge and experience of community elders; pursuing program excellence; documenting work and sharing findings to improve the work for sustainability; and transforming

education in communities facing challenges.

The College Fund launched its first program in 2011, titled the Wakanyeja “Sacred Little Ones” Tribal College School Readiness and Success by Third Grade Initiative.

The program was a five-year, \$5 million initiative funded by the W.K. Kellogg Foundation.

Since 2011, the College Fund has launched three additional Native American early childhood initiatives: Ké’ Family Engagement, Cultivating Lakota Early Learning Opportunities and Restorative Teachings.

The College Fund awarded funding opportunities in the total amount of \$7.25 million to TCU early childhood teacher education programs and faculty and TCU early learning centers and their partners, teachers, Native families and children.

Seven TCUs participated in these initiatives: the College of Menominee Nation (Keshena, Wis.), Iḷisaḡvik College (Utqiagvik, Alaska), Keweenaw Bay Ojibwa Community College (Baraga, Mich.), Northwest Indian College (Bellingham, Wash.), Southwestern Indian Polytechnic Institute (Albuquerque, N.M.), Salish Kootenai College (Pablo, Mont.), and Sitting Bull College (Fort Yates, N.D.).

“As indigenous people who recognize the sacredness of our children and the impact that colonization has had on their lives, we are particularly moved by what we learned from our work,” said Cheryl Crazy Bull, president and CEO of the American Indian College Fund. “We have always known that parents and communities know best when it comes to the socialization of Native children.”

The initiative is directed by Tarajeen Yazzie-Mintz, Ed.D., an enrolled member of the Navajo Nation and the vice president of Program Initiatives at the American Indian College Fund.

Yazzie-Mintz has devoted her career to improving access to early education for American Indian and Alaska Native children.

As a faculty member at the School of Education at Indiana University–Bloomington, Yazzie-Mintz worked as an assistant professor of curriculum studies, teaching in the teacher education program and curriculum studies doctoral program, and conducted research in the area of Native teacher knowledge and instructional practice.

She was named the 2016 recipient of Harvard Graduate School of Education’s Alumni

Council Award for Outstanding Contribution to Education and was appointed by President Obama in January 2017 to the Board of Directors at the National Board for Education Sciences.

Founded in 1989, the American Indian College Fund has been the nation’s largest charity supporting Native higher education for more than 28 years.

The College Fund believes “Education is the answer” and provided 6,548 scholarships last year totaling \$7.6 million to American Indian students, with more than 125,000 scholarships totaling more than \$100 million since its inception.

“The College Fund and TCUs proved that we can do the work of our ancestors—to honor and educate young children—in modern institutions,” Crazy Bull said. “We are grateful to the parents, teachers and especially the children for bringing us to this point. We encourage more investment so more children can be reached.”

The College Fund also supports a variety of academic and support programs at the nation’s 35 accredited tribal colleges and universities.

For more information about the American Indian College Fund, please visit www.collegefund.org.

Students to be honored at annual Saginaw Chippewa Round Dance

The following is a list of students who will be honored at the annual Saginaw Chippewa Academy Round Dance for Student of the Year.

To receive this title, the student excelled academically and displayed knowledge of their Seven Grandfather Teachings.

The list includes students who receive K-12 services in the surrounding public schools.

Mt. Pleasant High School

- Gavin Seybert
- Maya Madrigal

Mt. Pleasant Middle School

- Alberta Terpanier
- Hudson Yager
- Dawnseh Wilson
- Giizhig Martell

Ganiard Elementary

- Brihanna Dunham
- Kollin Martin

Pullen Elementary

- Azhiyen Wemigwans
- Erius Mena

Vowles Elementary

- Ava Mena
- Koda Rueckert

Renaissance Academy

- Kyla Henry
- Ahsiniis (Oscar) Smith

Mary McGuire

- Tasheeah Schwanke
- Andrew Kequom

Fancher Elementary

- Elijah Teller
- LahRae Wilson

Shepherd Elementary

- Lakota Jackson
- Dayton Bross

Shepherd Middle School

- Nathan Nielson
- Andee Raphael

Shepherd High School

- Scott Sura
- Alicia Raphael

Odyssey

- Devin Pope
- Guadalupe Pelcher

Beal City

- Cierra Seger
- Nicholas Sowmick

Saginaw Chippewa Academy

The following is a list of SCA students who will be honored at the annual Round Dance for Student of the Year.

Pre K

- Ayaana Flores
- Jacob Oswabine

Kindergarten

- Sienna Pego
- Zachariah Disel

1st Grade

- Aakeeya Holt
- Aiyana Sheahan

2nd Grade

- Meredith Magnell
- Keldan Hill

3rd Grade

- Gizhep Miller-Hosler
- Charmaine Castillo-Pelcher

4th Grade

- Carmela Negrete-Ledesma
- Gegek Webkamigad

5th Grade

- Gus Hinmon
- Alexis Trepanier

6th Grade

- Raymond Pelcher
- Zoey Disel

Create Your Own Space!

Ask Us How! **ICCU** Isabella Community Credit Union

2400 S. Isabella Rd • 989.773.5927 • ICCUonline.com

Attention SCIT college students

Please follow the link below to access some amazing scholarship opportunities. We encourage you to apply for as many as possible!

www.cmich.edu/office_provost/OID/NAP/Pages/Scholarships.aspx

- **Native American Scholastic Award deadline:** March 1
- **Native American Advancement Award deadline:** May 1

For more information, please contact:
Sharon Skutt at 989.775.4505 or SSkutt@sagchip.org

Please let us know if you have any questions, need assistance with the applications or if you would like information regarding any of the Saginaw Chippewa Higher Education Programs.



Five reasons pre-school years are a prime time for learning

(Editor's note: The following article was submitted to the Tribal Observer from News and Experts and has been reprinted with permission.)

Much of the discussion about education focuses on the K-12 years, but some early childhood education experts suggest serious learning can start even earlier and pay dividends for the child in years to come.

"Young children have the capacity at a very young age to be academically challenged, and we need to educate them strongly during those years instead of waiting until they are older," said Alise McGregor, founder of Little Newtons (www.littlenewtons.com), an early education center with locations in Minnesota and Illinois.

Children's minds are like sponges when they are very young, McGregor said.

"Under age 5 is the most important time for development and our best opportunity to set up children for success," McGregor said. "If we strongly educate children at a very young age, while their brains are so pliable, by the time they reach kindergarten, their brain capacity is much higher."

Recent research confirms the first five years of life are particularly important for the development of the child's brain.

Harvard University's Center on the Developing Child reports that in the first few years, more than one million new neural connections are formed every second, building the brain's architecture.

This growth of the brain's network establishes a fertile foundation for learning, thus an opportunity to be better prepared for grade school and beyond, experts say.

One analysis of several studies, "Impacts of Early Childhood Education on Medium- and Long-term Education," showed that children exposed to high-quality pre-kindergarten education performed better academically in later years.

Early education also led to higher graduation rates, fewer special education placements and less grade retention.

McGregor suggests five reasons parents should consider ramping up their pre-K child's education:

- **Socialization.** Socialization with people other than the child's family in a safe environment is an essential foundational element.

"It's important to introduce our children to other children and support their transition into their own friendship groups; and, the earlier we do this, it helps children overcome shyness and gain self-confidence," McGregor said.

- **Personal experiences.** These assist the brain's organizational development and functioning in many situations, helping children develop learning skills as well as social and emotional abilities.

"A good early-education center creates an environment where imagination, love and innovation all come together for a daily adventure," McGregor said.

- **Enthusiasm for Learning.** Lessons can be given in a fun and exciting way that will encourage children to be effective learners.

"Feeling inspired and excited to learn takes root in preschool," McGregor said, "and can last a lifetime."

- **Learning respect for others.** A fundamental building block for happiness, friendships and success in life starts early by learning how to share, cooperate, take turns and be nice.

"By carrying on conversations, following rules, listening, accepting

consequences of actions, the child learns early how to start getting along in the world," McGregor said.

- **Resilience.** It is important that early childhood educators and parents work together to develop resilience in children as early as possible.

"By creating a consistent and stable environment with clear expectations and predictable consequences, children can develop skills in managing themselves and their emotions," McGregor said. "They may experience bumps, bruises or losing a game, but this is the foundation for building coping strategies for greater challenges in life."

"The first five years of life are the most critical," McGregor said. "It is far easier to train a child than it is to fix a broken adult."

Fancher

The following students earned perfect attendance for December: Miah Perez, Aviana Gomez, Logan Bird, Ringo Stevens, Metao Harris, Darien Haggard, Foster Hoorman and Elijah Teller. The following students earned perfect attendance for January: Miah Perez, Aviana Gomez, Logan Bird, Ringo Stevens, Metao Harris, Darien Haggard, Foster Hoorman and Elijah Teller.

Renaissance

The following students earned perfect attendance for January: David McClain, Emma Henry, Isaiah Otto-Powers, Syriaana Smith, Tyler Snyder, Sabashtion Davis, Elijah Otto-Powers and Kayana Pope.

Ganiard

The following students earned perfect attendance for January: Julio Morales, Jaidyn Barnes, Brihanna Dunham, Mya Osawabine, Ava Vogel, Dehmin Kahgegab, Kollin Martin and Ethan Reed.

Vowles

The following students earned perfect attendance for January: Aliana Lerma, Miles Davis, Caleb Howard, Kaden Kjolhede, Adamina Bailey, Isabell Lerma, Ava Mena and Aanilaya Pelcher.

Beal City

The following students earned perfect attendance for January: Joshua Pelcher, Calaya Leonard, Dakarii Graverette, Samantha Seger, Justin Graverette, Cierra Seger, Nicholas Sowmick and Hunner Seger.

Mary McGuire

The following students earned perfect attendance for January: Caleb Burger, Isaiah Rodriguez, Cruz Vaquera, Oginiihs Zerbe, Zhaawan Martell, Hope Stevens, Trevor Isham, Nathalia Benavidez, Kashmir Hatlak, Jordan Floyd, Bailey Burger and Auriiah Hunter.

Pullen

The following students earned perfect attendance for January: Braeden Bennett, AhLannah Dodd, Zach Flaughter, Zoey Goffnett, Leticia Hawkins, Madison Isham, Ngwis Isham-Wells, Heath Jackson-Hofer, Mayson Jackson-Isham, Angelo Leareaux, Graci Montoya, Waaskones Pego, Aubrey Pelcher-Bonstelle, Isaiah Perrin-Hawkins, Aakodewin Prout, Alexis Rodriguez, Helena Sargent, Owen Seybert and Azhiyen Wemigwans.

Concessions - 50/50 - Raffles - Dancing & World Class Singing

2018

SAGINAW CHIPPEWA ROUND DANCE

March 9th & 10th

Emcee:
Daryl Wright
Rocky Boy, MT

Stickman:
Joe Syrette
Batchewana, ON

This is the 11th Annual Saginaw Chippewa Round Dance and it promises to be one of the best yet! World Class singers from across Turtle Island will bring their gift of song to uplift your spirits and get you on the dance floor!

EVERYONE WELCOME
FREE ADMISSION
ALL SINGERS ACKNOWLEDGED
Ribbon Skirts/Shirts and moccasins encouraged

For more info:
Sag. Chip. Academy
(989)775-4453
Call Mon-Fri, 8am-5pm
Location:
Tribal Gym
7070 E. Broadway
Mt. Pleasant, MI 48858

Friday
6:30pm Doors Open
7:00pm Round Dance
8:00pm Student Honoring
12:00am Closing

Saturday
4:00pm Doors Open
5:00pm Pipe Ceremony & Feast
7:00pm Round Dance
11:30pm Memorial
12:00am Midnight Lunch
1:30am Raffles & Drawings
3:00am Closing

Invited Singers:
Rocky Morin
Kenny Merrick Jr.
John Syrette
Hunter Blassingame
Marcus Denny
Kino Pyawasit
Mike Sullivan
Cheevers Toppah
Jordan Mowat
Kyle BigCanoe
Brendon Harvey
Fat N Furious
Regina, Saskatchewan
TC Crew
Twin Cities, Minnesota
2017 World Hand Drum Champion
Nathan Rikishi Pelly
Saskatoon, Saskatchewan

Saginaw Chippewa Indian Tribe of Michigan
"Working Together for Our Future"

All children must be accompanied by an adult. Unsupervised children will be reported to the proper authorities. No drugs, alcohol or persons under the influence permitted.



SCTC students volunteer with HATS, Foster Closet

NINA KNIGHT

SCTC English Faculty

This semester, students at SCTC partnered with the Humane Animal Treatment Society (HATS) and the Foster Closet in order to give back to the community.

HATS helps more than 3,000 animals every year, providing food, vaccinations, veterinary care and a safe environment while they await adoption. The Foster Closet provides personal items that begin the process of rebuilding a foster child's self-esteem by providing belongings they can call their own.

Nineteen students braved the Friday, Feb. 9 winter weather to attend a special orientation at HATS and schedule their service hours.

These students will be helping on location by walking dogs, socializing cats, cleaning kennels and assisting staff with various office duties and events.

SCTC is also acting as a donation hub for HATS, and



Courtesy of Nina Knight

SCTC students Alexandria Otto (back) and Samantha Hall (front) volunteer at the Foster Closet of Isabella County, which is partnering with the college during the spring 2018 semester.

students who are not able to volunteer on location are working to collect donations for the organization.

HATS is located at 1105 S. Isabella Rd. in Mount



Courtesy of Nina Knight

Saginaw Chippewa Tribal College Student Senate and undergraduates arrive at Isabella County's Humane Animal Treatment Society for a volunteer orientation on Friday, Feb. 9. (Photographed: Trisha Trasky, Amanda Arnold, Mastella Quaderer, Joseph Palacios, Maggie Jackson, Mia Pamp, Tino Medina, Liz Trasky, Christian Jackson, Jared Hovick, Alexandria Otto, Shane Graves and Mikayla Cyphert)

Pleasant, and the students are very excited about the opportunity to help.

Because of students' overwhelming response and attendance at the orientation, an additional orientation leader was needed and students were divided into four groups.

After the training, HATS staff said they were excited to have such a large group willing to help.

The Foster Closet of Isabella County also partnered with SCTC during the spring 2018 semester.

Students arranged to visit the Foster Closet once a month throughout the semester to sort and organize donations.

In addition to the HATS volunteers, 18 students signed up to volunteer to fulfill this service on a cold February morning.

While the Foster Closet is located in a storefront

in downtown Mt. Pleasant, most the donations are sorted in an unheated garage-like area. Despite the less-than-ideal working conditions, students bundled up and arrived at 8 a.m.

Because SCTC is providing the organization such a large group of volunteers, they may also be able to take on larger projects such as clearing the donation area and making shelving more accessible.

Students have also set up an area on campus to collect donations for the organization, and the response has been overwhelming. One faculty member donated several bags of new toys and new clothing that was very much appreciated by the organization and the children it serves.

To see more pictures of the donations and the students' progress, follow the Foster Closet of Isabella County on Facebook.

SCTC is very proud of the student volunteers and the spirit of giving they are spreading.



Courtesy of Nina Knight

Amanda Arnold, a SCTC student, sorts and organizes clothing donations at the Foster Closet.



Courtesy of Nina Knight

Shane Graves is one of the student volunteers who arrived at the Foster Closet at 8 a.m. sharp to volunteer.



Courtesy of Nina Knight

Mitchel Jackson and other students arranged to visit the Foster Closet once a month throughout the semester to give back to the community

Lunch and Learn presentation justifies mindfulness as vital for a healthy life

NATALIE SHATTUCK

Editor

What was expected to be a small turnout in the Tribal College's West Building grew as more and more guests arrived in classroom 2 — so many that the barrier wall came down, opening classroom 1 to allow more room for others to join the event.

Many were eager to attend the Feb. 21 Lunch and Learn focused on health-related mindfulness.

Jayne Green, fitness coordinator for the Nimkee Fitness Center, explained how mindfulness is vital for healthy eating and demonstrated breathing exercises and simple movements that can be done in the work place.

First, Green began educating on the topic of discussion: mindfulness.

"Mindfulness is the ability to pay attention to the present moment with curiosity and without judgment," Green said. "It is allowing feelings to exist without letting them drive your actions, noticing



Observer photo by Natalie Shattuck

Jayne Green, fitness coordinator for the Nimkee Fitness Center, demonstrates stress-reducing breathing exercises during the Feb. 21 Lunch and Learn event.

thoughts as they arise without the need to buy into them."

Green said studies have shown that for 55 out of 60 seconds, people are thinking of the past or future, and only five seconds are spent thinking of the present, on average.

"Many studies and research show that practicing mindfulness improves sleep, presents higher viral resistance, lowers inflammation, provides greater focus and concentration and reduces stress and anxiety," Green said.

As luncheon attendees filled up on the provided noon lunch of wild rice soup, salad and rolls, Green had the room practice breathing exercises for relaxation techniques.

A breathing technique that will help you get a great night's sleep, and that is a great tool for relaxation, is inhaling for five seconds and then exhaling for seven seconds," Green said before counting down so attendees could try it for themselves.

Participants responded with, "That is kind of a long time to inhale and exhale!"

Green agreed it may seem long, but, guaranteed, it will do the body good.

Green then asked, "How can being mindful help your work?"

"It can bring purpose to each moment of your work;



Observer photo by Natalie Shattuck

In the Saginaw Chippewa Tribal College's West Building, event participants prepare to practice stretching movements showcased by Green.

become clear about what we are meant to be tackling from moment to moment; help you become happier, more productive; and help understand how your daily work connects to both personal goals and goals of the organization," Green said.

Green also said the ABC's of mindfulness are as follows:

A for Awareness: "A practiced awareness leads to an understanding that all life is interconnected and none of us are alone on this path."

B for Balance: "By paying attention, we can begin to find

the middle road between ego and selflessness."

C for Compassion: "We realize that by helping each other we are really helping ourselves."

Green suggested the participants "practice mindfulness during transitions in their life, including when waking up, traveling to work or school."

To end her presentation, Green had everyone participate in breathing and stretching exercises that are simple enough to be done in the work place.

Behavioral Health Programs and SCTC collaborated to make this event possible.



Patrick Nahgahgwon awarded SCTC Student of the Year

NATALIE SHATTUCK

Editor

The Saginaw Chippewa Tribal College reminded its students that hard work pays off.

On Wednesday, Feb. 7, SCTC administered the Student of the Year award and a hosted luncheon for the past semester's honorable students.

Patrick Nahgahgwon received Student of the Year, which entails a \$1,200 scholarship in partnership with the American Indian College Fund.

Nahgahgwon is set to graduate this year with an associate degree in liberal arts. He began taking courses at SCTC in fall 2013.

Nahgahgwon was selected by the committee for the following achievements: persistently high GPA, service to the community, leadership, effort shown in essay submission, likelihood of future impact in the community and positive demeanor.

In the West building just after noon, Nahgahgwon was commended and awarded a plaque by SCTC President Carla Sineway.

"Any student that comes here is not always coming in from a good place," Sineway said. "We all have challenges. There are more challenges for Tribal students... Patrick has taken to heart the responsibility to give back to the community."



Patrick Nahgahgwon (left) receives the Student of the Year award, presented by SCTC President Carla Sineway (right) at the Feb. 7 student luncheon event.

Nathaniel Lambertson, dean of students, reflected on why Nahgahgwon was selected.

"Patrick was chosen this year because of his impact on staff and faculty and for the fact that he has undertaken this journey with little-to-no support outside of SCTC," Lambertson said. "Because of his employment status as a firefighter (for the Tribal Fire Department) and for the fact that he is a family man, Patrick was generally only able to take one to two courses a semester."

As most scholarships solely award full-time students, Nahgahgwon did not qualify for several grants other SCTC students are able to take advantage of, Lambertson said.

"Of the scholarships he did qualify for, Patrick had expressed that he was able to make it on his own and, therefore, declined to apply in order to increase the amount of resources and likelihood of success available to other SCTC students," Lambertson said.

Lambertson said the staff often witness students drop out when they are under-supported and under-resourced.

"With absent encouragement, many students lose their way," Lambertson said. "Facing active discouragement, nearly no students persist, and yet Patrick has — without complaint, without fanfare, always with a great attitude and a can-do disposition. His journey at SCTC has been an



Dean of Students Nathaniel Lambertson (right) awards runner-up Jennifer Seibt (left) who received a 4.0 GPA throughout her SCTC career.

inspiration to anyone who recognizes grit and persistence."

"Patrick neither receives nor seeks much recognition; he simply follows the goals he has set for himself and ignores, or otherwise triumphs, over roadblocks," Lambertson said.

This year, there were also two runner-ups for the award, Chase Stevens and Jennifer Seibt.

"Both (Stevens and Seibt) carried a perfect 4.0 GPA, both parlayed their SCTC intern experience into a working position with the Tribe's Environmental department, both had a great history of service to the community and both had shown great leadership and are expected to do great things with their education in benefit of the SCIT community,"

Lambertson said. "However, both finished a narrow second to the eventual selectee."

Both Stevens and Seibt were also awarded with a special commendation.

Outstanding students in the fall 2017 semester were also recognized. The honorees must be full-time students, taking 12 or more credits. They received a letter of accommodation and a \$50 gas card.

The president's list (4.0 GPA) included Crystal Davidson, Samantha Jackson, Jennifer Lewis, Chase Stevens and Elizabeth Trasky.

The dean's list (3.5 GPA or higher) included Amanda Arnold, Antonio Gomez, Shane Graves, Mitchell Jackson, Donelda Lawson, Sophie Manitowabi, Nichol Mark, Dawn Morrow, Lynette Smith, Alexandria Sprague, Ashawnee Sprague, Trisha Trasky and Raven Wemigwans.

All students mentioned and in attendance were recognized with applause and an honor song performed by Mino Ode.

Elder George Roy provided a blessing before the meal of catered Subway sandwiches and chips, various homemade soups and dishes, vegetables, fruit and desserts.

"This event celebrates the students," Lambertson said to those in attendance. "Your successes are our successes, and your struggles are our struggles."

Editorial: Is social anxiety preventing you from attending college?

(The following article was written as a class assignment for Nina Knight's Spring 2018 Creative Writing course at the Saginaw Chippewa Tribal College. The SCTC student wished to remain anonymous.)

Do you have a fear of situations in which one may be judged, worry about embarrassment, humiliation or concerned about offending someone?

Do every day social interactions cause irrational anxiety, fear, self-consciousness and embarrassment?

If you have these types of thoughts or feelings when you think about attending college, fear no more because, here at the Saginaw Chippewa Tribal College, we can help you overcome all those feelings or thoughts that may be holding you back from attending or furthering your education.

SCTC strives to help students feel at home in a relaxed environment. SCTC has smaller classroom settings that allow professors to have more one-on-one connection with their students.

The professors encourage their students to feel as if they all are at the same-learning level as everyone else who attends Tribal College.

The Tribal College also has flexible classroom schedules that can accommodate anyone's busy lifestyle, from work to help finding childcare.

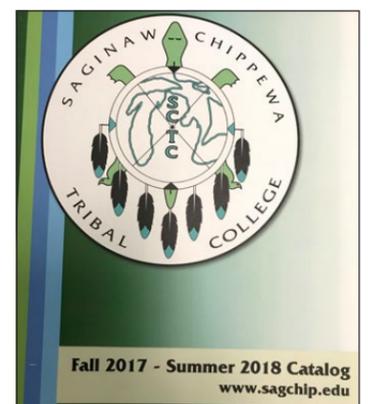
SCTC encourages students to set a goal in their education and also encourages students to further their education beyond the Tribal College.

Upon applying at SCTC, prospective students are guided

through the entire campus and introduced to all staff that provide welcoming greetings.

Patricia Alonzo, financial aid officer, will also give you all of the information you will need to apply for grants and scholarships that you are eligible for.

Therefore, if you are feeling as if your own social anxiety is holding you back from attending college, come in, take a tour and give our SCTC home a chance to help you achieve your own dream of attending college.



Courtesy of SCTC

SCTC staff is willing to help students overcome issues that may be holding them back.

Saginaw Chippewa Tribal College alumnus spotlight: Phillip Medina

SCTC STAFF

Phillip A. Medina is an alumnus of the Saginaw Chippewa Tribal College, graduating in 2008 with a liberal arts degree.

Medina, a descendant of the Saginaw Chippewa Indian Tribe, grew up in Saginaw before moving to Isabella County after his first semester attending SCTC.

He is the father of three children, two of whom are also alumni of SCTC and one who is in their last semester there.

Medina said he was seeking something much better in life than the factory jobs he worked while living in Saginaw.

After speaking to his mother, who is also a 2008 SCTC graduate, Medina chose to be a better role model for his children and follow his dream of continuing his education.

While attending SCTC, Medina was elected Student of the Year and an intern during the NASA summit.

After graduation, Medina decided to continue his education and attend Central Michigan University.

In 2012, Medina completed his first degree in chemistry, and in 2017 he completed his Ph.D. in material science.

While attending CMU, Medina said he was challenged

every day as he learned to juggle being a full-time college student and a father.

"Once you start college, you're going to have to devote your time to your degree and then devote the other 120 percent to your family," Medina said.

Medina worked hard to find opportunities and devoted his free time to attaining more scholarships and internships.

Some of his achievements while attending CMU include being a teacher's assistant for a chemistry class and traveling to Africa for one year through a fellowship for the USAID (Conical for Science and Industrial Research).

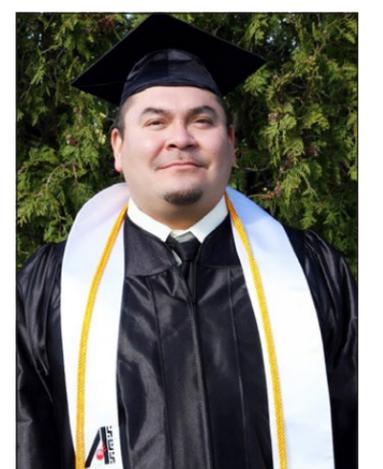
He was also the first Ph.D. student selected for the Argonne National Laboratory's yearlong fellowship.

During his last year at CMU, while working on his dissertation, Medina achieved an internship at IBM.

Medina traveled to California, began his internship and was offered a full-time position before his internship was complete.

He remains in California working for IBM.

"You have to put yourself out there and be willing to get into other programs; none of this is possible without the help of the Creator," Medina said.



Courtesy of SCTC

Phillip A. Medina, a 2008 SCTC graduate, currently resides in California, working for IBM.



Country musician Jake Owen brings summertime fun to Soaring Eagle

MATTHEW WRIGHT

Staff Writer

The Soaring Eagle Casino & Resort hosted infectious enthusiasm and the feel-good

country music of Jake Owen on Jan. 26.

With a big smile and bare feet, the American country music singer-songwriter treated fans to a taste of summer and to a brief reprieve from the winter

weather outdoors.

Originally from Florida, the performer brought the beachy vibe of the Sunshine State by adorning the Entertainment Hall stage with palm trees and tiki bars.

Owen has released five studio albums, with both “Barefoot Blue Jean Night” (2011) and “American Love” (2016) reaching No. 1 on the Billboard U.S. Country chart.

The night fittingly began with the upbeat single “Beachin’.”

The audience cheered during Owen’s performance of “Real Life,” as the artist altered his lyrics to call out to the ladies in attendance.

“We got Michigan girls!” he said.

The fun times continued with performances of “Summer Jam,” “Good Company” and “Tall Glass of Something.”

Changing up the pace, Owen performed “Alone With You” and the bluesy hit “If He Ain’t Gonna Love You,”

which was co-written by fellow country musician Chris Stapleton.

Owen played a variety of songs from his decade-long career, including his first breakthrough song “Startin’ with Me,” the title track off his 2006 debut album. Other songs performed from the debut album included the party anthem “Yee Haw,” and the upbeat tempo of “Eight Second Ride.”

The set list also featured the hit songs “Days of Gold,” “VW Van,” and “Don’t Think I Can’t Love You.”

After performing “Anywhere with You” and “The One That Got Away,” Owen briefly left the stage before returning to treat the audience to a four-song encore.

The encore began with a combination of the sentimental hits “LAX” and “I Was Made for You.”



Observer photo by Matthew Wright

Owen calls for the audience to raise their hands during his opening song “Beachin’.”

To close out the night, he performed the hit songs “American Country Love Song” and the No. 1 single “Barefoot Blue Jean Night.”



Observer photo by Matthew Wright

Country musician Jake Owen flashes a big smile on the Entertainment Hall stage, during his Jan. 26 Soaring Eagle Casino & Resort show.

The Price Is Right Live! returns to Soaring Eagle

NIKI HENRY

Photographer Journalist

Enthusiastic audience members — hoping to be selected for a chance to win cash and prizes — added to the excitement

during the four Price Is Right Live! game show events.

A total of four game shows took place in the Soaring Eagle Casino & Resort’s Entertainment Hall on Friday, Feb. 16 at 6 and

9 p.m. and on Saturday, Feb. 17 at 1 and 6 p.m.

Announcer Andy Martello entered the stage at the beginning of each event to further stir the audience into a frenzy of anticipation before introducing the live, traveling game show host Mark Walburg, also the current host of PBS’ “Antiques Roadshow.”

Audience members won prizes from their seats as they eagerly waited to hear Martello call out names of contestants to “Come on down,” spin the big wheel and play Plinko, Cliffhanger and Celebrity Showcase.

According to its website, the Price Is Right Live! has given away more than \$10 million in cash and prizes such as cars and vacations throughout the last nine years, and a handful of randomly-selected contestants received

some of those prizes at each of the Mount Pleasant events.

Ticket holders aged 18 years or older who were

hoping for a chance to make bids and join Walburg onstage registered to become contestants before the games.



Observer photo by Niki Henry

Price Is Right Live! announcer Andy Martello teases and entices the crowd at the beginning of each game show that took place Feb. 16 and 17 on the Soaring Eagle Casino & Resort’s Entertainment Hall stage.



Observer photo by Niki Henry

Host Mark Walburg (left) and his assistant present a guitar to the crowd before taking bids from contestants.



Observer photo by Niki Henry

Just like the television game show, the stage sports a giant wheel during the traveling game show.

Ziibiwing Vendor Training

March 21st 2018, 6-8pm at Ziibiwing Center

During the training a ZCS team member will discuss:

- The required paperwork and tax forms needed to become a vendor.
- The types of items we are currently looking for.
- Product packaging and descriptions.

This training is designed for anyone making handmade & handcrafted items that they would like to sell in the Ziibiwing Commercial Services’ gift shops which includes:

- Meshtoonigewinoong - located at the Ziibiwing Center
- Dawe-Wi-Gamigoonse - located just inside the main entrance of the SECR
- Jeemon-Aince - located just inside the main entrance to the Slot Palace
- Naanooshke Gallery - located by Isabella’s & online at NativeDirect.com.

Please call (989)775-4745 to register. RSVP by March 20th appreciated.



CHIPPEWA CAB 24/7/365

989-779-2227

Available for All of Your Central & Northern Michigan Needs!
No Distance Too Far! | Enjoy Our Wine & Micro Brew Tours In Traverse City!

Need A Ride?
We Can Help!! Lift Van Available

In Vehicle Electronic Credit Card Processing
For All Major Credit Cards

- Casino Runs
- Seniors
- Work
- Lift Vans
- Golf Courses
- Weddings
- Party Vans
- Bar Runs
- Ski Resorts

- Airport Pickup and Drop Off
Airline Vouchers Accepted
- Corporate Accounts Welcomed
Available with Direct Billing
- Medical Transportation Services
With Direct Insurance Billing

Facebook Us @ Chippewacabalm
www.chippewacab.com

MAR
17

Saint
PADDY'S
Day
Bash

AT SOARING EAGLE CASINO

FREE EVENT
SATURDAY, MARCH 17

🍀 ENTERTAINMENT HALL 🍀

Doors open at 8PM

LIVE PERFORMANCE AT 9PM **STONE CLOVER BAND**

LIVE MUSIC

COSTUME CONTEST

- Best Dressed Male & Female - \$100 PRIZE EACH
- Best leprechaun - \$100 PRIZE

FREE CORNHOLE TOURNAMENT

\$500 CASH to 1st place team, plus you can win cornhole boards, free overnight stays and more!!

- PRE-REGISTER YOUR TEAM OF TWO FOR CORN HOLE BY CALLING GUEST RELATIONS.

SPACE IS VERY LIMITED.

1-888-726-9633 (TOLL FREE)



MAR
31

Dane Cook

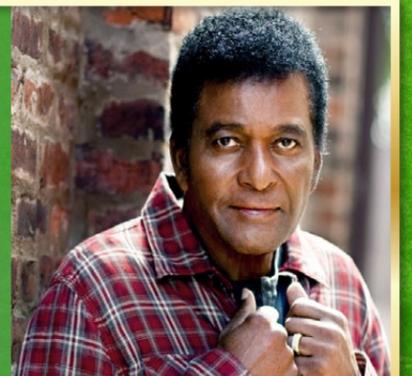
Entertainment Hall | 8PM
Prices start at \$72



APR
13

Charley Pride

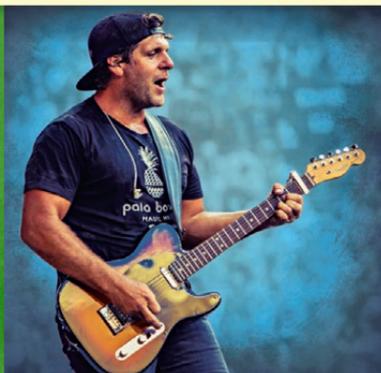
Entertainment Hall | 8PM
Prices start at \$37



APR
20

Billy Currington

Entertainment Hall | 8PM
Prices start at \$59



MAY
5

La Mafia & AJ Castillo

Entertainment Hall | 8PM
Prices start at \$30



MAY
11

Clint Black

Entertainment Hall | 8PM
Prices start at \$32



MAY
18

The Temptations & The Four Tops

Entertainment Hall | 8PM
Prices start at \$35



Get your tickets at **Soaring Eagle Casino** or **Saganing Eagles Landing Casino** Box Offices, ETIX.COM or call 1.800.514.ETIX.

Stay Connected with Soaring Eagle:   

Mt. Pleasant, MI • 1.888.7.EAGLE.7 • SoaringEagleCasino.com

Performances held at Soaring Eagle Casino & Resort in Mt. Pleasant, Michigan.
Entertainment subject to cancellation. Management reserves all rights.



Tribal employees attend presentation by physician specializing in addiction medicine

JOSEPH V. SOWMICK

Healing to Wellness
Coordinator

Cara Poland, M.D., nationally renowned “addictionologist” and board-certified physician specializing in addiction medicine, returned to central Michigan on Feb. 12.

Poland, of Spectrum Health, traveled from Grand Rapids to Alma to share her seminar “Opioid Addiction: Progress, Challenges and Opportunities to Create a Safer, Healthier Community.”

Poland’s clinical interests include safe opioid prescribing, medication-assisted treatment of substance use disorders and treatment of females with substance use disorders.

Her presentation explained the importance of “trauma-informed care being the lens in which she views her patients.”

“We need to know where a patient’s perceptions come from. Our research indicated that persons with addiction have a higher rate of a history of trauma,” Poland said. “An addicted patient entering a doctor’s office is often a high-stress experience, and I strive to create a welcome atmosphere for all individuals.

Trauma-informed care helps me do that.”

Poland advocated a trauma-informed approach of dealing with addicted patients that embraces the tenets of being non-judgmental, respectful and nice.

“This is integral to overall patient success in dealing with recovery because persons with addiction have often suffered immensely as a result of their disease,” Poland said. “(The patients) often have difficulty trusting others, and the medical industry has historically been untrustworthy and judgmental toward addiction. By creating a safe environment built on honesty and trust, I can better support my patients. If my patients don’t feel safe in my care, we will not be successful. They need to trust me to be honest with me about their behaviors. Only then can we work toward overcoming their disease.”

Poland was firm in her research about why medical-assisted treatment is important. She said she believes physicians and therapists “need to start at the level where the patient is at.”

“This is important because, as with any chronic illness, as a physician I can ‘know’ what the evidence says and what is predicted to be the ‘best’ option for a patient, but, without their buy-in and desire to follow that

plan, it simply will not work,” Poland said. “By understanding where the patients are at and what they are looking for from treatment, I can better match my interventions to where they are and to have better outcomes in the clinical setting.”

Sara Krebs, prevention coordinator for the Gratiot County Substance Abuse Coalition, has been working to educate the public about the importance of disposing prescription drugs properly and the dangers of prescription painkillers for several years.

Krebs sponsored this seminar at the Youth for Christ building in Alma.

“The opioid epidemic is something that affects many people in the U.S. and is something that we have been working on locally for several years in many ways,” Krebs said. “Often people may have been prescribed medications that they have left over from any number of procedures or illnesses that are sitting in their medicine cabinets at home.”

The Gratiot County Substance Abuse Coalition has been focusing on educating the public how to dispose of these medications properly through partnerships with the St. Louis Police Department, Breckenridge

Police Department, Alma Police Department and the Gratiot County Sheriff’s department,” Krebs said.

Carol Emmendorfer, development coordinator for the Tribal Action Plan and Healing to Wellness Committee member, said she found Poland’s presentation “extremely relevant to the development of the Tribal Action Plan.”

Emmendorfer attended along with a Tribal delegation that included Nimkee Clinic, Behavioral Health, Anishnaabeg Child and Family Services and Tribal Court personnel.

“Our goal is to create a unifying Tribal Action Plan to address substance use and misuse in the community,” Emmendorfer said. “Dr. Poland’s approach supports the need to bring together multi-disciplinary resources to address patient care that puts the patient’s needs first. Her discussion about trauma-informed care and motivational interviewing was both informative and instructional. Listening to her, I got a sense of the amazing amount of information she has and is willing to share.”

For this event, Krebs said the Gratiot County Substance Abuse Coalition also partnered with Michigan State University’s College of Human Medicine.



Observer photo by Joseph Sowmick

Cara Poland, M.D., shares her information about opioid addiction treatment during the Feb. 12 seminar in Alma.

“The (Gratiot County Substance Abuse Coalition) is a very active coalition with many partnering key agencies and individuals that contribute to our vision, which is to empower individuals in Gratiot County to choose a healthy, safe way to work, play and live,” Krebs said. “This vision is accomplished by collaboration among organizations, agencies and government.”

Anyone interested in learning more about the coalition may contact Chelsie Kastl, coalition coordinator at 989-463-1422 or chelsie@linkforfamilies.org.



Advertise

with the

Tribal Observer

Promote Your Products & Services!

- Advertisement development included
- Full color advertisements
- Reach thousands of customers
- Affordable rates
- Flexible publication time frames

The Tribal Observer is the monthly publication of the Saginaw Chippewa Indian Tribe of Michigan.

The Observer is available to Tribal Members of the Saginaw Chippewa Tribe, reaching approximately 3,000 members. The Observer is also distributed via break rooms of the Saginaw Chippewa Businesses and is available to 4,000 associates. The Observer is distributed in each of the hotel rooms in the Soaring Eagle Casino & Resort. Display boxes are located at Sagamok Shell (Mount Pleasant and Saganing), Soaring Eagle Casino & Resort Saganing Eagles, Landing Casino and the Ziibiwing Center Gift shops.

The Observer can also be viewed exclusively online at www.sagchip.org/TribalObserver.

Sizing and Prices

A	3.9" wide by 2.3" tall 1 Month: \$60 1 Year: \$50/mo.
B	5.933" wide by 2.3" tall 1 Month: \$100 1/4 Year: \$90/mo. 1/2 Year: \$85/mo. 1 Year: \$75/mo.
C	3.9" wide by 4" tall 1 Month: \$120 1/4 Year: \$115/mo. 1/2 Year: \$110/mo. 1 Year: \$95/mo.
D	4.917" wide by 4" tall 1 Month: \$150 1/4 Year: \$145/mo. 1/2 Year: \$140/mo. 1 Year: \$125/mo.
E	5.933" wide by 4" tall 1 Month: \$225 1/4 Year: \$220/mo. 1/2 Year: \$215/mo. 1 Year: \$200/mo.
F	4.917" wide by 8" tall 1 Month: \$290 1/4 Year: \$280/mo. 1/2 Year: \$275/mo. 1 Year: \$270/mo.
Half Page	10" wide by 8" tall 1 Month: \$580 1/4 Year: \$560/mo. 1/2 Year: \$550/mo. 1 Year: \$520/mo.
Full Page	10" wide by 16" tall 1 Month: \$1,150 1/4 Year: \$1,100/mo. 1/2 Year: \$1,075/mo. 1 Year: \$1,000/mo.

To advertise, please contact the

Tribal Observer

7070 E Broadway 989.775.4010
Mt. Pleasant, MI 48858 TribalObserver@sagchip.org

*All ads are quoted with full color. No discounts given for black and white. Payment is due in advance until credit is established.



FINANCING AVAILABLE FOR ALL TRIBAL MEMBERS NO MONEY DOWN!

If you've had repo's, bankruptcy, foreclosures, etc. we can still help!

\$4 million of inventory cars, trucks, vans & suvs!

Call John Weiss and drive today.

989.497.5280

or apply online at: www.garberbuick.com

Garber Buick

5925 State Street
Saginaw, MI 48609

www.garberbuick.com



Five ways leaders can achieve personal wellness – and inspire it in others

NEWS AND EXPERTS

(Editor's note: The following article was provided to the Tribal Observer by a News and Experts representative, and this article has been published with permission.)

Leaders in companies and organizations often face enormous demands on their time, but the best leaders realize they cannot let those demands become so overwhelming that their health suffers as a result.

"Successful leaders prioritize personal wellness, both at home and at work," said Kerry Alison Wekelo, author of "Culture Infusion: 9 Principles to Create and Maintain a Thriving Organizational Culture."

And, those who do not prioritize personal wellness should

realize it is not too late to make it a New Year's resolution for 2018, she said. Plus, taking care of oneself is also a great way for leaders to inspire others in their organizations to do the same.

"Team members will be more inclined to focus on their own well-being if they see the leadership team making it a priority," said Wekelo, who is managing director of human resources and operations for Actualize Consulting. "It's better for the entire company when everyone strives to be physically and mentally fit."

In her own life, Wekelo said she follows five guiding values for personal wellness. They are as follows:

- **Breathe.** Many people forget to breathe during the day, Wekelo said, though she was not talking about breathing to stay alive.

"On any given day, we are going to experience moments of stress," she said. "Focusing on taking a few long, slow breaths can help calm you down."

- **Move.** Movement is another way to take care of your well-being.

"Many of us are sedentary most of the day, sitting at desks then lounging at home in the evening," she said. "We are not made to sit like this all day, every day."

To get moving, you do not need to schedule time at a gym for an aggressive workout. She suggests stretching while at your desk and taking time once an hour to get up and walk, even if it is just to walk to somewhere else in the office.

- **Play.** Children love to play, but adults forget they

need to take time to play as well, even if it is just a game of cards or charades.

"Next time you find yourself stressing, give your brain a break, and call your inner child out for a play date," Wekelo said.

- **Nourish.** No matter how smoothly life is going, there will always be conflict, so you should handle it directly, openly and immediately. When you do, you will be nourishing your relationship with those employees, and they will have the opportunity to nourish themselves.

"Take the approach that everything is a learning opportunity, and work with your employees on how to improve rather than running them into the ground and making them feel even worse," Wekelo said. "If they

know you care and support them even in hard times, you will have their loyalty."

- **Replenish.** Life gets hectic, so it is important to set aside time for reflection, introspection, meditation or just plain quiet time.

"My best ideas come from my quiet time," Wekelo said. "I am sure that's why so many of the great pioneers, artists and scientists spend hours each day walking and contemplating."

Wekelo said, "As you consider your own personal well-being, it's important to remember that you create your life and how you feel. Change starts at the individual level."

Wekelo is also a yoga teacher, life coach, award-winning author of children's books and the founder of Zendaway, a company that encourages holistic wellness.

Editorial: March is Endometriosis Awareness Month

JENNA WINCHEL

Women's Health Coordinator

March is Endometriosis Awareness Month. Many women during childbearing years develop endometriosis, a condition in which the tissue that lines the uterus starts growing outside the uterus on neighboring organs.

According to doctors, endometriosis usually is not dangerous, but it can cause severe pain and other health problems.

Answers to questions asked by a medical provider can help link signs/symptoms and risk factors together for the diagnosing of endometriosis.

Mayo Clinic stated the following are common signs and symptoms of endometriosis:

pelvic pain, often associated with menstrual periods; painful periods (dysmenorrhea); pain with intercourse; pain with bowel movements or urination; excessive bleeding with menstrual periods; infertility (unable to become pregnant); and fatigue, diarrhea, constipation and bloating or nausea, especially during menstrual periods.

Those who experience the above symptoms are encouraged to talk with a medical care provider.

According to the Mayo Clinic, the following factors increase the risk of developing endometriosis: never giving birth; starting menstruation at an early age; going through menopause at an older age; having short menstrual cycles — for instance, less than 27

days; a menstrual flow longer than seven days; low body mass index; alcohol consumption; one or more relatives (mother, aunt or sister) with endometriosis; any medical condition that prevents the normal passage of menstrual flow out of the body; and uterine abnormalities.

Remember, yearly physicals are a great time to talk with

medical providers about overall health, especially if any abnormal signs/symptoms have developed.

If you have not yet scheduled an annual woman's health screening and are a Nimkee-eligible patient, please contact Jenna Winchel, RN, BSN, at 989-775-4604 or Judy Davis, women's health clerk, at 989-775-4629.

For more information about endometriosis, please visit www.mayoclinic.org or contact your primary care provider.

March 3-9 is Endometriosis Awareness Week; help show your support on social media by using the hash tag #MarchIntoYellow and wear yellow on March 9.



POWWOW CONDITIONING

at Nimkee *Fitness*

Make this powwow season the best, be a step ahead of the rest!

Schedule your session

To schedule a personal training session, please call: 989.775.4690

• Get a booklet with three different starter programs.



Soon to Come!

Golf strength and conditioning programs

Wear Yellow to March out Endometriosis

Friday, March 9, 2018

March is Endometriosis Awareness Month

HELP RAISE ENDOMETRIOSIS AWARENESS



Endometriosis (en-doe-me-tree-O-sis)

An often painful disorder in which tissue that normally lines the inside of your uterus — the endometrium — grows outside your uterus. With endometriosis, displaced endometrial tissue continues to act as it normally would — it thickens, breaks down and bleeds with each menstrual cycle. Because this displaced tissue has no way to exit your body, it becomes trapped. Endometriosis can cause pain — sometimes severe — especially during your period.

For more information, please visit:

Mayo Clinic www.marchintoyellow.org.au

#MarchIntoYellow



Signs/Symptoms:

- Pelvic pain, often associated with your menstrual period
- Painful periods (dysmenorrhea)
- Pain with intercourse
- Pain with bowel movements or urination
- Excessive bleeding with menstrual periods
- Infertility (unable to become pregnant)
- Other symptoms: fatigue, diarrhea, constipation, bloating or nausea, especially during menstrual periods

Risk Factors:

Several factors place you at greater risk of developing endometriosis, such as:

- Never giving birth
- Starting your period at an early age
- Going through menopause at an older age
- Short menstrual cycles — for instance, less than 27 days
- Your menstrual flow is longer than seven days
- Low body mass index
- Alcohol consumption
- One or more relatives (mother, aunt or sister) with endometriosis
- Any medical condition that prevents the normal passage of menstrual flow out of the body
- Uterine abnormalities

Source: Mayo Clinic



The Athlete's Kitchen presents: Why am I not getting leaner?

NANCY CLARK

MS, RD, CSSD

"I religiously track my food and exercise. I'm eating 1,300 calories (the number my tracker told me to eat if I want to lose two pounds a week). I've been following a strict diet, and the scale hasn't budged. My friends tell me I am eating too little. I think I must be eating too much because I am not losing weight. I feel so confused. What am I doing wrong?"

I often hear this complaint from weight conscious people who do not know if they are eating too much or too little. They believe fat loss is mathematical.

Burning 500 calories more or eating 500 calories less a day, will result in losing one pound (3,500 calories) of fat per week, correct? Not always. Weight reduction is not as mathematical as we would like it to be.

Is it a diet or a famine? If you are already exercising like crazy and are eating far less than you deserve and the scale does not budge, you might wonder if something is wrong with your metabolism. Are you eating the wrong kinds of foods? What is going on?

When athletes want to lose excess body fat, they tend to lose it relatively easily. But when they get close to their dream weight, fat loss can slow

to a crawl. That is when frustration sets in.

You might think reducing your calorie intake even more would be a good idea. It is not. You would deprive your body of too many nutrients, resulting in a lack of energy to perform well.

When you significantly restrict calories, your brain perceives the lack of food as a famine. Doing extra exercise makes the situation worse, especially when your body is at a low weight. With no excess fat to lose, your body conserves energy and maintains weight at a calorie intake that historically would have resulted in fat loss.

Nature protects the body from losing weight during a (perceived) famine by slowing your calorie-burn. The heart rate slows (not due to lack of fitness but rather to lack of fuel).

Blood flow to extremities slows in order to keep organs warm. Your hands and feet feel cold all the time.

The stomach/intestinal tract slows; constipation can become an issue.

The hormonal system reverts to pre-adolescence. Women produce less estrogen and stop having regular menstrual periods. Men produce less testosterone.

You feel excessively tired. You can muster up energy to exercise but then are droopy

the rest of the day. Fatigue becomes your middle name.

Role of genetics: When an athlete complains about lack of fat-loss despite rigid food restriction, one of my first questions is, "How do you look compared to others in your genetic family? Are you leaner—or far leaner—than they are?"

The standard response is far leaner. Remember, the apple does not fall too far from the tree. Nature's blueprint for your body might differ from your dream physique.

Pay attention to what others say about your body. If your mom or partner says you are too thin, listen to them and stop striving to be leaner yet.

Rather than struggle to lose those last few pounds, gently accept your physique and be grateful for what your body does for you. It is strong, healthy, powerful and able to do what you ask it to do (run a marathon, raise a family, train for and complete an Ironman, bike 100 miles, etc.). It is a resilient vehicle that carries you through each day.

Your body is good enough. Hopefully, you will not have to experience a broken leg or be diagnosed with cancer before you learn to be grateful for your body and how it allows you to walk, run and live an active lifestyle regardless of your size or shape.

Eat more, get fat? You can stop the diet/famine by eating more; you will not instantly get fat. Rather, your metabolism will quickly return to normal.

If your body is too thin, it will strive to restore itself to a genetic weight. This is why athletes can have a hard time staying at their "racing weights." Being too thin is very hard to maintain.

If you believe you still have excess flab to lose, yet the scale does not budge despite your strict diet, what can you do? I generally recommend eating more and exercising less. To the shock of many of my calorie-deprived clients, this tends to work better than exercising more and eating less. It sounds counter-intuitive. How can that be true?

Think of your body as a campfire. When it has three logs to burn, it generates a lot of heat. When it has just one log, it produces just a small flame. The same with your body; the more fuel it has, the more calories you will burn.

While adding calories, focus on the benefits: how much better you feel, the power in your workouts, your happier mood and better quality of life.

If you do not trust your body and are fearful that eating more will result in regaining the weight you worked so hard to lose, get help. A sports dietitian can guide you through this process. Use the referral network at SCANdpg.org to find your local expert.

Are fitness trackers helpful? Fitness trackers offer information that is interesting but not precise. Something strapped on your wrist can sort of measure what your legs are doing, but many variables impact accuracy. For example, pushing a baby jogger with straight arms gives a different step count than

if you were to run with freely swinging arms. (1)

As for energy expenditure, note that some of the calories reported as being burned during your workout include calories you would have burned in that hour regardless of exercise.

Knowing calories burned can be dangerous... "Oh, I just burned 500 calories, so now I deserve to eat ice cream!" Tracking might not enhance fat loss. (2)

Your body is your best calorie counter. Instead of tracking calories to determine if you have eaten the correct amount, try listening to your body.

Before you eat, ask yourself, "Am I eating because my body needs fuel—or because I am bored, lonely or stressed? Am I stopping eating because I am satisfied or just because I think I should?"

By eating mindfully, you will not overeat nor under-eat. You will simply relearn skills from childhood when you ate when you were hungry, stopped when you were content, maintained a good weight and never ran out of energy.

Life is better when you are free from being in "food jail."

1. Nelson et al. *Validity of Consumer-Based Physical Activity Monitors for Specific Activity Types. Med Sci Sports Exercise*, 48(8):1619-28, 2016.

2. Jakicic et al. *Effect of Wearable Technology Combined With a Lifestyle Intervention on Long-term Weight loss. JAMA* 316(11):1161-71, 2016



Nimkee now offering

Wellness Coaching!

Coaching You to Be Well

What is Wellness Coaching?

Wellness coaches help people reach their best health and wellbeing. They also help you make changes, even when difficult.

What does peak wellness look like to you?

- Fit and strong
- High energy
- Healthy eating
- Calm and balanced under stress
- Fully engaged and satisfied with life

Contact information

To schedule an appointment or for more information, please contact:

Sally Van Cise | MPH, RDN Nutritionist, Wellcoaches® Certified Health and Wellness Coach

• Phone: 989.775.4615 • Email: SVancise@sagchip.org

Jayme Green | BS, Fitness Coordinator, Wellcoaches® Certified Health and Wellness Coach

• Phone: 989.775.4696 • Email: Jgreen@sagchip.org

Colorectal Cancer Awareness Month

Dress in Blue

Friday, March 2, 2018

Who is at most risk:

- Individuals with a personal and/or family history of polyps or cancer
- People over the age of 50
- Those with ulcerative colitis or Crohn's Disease
- Certain ethnic groups: African American, Native American and Alaskan Natives

Symptoms:

- A change in bowel habits
- Rectal bleeding or blood in your stool
- Persistent abdominal discomfort
- Nausea or vomiting
- Unexplained weight loss
- No noticeable symptoms
- Chronic fatigue

What you can do:

- Get screened if you are between 50 and 75 years of age, or sooner if you are at higher risk
- Maintain a healthy weight
- Adopt a physically active lifestyle
- Eat a healthy diet
- Do not use tobacco products
- Limit alcohol intake

What you need to know about Colon Cancer:

- Colon Cancer affects men and women equally.
- 90 percent of new cases occur in people age 50 or older.
- On average, your risk is about one in 20, although this varies widely according to individual risk factors for developing colon cancer.
- People with a first-degree relative (parent, sibling or child) who has colon cancer have two to three times the risk of developing the disease.

For more information, please contact your primary care provider or visit www.cancer.org

For more information about Nimkee Clinic's Colorectal Screening Program, please contact

Twila at 989.775.4681 | Jamie at 989.775.4638





Nimkee serves breakfast, healthy heart information

NIKI HENRY

Photographer Journalist

To honor February as American Heart Month, Nimkee Public Health provided breakfast and promoted healthy eating during its annual Healthy Heart Breakfast on Thursday, Feb. 8.

Nimkee served the ever-popular Egg McNimkee – egg and Canadian bacon with cheese on a whole wheat English muffin – along with fruit, coffee and juice.

Health Educator Robyn Grinzinger said there were 148 event attendees with a total of 214 sandwiches served.

Though take-out orders were prevalent, some event participants were able to stay to play bingo and compete for prizes.

When bingo participants were one free space away from bingo or “nbaakinaage” (I win), they had the option of exercising to fill the blank, Grinzinger said.

Jumping jacks, planks and squats were all ways to fill the space; players could also sing a song with the word love or heart in it to fill their last blank space.



Observer photo by Niki Henry

During the Healthy Heart Breakfast that took place the morning of Feb. 8 in the Nimkee Public Health kitchen, Isabelle Osawamick (right), Anishinaabe outreach specialist, calls out bingo numbers drawn by Nettie White (left), RN, case manager.

“There are some pretty talented people in our midst,” Grinzinger said. “Everyone had a lot of fun.”

Door prizes were also randomly awarded, with Amber Shepherd, Robin Spencer and Sally Van Cise each winning.

A healthy heart-related contest was conducted via email to Tribal employees the days preceding the breakfast.

“Cardiovascular disease continues to be a health issue for so many. In order to protect our heart and open awareness of simple lifestyle changes, this annual event consisted of

heart trivia education leading up to the event,” Grinzinger said, noting that 154 people responded in the trivia contest with Bethel Merrill, Tonya Jackson and Heather DeMoines all winning prizes.

The event also included blood sugar screenings that 17 people took advantage of as well as 13 visitors checking their blood pressure.

Grinzinger and Nimkee Public Health wished to thank all who attended the event and made it a special day, and they offered special thanks to Isabelle Osawamick from



Observer photo by Niki Henry

Vanessa Sprague (left), fitness attendant, and Jayme Green (right), fitness coordinator, serve more than 200 heart healthy McNimkee breakfast sandwiches.



Observer photo by Niki Henry

Steven Wassegijig (left) registers for a door prize as Judy Davis, women’s health clerk, looks on.

the Anishinaabe Language Revitalization Department, Nettie White from Nimkee Medical, Nimkee Fitness, Nimkee Housekeeping and Nimkee Public Health departments.

“Nimkee challenges you to do something for your heart today: go for a walk, have a water instead of coffee or soda, visit Nimkee Fitness, choose a healthy snack instead of a candy bar, make a healthy meal, get a good night’s sleep, make an appointment for a physical, reduce your stress, laugh more,” Grinzinger said on behalf of Nimkee Public Health.



Observer photo by Niki Henry

Nurse Anna Hon, enjoys a game of bingo during the breakfast event that honored American Heart month.

Editorial: Make a pedometer your friend

JUDY DAVIS

Nimkee Public Health

If you like gadgets, you will love using a pedometer. Smaller than a cell phone, it is worn on a belt or hooked to a waist band to record the number of steps a person takes.

Less sophisticated pedometers simply click off the number of steps taken. Digital pedometers, however, not only record steps but also convert them to miles. Some even tell time and estimate calories burned.

A pedometer is a good incentive for starting a walking routine and can help keep track of progress. Use the pedometer to measure how many steps are taken that first day to determine your baseline number.

If you do not walk as a form of exercise, then you can simply wear the pedometer while doing regular daily activities.

You may find you are getting plenty of exercise. Some experts recommend 10,000 steps a day, but, if you find you are not at that level, then this number can become a goal to work toward.

In daily activity, adults cover about two to three miles, with 2,000 steps equaling a mile.

To really benefit from walking, you need an additional 4,000 steps a day. You can find those additional steps by parking further away in parking lots, using stairs instead of escalators or elevators, taking the long way to get somewhere in your office building, walking your children or grandchildren to school or planning a short walk around the block as a break.

If you are not used to walking distances or your job requires sitting most of the day, set your goal lower based on your first day pedometer reading. Be realistic and try to add steps as you can.

Log your steps daily and try to add more when you feel up to it.

Walking is perfectly suited for older adults and those previously sedentary, as you can set your own pace and still receive benefits. The important thing, as previously stated, is just to move.

The Michigan Indian Family Olympics will be coming soon, and, along with it, will be the annual Tribe 2 Tribe Walking Challenge.

The Challenge will again give both employees and Tribal community members the opportunity to help the Tribe in their quest for gold by contributing points to the Family Olympics.

Two important reminders: If you need a pedometer, come to Nimkee Public Health for a free one. And, you can still walk for free at Morey Courts courtesy of the Public Health 4x4 Grant.

We still have some winter left, so, until it is safe to walk outside, please consider Morey Courts.

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8 a.m.	Aqua Fit Sharon		Aqua Fit Sharon		Aqua Fit Sharon
11 a.m.	L.I.F.E. Based Fitness - Jaden		L.I.F.E. Based Fitness - Jaden	L.I.F.E. Based Fitness - Jaden	
12:10 p.m.		L.I.F.E. Based Fitness - Jaden		Suspension Training - Jayme	L.I.F.E. Based Fitness - Jaden
1:10 p.m.	M.E.L.T. Jayme		Turbo Kick Beth		
5:10 p.m.	M.E.L.T. Jayme				
5:30 p.m.		Yoga Tammy		Yoga Tammy	

LIFE

Lifting • Intervals • Functionality • Endurance

FITNESS TRAINING

At the Nimkee Fitness Center

NEW “Workout of the Day” daily!

- ▶ Each day there are workouts created for “Beginners” and for “Competitive Athletes.”
- ▶ Bringing great variety and a fun challenge every day!

LIFE Class Times:

- ▶ **Monday, Wednesday & Thursday:** 6:15 a.m. & 11 a.m.
- ▶ **Tuesday & Friday:** 6:15 a.m. & 12 p.m.
- ▶ **OR schedule a personal trainer session for the workout of the day!**

Goal of LIFE Based Fitness Class:

To build a healthier, fitter, stronger YOU! Ultimately we want to increase your ability to endure anything that may come at you in life. This can be done by performing a variety of functional movements at an intensity that challenges you to increase your fitness level.

Follow and record your workout daily on the “LIFE Log”:

http://www.sagchip.org/news.aspx?DepartmentName=L.I.F.E.+log#.WjpvOVIU_OE

For more information:

Jaden Harman, Fitness Coordinator

• Phone: 989.775.4694 • Email: JHarman@sagchip.org



Heartfelt laughter and good times had at Andahwod's Valentine's Day social

JOSEPH V. SOWMICK

Contributing Writer

Love was in the air as heartfelt laughter came down from the rafters at the Feb. 9 annual Valentine's Day social and auction.

Sheligh Jackson, elders' activity assistant, said more than \$870 was raised at the event that attracted more than 30 community members and Andahwod residents.

Gayle Ruhl, administrator for Andahwod Continuing Care & Elder Services, was on hand to enjoy the festivities and commended the support from the community.

"We try to have as many events as possible right here at our facilities so the residents can enjoy time together and share with other elders and their families," Ruhl said. "Without the continued support of donations and fundraising efforts to our program and the generosity of Tribal businesses and departments, it would be difficult to hold many events that benefit our elders' activities."

Jackson said Elder Advisory Board member and Andahwod resident Barb Sprague walked away with five baskets she bid on.

"All the money raised goes for a good cause, and it was sure a lot of fun for everybody involved," Sprague said. "We had a lot of laughs, and it reminded me of how we used to do our silent auction bidding in the past."

Tomarrah Green, elders' activity assistant, said she was "impressed by how many baskets were donated."

"I believe we had 21 baskets total, and each basket was so unique. You could tell people were putting a lot of time, effort and money into preparing them to donate," Green said. "I had fun taking pictures of everyone at the photo booth's heart backdrop area I brought from home. It looked like everyone was enjoying visiting, bidding, snacking, listening to music and having their photos taken."

Green added she was "thankful for all the people and departments who donated baskets" and how Andahwod was able to raise a lot of money for the elders.

Many elders offered brief comments that were shared by Green from the event.

"Andahwod resident Dolly Rueckert said, 'It was pretty nice,' and Mark Rueckert said, 'It was good to see some friends and family there,'" Green said. "Andahwod resident Delores Drews said, 'It was alright,' and when I asked her what her favorite part was she said, 'My favorite part was the whole thing.'"

"(The event) was good, and I liked that. I didn't do any bidding, but I enjoyed sitting and watching and listening," said Tribal elder Dorothy Netmop the day after. "Plus, they had good munchies. They always do. That was a good gathering yesterday. I enjoyed it. I enjoyed watching people bid."

Andahwod resident Sue Kequom said she enjoyed the music and was seen smiling throughout the festivities.

"We had a good crowd this year, and all the baskets went during the auction," Kequom said. "There was nothing left behind, and I won the bidding on two baskets."



Courtesy of Tomarrah Green

Vanessa Hart (back), Kathy Hart and baby Hart pose for a Valentine's Day-themed photo during the Feb. 9 Andahwod event.



Courtesy of Joseph Sowmick

Bryson Quintero (front) and Sheligh Jackson (back), elders advocate, organize the baskets up for bidding.



Courtesy of Joseph Sowmick

Tomarrah Green, elders' activity assistant, holds up one of the event prizes.

Andahwod resident Guy Fallis also chimed in about the frenzied auction that had a lot of people eager.

"It was good. I had fun bidding in the silent and live auctions," Fallis said. "The auctioneer moved through those items fast, and it kept us on our toes. I won a basket in the live auction."

On behalf of the EAB, member Kathy Hart said, "Chi-miigwetch to everyone that donated the baskets."

"As my family walked into Andahwod, you could immediately feel the love, right from the decorations to all the smiling faces," Hart said. "All the baskets that were donated were fabulous, and we had a very enjoyable time attending the social. The munchies were tasty, and the music was great, and I really enjoy attending events with my family."

Jackson said Andahwod would like to thank the following departments and community members who donated gift baskets and bags.

"The following people donated gifts and items for the festivities: Rebecca Rittmaier, Michelle Colwell, Ellie Van Horn, Judy Banister, Cynthia Floyd, Angel Jackson, Barb Sprague, Sagamok Express Mobil, ALRD, Migizi EDC., Tribal Court, Tribal Police, Tribal Council, Soaring Eagle bingo, Saganing Outreach offices, At-Large/Member Services, Youth Council and the Soaring Eagle Waterpark and Hotel. Your generosity and kindness is much appreciated."

EAB member Angel Jackson offered words as the annual event drew to a close.



Courtesy of Tomarrah Green

Jo Kathy Sprague and great niece Aiyana Romero smile at the social and auction event.

"Love has no boundaries, and God's gifts come in many forms — cherubs (babies), in disguise."



Courtesy of Tomarrah Green

Susan Kequom poses at the event where she won the bidding on two baskets.



Courtesy of Tomarrah Green

(Left to right) Baby, Barb Sprague and Jo Kathy Sprague



Courtesy of Tomarrah Green

(Left to right) Ellie VanHorn, Guy Fallis and Judy Banister



Courtesy of Tomarrah Green

(Left to right) Mirya McLellen, Damon Cornett and Nancy Trepanier



Courtesy of Tomarrah Green

Angel Jackson (left) receives flowers from her grandson Bryson Quintero.



Courtesy of Tomarrah Green

Kenny Sprague (left) and Marilyn Johnson (right)



Editorial: Andahwod sells 263 Valentine's Day candy grams, funds elders' trips

SHELIGH JACKSON

Assistant Elders' Advocate

Andahwod Continuing Care and Elder Services sold 263 candy grams during its annual Valentine's Day fundraiser, more than any year since the fundraiser launched in 2014.

Last year 190 candy grams were sold; so this year's sales increased by 73.

The candy grams received a great ordering response from the community, and Elder Services appreciates the

understanding of those who experienced mishaps with their order. We do our best to make sure the schools and departments receive the candy grams before Valentine's Day, but we also understand things may not work out perfectly.

Putting together the candy grams is a time-consuming process because we need to determine how much candy and other items we need. We have learned a lot throughout the years; for instance, we cannot staple the candy bags closed if they contain Cutie

oranges because, even overnight, they will overripe. We also now know how much filler to add before the main candy gram items.

We create the paper messages by stating exactly what was written by the customer, and this usually takes a few days to complete.

Having enough staff and volunteers to help assemble the candy grams makes things run smoothly. This year we had Elders Advisory Board member Angel Jackson assist with the fundraiser.

Elder Services utilizes the funds raised to take elders on daytrips to Anderson Girls Farm, Frankenmuth, Great Lakes Loons baseball games and other places. We also host various holiday parties and events with prizes.

Our goal is to help keep elders connected to the community by offering socialization and wellness activities.

We appreciate all of the support we receive during our fundraisers and are grateful for the community's generosity.



Courtesy of Gayle Ruhl

A portion of Andahwod's Valentine's Day candy grams are ready for delivery on Feb. 14. The department sold 263 candy grams this year; all proceeds go toward elders' trips.

Classic songs stir memories during Name That Tune at Andahwod

NIKI HENRY

Photographer Journalist

Elders were moved by melodies and memories during the Feb. 13 Name That Tune

game which took place in the center circle of the Andahwod Continuing Care and Elder Services building.

Event host John Gerhard, training instructor for Human

Resources, split the 11 participants into two teams, the Hi Notes and the Richie Valens.

Tomarrah Green, elder community activities assistant, distributed snacks and beverages.

The competition commenced when Gerhard began sharing Doo Wop and love songs, some of which contestants correctly identified on the first note and some of which completely stumped them.

Throughout the game, many song titles were quickly identified, but participants were tripped up a bit trying to remember songs' artists. Despite this, members of both teams enjoyed the music, swaying and singing along while reminiscing about

where they were when they first heard the songs as well as what hair and clothes styles were in fashion back then.

The game drew to a close with Gerhard transitioning the music from the oldies and goodies to Johnny Cash and country to the delight of some of the elders.

Green tallied points, with team Richie Valens accumulating 100 points to team Hi Notes' total of 71.

Records were distributed as prizes to members of the winning team, and Gerhard closed the event by offering Valentine's Day chocolates to all participants.



Observer photo by Niki Henry

A large group of elders gathers each month in Andahwod's social area to enthusiastically participate in a game of Name That Tune, led by John Gerhard, training instructor for Human Resources (far right, back).

January Andahwod Employee of the Month

ANDAHWOD STAFF

Andahwod Continuing Care and Elder Services would like to congratulate Julie Pego for being its January Employee of the Month.

Pego is the case manager/assessment coordinator. She has been in this position since 2008.

Prior to working at Andahwod, Pego worked in the At-Large Department for nine years where she started as a health clerk before transferring to become case manager.

When asked what she enjoys most about working at Andahwod, Pego said, "I enjoy getting to know elders and their families. I also enjoy working

with our Andahwod staff. We have a great team! They work hard to bring the residents and elders in the community some great activities and events. Everyone here does their best for the elders, and I am proud to be a part of this team."

When growing up, Pego's grandparents, aunt, uncle and cousins lived in the Mount Pleasant area, so it was the highlight of her summer to visit them.

She said her grandpa was a baker and made the best pies.

Pego's grandpa and grandma both spoke Ojibwe fluently. She loved to visit them, but her family could only come once a year because they lived so many states away.



Courtesy of Andahwod

Julie Pego, case manager

Currently, Pego is pursuing her dream of obtaining a master's degree.

Andahwod wishes Pego good luck and encourages those who see her in the community to offer congratulations.

Andahwod residents and staff appreciate her hard work.

MARCH 2018 Tribal Elder Birthdays

- | | |
|---|---|
| 1 James Schneider | 14 Barbara Roy |
| 2 Randall Jackson, Janice Hill, Arthur Miller Jr. | 15 Alice Ricketts, Coy McCollum, Michael Watson |
| 3 Angela Bennett, Winona Hancock, David Joseph, Susan Pretzer, Barbara Walraven, William Walraven | 17 Merton Flory, Joseph Kowalski, Patrick Smith, Danny Stevens |
| 4 Elizabeth Cabay, James Gingerich, Phillip Nelson | 18 Marion Williams, Thomas Bates, Rhonda Dutton, Wanda Wallace |
| 5 Wanda Brodie, Nancy Chippewa, Gerald Slater, Kenneth Vasquez, Terri Cummings, Herbert Robinson Sr., Clifford Saboo Jr., Sandra Tabako | 19 Rita Redman, Janice Roach |
| 6 Jessie Glover, Diane Morley, William Burnham, J.D. Snowden | 20 Etta Ayling, Oliver Leaux Sr., Lawrence Verga Sr. |
| 7 Daniel Cloutier | 21 Marlene Jackson, Elaine Kraska |
| 8 Michelle Eddy, Timothy Stevens, Lorraine Walker | 22 Kim Ambs, Kim Aasved, Paige Vanderlooven |
| 9 Marsha Gibson, Theodore Kowalski, Robert Stanton, Russell Stevens | 23 Rickie Burnham, Harry Jackson, Lisa Zangara |
| 11 Jolene Quinlan, Clifton Chippewa II, Bernadine Reyes, Stephen Walraven, Dawn Ziehmer | 24 Larry Bearden, Joyce Sandell |
| 12 Lorna Kahgegab Call, Robert Williams, Julia Wixson | 25 Naomi Staggs, Joseph Chamberlain, Stella Falsetta, Constance Pallett |
| 13 Bernadine Gross, Sherry Bame | 26 Timothy Bennett, Clifford Chamberlain |
| 14 Linda Davis | 27 John Miller Sr. |
| | 28 Thelma Henry-Shipman, Dawn Hunt, Kelly Huyser |
| | 29 Brian Wray, Steven Moore, Craig Waynee |
| | 30 Janet Barnhart, Esther Chatfield |

March 2018 Andahwod events

Euchre and Potluck
Mondays | 6 p.m.

Elder Bean Bag League
Wednesdays | 4 p.m.

Language Bingo
March 1 | 1 p.m.

Bingo with Friends
March 12 | 1 p.m.

Name That Tune
March 13 | 3 p.m.

Elders Breakfast
March 14 & 28 | 9 a.m.

Saganing Day Trip
March 20 | Leaving at 9 a.m..
• Limited seating, must sign up.
• Returning about 3 p.m.

Budgeting Bingo
April 10 | 1:30 p.m.

***Activities and events are subject to change.*

For more information, please call 989.775.4300.

Friday Fish Fry
March 2, 9, 16, 23 | 4:30 - 6:30 p.m.

- Ages 13 & older: \$11
- Ages 12 & under: \$5
- Menu: Tossed salad, coleslaw, fresh baked bread and butter, green beans, vegetable medley, french fries, tater tots, hush puppies, fried cod, baked tilapia and assorted desserts.



MARCH 2018 | Tribal Community Event Planner

Families Against Narcotics Support Group

March 1 | 7 - 9 p.m.
 • Location: Tribal Operations Seniors Room
 • Contact: 989.775.4880

Love & Logic Parenting Classes

March 1, 8 | 10 a.m. - 12 p.m.
 • Location: Nimkee Memorial Wellness Center
 • Contact: 989.775.4616

Free Auricular (Ear) Acupuncture

March 1, 8, 15, 22, 29 | 4 - 6 p.m.
 • Location: Behavioral Health
 • Contact: 989.775.4895

March 7, 21 | 11:30 a.m. - 4 p.m.

• Location: Saganing Tribal Center
 • Contact: 989.775.4895 or 989.775.5810

Drums Out: Singing for Fun

March 1, 8, 15, 22, 29 | 6 - 8 p.m.
 • Location: Seventh Generation Blue House
 • Contact: 989.775.4780

Community Sewing Nights

March 1, 8, 15, 22, 29 | 5 - 8 p.m.
 • Location: Seventh Generation
 • Contact: 989.775.4780

Donnie Dowd: Traditional Healer

March 1 | 9 a.m. - 5:30 p.m.
 • Location: Behavioral Health
 • Call for an appointment: 989.775.4850

Traditional Sweat Lodge

March 2 | Teachings and fire lighting at 5 p.m.
 • Location: Behavioral Health
 • Contact: 989.775.4879

FAN Breakfast and Bake Sale Fundraiser

March 2 | 8:30 a.m. - 12:30 p.m.
 • Location: Eagles Nest Tribal Gym kitchen
 • Pancake, egg and sausage plates: \$6
 • All proceeds go to the Saginaw Chippewa/Isabella County chapter of Families Against Narcotics to pay for annual dues and upcoming forums.

Overdose Prevention & Response Training

March 6 | 11 a.m. - 1 p.m.
 • Location: 7th Generation
 • To register: 989.775.4824 or ShStevens@sagchip.org
 • Free training and overdose kits
 • Lunch & learn: Food will be provided.

Saginaw Chippewa Round Dance

March 9 | 6:30 p.m. - 12 a.m.
 March 10 | 4 p.m. - 3 a.m.
 • Location: Eagles Nest Tribal Gym
 • Contact: 989.775.4453

Town Hall Meeting with Tribal Council

March 10 | 11 a.m.
 • Location: Saganing Outreach Center
 • Contact: 989.775.4942

Annual Recreation Luau

March 13 | 6 - 8 p.m.
 • Location: Eagles Nest Tribal Gym
 • To register: 989.775.4121

Powwow Tune-Up

March 14, 15 | 5 - 8 p.m.
 • Location: Seventh Generation
 • Contact: 989.775.4780
 • Includes feather work, roach and/or regalia repairs
 • Cost depends on what work is needed.

Painting with Families

March 14 | 6 - 8 p.m.
 • Location: Eagles Nest Tribal Gym
 • To register: 989.775.4506
 • Open to first 75 to register

Families Against Narcotics Monthly Forum

March 15 | 7 - 9 p.m.
 • Location: Eagles Nest Tribal Gym
 • Contact: 989.775.4880

Menopause & Beyond

March 16 | 12 - 3 p.m.
 • Location: Nimkee Public Health Kitchen
 • Contact: 989.775.4654
 • Topics: cedar salve making and plant games
 • Presenters: Anita Heard and Debbie Peterson

The annual CMU "Celebrating Life" Powwow

March 17 | Grand entries: 1 & 7 p.m.
 March 18 | Grand entry: 12 p.m.
 • Location: McGuirk Arena, Central Michigan University

Documentary: "Chasing the Dragon"

March 19 | 6 - 8 p.m.
 • Location: SECR Entertainment Hall
 • Contact: 989.775.4818
 • Screening of documentary "Chasing the Dragon: The Life of an Opiate Addict"
 • Open to the public, not recommended for children

Lacrosse Ball Workshop

March 20, 21 | 6 - 8 p.m.
 • Location: Seventh Generation
 • To register: 989.775.4780
 • Class limited to first 15
 • Cost is \$20

MARCH 2018 | Tribal Community Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Sat./Sun.
<ul style="list-style-type: none"> ● SECR Payroll ● SCIT Per Capita ● SCIT Payroll ● Curbside Recycling ● Waste Collection* <p><small>*Bins must be curbside by 6:30 a.m.</small></p>		<p>March Minutes A Library Community Reading Challenge <i>Help us beat last year's grand total!</i> March 1-31, 2018 At the Saginaw Chippewa Tribal Libraries</p>	<p>1 Language Bingo Andahwod 1 p.m. Talking Circle 7th Generation 3 - 5 p.m. 12-Step Meditation Group B. Health 7 - 9 p.m.</p>	<p>2 Drop-in Group B. Health 11:30 a.m. - 1 p.m. Active Parenting Now ACFS 10:30 a.m. - 12 p.m. Fish Fry Andahwod 4:30 - 6:30 p.m.</p>	<p>3 New Spirit Support Group B. Health 4 - 6 p.m.</p>
<p>5 Drop-in Group B. Health 5 - 7 p.m. Women's Traditions Society B. Health 5 - 6:30 p.m. Euchre and Potluck Andahwod 6 - 8 p.m.</p>	<p>6 Ogitchedaw Meeting Seniors Room 6 p.m. Substance Abuse Meeting B. Health Lodge 5 - 7 p.m. Rez Rock Jam Sessions Tribal Gym 5:30 - 7 p.m.</p>	<p>7 Open Gym Tribal Gym 6 - 9 p.m. Traditional Teachings Saganing 11 a.m. SCA Family Reading Night SCA 5 - 7 p.m. Saganing Talking Circle Tribal Gym 5 - 6:30 p.m.</p>	<p>8 Anishinaabemowin Sacred Fire Lunch 7th Generation 12 - 1 p.m. Talking Circle 7th Generation 3 - 5 p.m. 12-Step Meditation Group B. Health 7 - 9 p.m.</p>	<p>9 Drop-in Group B. Health 11:30 a.m. - 1 p.m. Active Parenting Now ACFS 10:30 a.m. - 12 p.m. Fish Fry Andahwod 4:30 - 6:30 p.m.</p>	<p>10 Town Hall Meeting Saganing 11 a.m. 11 New Spirit Support Group B. Health 4 - 6 p.m.</p>
<p>12 Drop-in Group B. Health 5 - 7 p.m. Women's Traditions Society B. Health 5 - 6:30 p.m. Euchre and Potluck Andahwod 6 - 8 p.m. Bingo with Friends Andahwod 1 - 3 p.m.</p>	<p>13 Name that Tune Andahwod 3 - 4:30 p.m. Substance Abuse Meeting B. Health Lodge 5 - 7 p.m.</p>	<p>14 Elders Breakfast Andahwod 9 a.m. Open Gym Tribal Gym 6 - 9 p.m. Youth Council Meeting Tribal Ops 5 p.m. Pi Day Celebration SCTC 12:15 - 1:15 p.m.</p>	<p>15 Tribal Observer Deadline 5 p.m. Talking Circle 7th Generation 3 - 5 p.m. 12-Step Meditation Group B. Health 7 - 9 p.m. SCA Spelling Bee SCA 2 - 3:30 p.m.</p>	<p>16 Drop-in Group B. Health 11:30 a.m. - 1 p.m. Active Parenting Now ACFS 10:30 a.m. - 12 p.m. Fish Fry Andahwod 4:30 - 6:30 p.m.</p>	<p>17 New Spirit Support Group B. Health 4 - 6 p.m. 18 New Spirit Support Group B. Health 4 - 6 p.m.</p>
<p>19 Drop-in Group B. Health 5 - 7 p.m. Women's Traditions Society B. Health 5 - 6:30 p.m. Euchre and Potluck Andahwod 6 - 8 p.m.</p>	<p>20 Elders Day Trip Saganing 9 a.m. - 3 p.m. Bingo with Friends Saganing 10:30 a.m. - 2 p.m. Substance Abuse Meeting B. Health Lodge 5 - 7 p.m. Rez Rock Jam Sessions Tribal Gym 5:30 - 7 p.m.</p>	<p>21 Tribal Education Advisory Meeting 9 a.m. Open Gym Tribal Gym 6 - 9 p.m. Saganing Talking Circle Tribal Gym 5 - 6:30 p.m.</p>	<p>22 Talking Circle 7th Generation 3 - 5 p.m. 12-Step Meditation Group B. Health 7 - 9 p.m. Anishinaabemowin Sacred Fire Lunch 7th Generation 12 - 1 p.m. SCA Science Fair SCA 5 - 8 p.m.</p>	<p>23 Drop-in Group B. Health 11:30 a.m. - 1 p.m. Friday Fish Fry Andahwod 4:30 - 6:30 p.m.</p>	<p>24 New Spirit Support Group B. Health 4 - 6 p.m. 25 New Spirit Support Group B. Health 4 - 6 p.m.</p>
<p>26 Drop-in Group B. Health 5 - 7 p.m. Women's Traditions Society B. Health 5 - 6:30 p.m. Euchre and Potluck Andahwod 6 - 8 p.m.</p>	<p>27 Substance Abuse Meeting B. Health Lodge 5 - 7 p.m. Rez Rock Jam Sessions Tribal Gym 5:30 - 7 p.m.</p>	<p>28 Elders Breakfast Andahwod 9 a.m. Open Gym Tribal Gym 6 - 9 p.m. Youth Council Meeting Tribal Ops 5 p.m.</p>	<p>29 Talking Circle 7th Generation 3 - 5 p.m. 12-Step Meditation Group B. Health 7 - 9 p.m.</p>	<p>30 Drop-in Group B. Health 11:30 a.m. - 1 p.m. Friday Fish Fry Andahwod 4:30 - 6:30 p.m.</p>	<p>31</p>



Tribal Observer Classifieds

To place your ad, call the Tribal Observer at 989-775-4010, Email observer@sagchip.org, visit our office in Tribal Operations or mail to Tribal Observer, Attn.: Classified, 7070 E. Broadway, Mt. Pleasant, MI 48858. Please have all submissions and payment in by deadline. Classified rates are \$10 for 15 words or less and 75 cents per additional word. Any thumbnail image costs an additional \$15. **Apply to job postings online at www.sagchip.org. * Job postings are subject to change daily.**

100 Employment	125 Miigwetch
105 Lost and Found	130 Services
110 For Rent	135 Events
115 For Sale	140 Giveaways
120 Announcements	145 Miscellaneous

100 Employment

Tribal Operations

Clerical Pool

Open to the public. Must be at least 18 years of age and possess a high school diploma or equivalent. Clerical experience is preferred. Applicants must have a telephone contact number and be available on short notice for short-term employment. Level of knowledge and skills requirements vary by placement.

Primary Language Immersion Specialist

Open to the public. High School Diploma or GED. Bachelor's degree in education or related field preferred. Must be a fluent Anishinaabe speaker. Must possess specialized unique skills which include a high level of demonstrated fluency, knowledge of age-appropriate teaching techniques and a clear understanding of immersion philosophy and language acquisition. Five years teaching Anishinaabemowin, with one year in an early childhood setting. Excellent communication and group leadership skills. Proficient with Microsoft Office programs preferred.

Secondary Language Immersion Specialist

Open to the public. High school diploma or GED. Associate degree preferred. Must be a fluent Anishinaabe speaker. Two years teaching Anishinaabemowin. Early childhood teaching experience preferred. Excellent communication and group leadership skills. Proficient with Microsoft Office programs preferred. Must pass background check and meet the employment eligibility requirements as they pertain to the position. Under the supervision of Anishinaabe Language Revitalization director, assist the classroom teacher in setting up and maintaining an inviting learning environment.

Resident Care Manager

Open to the public. Must be a R.N. Bachelor's degree in nursing preferred. Three years long-term care experience. One year in a supervisory capacity. Experience and knowledge of services to assisted living services, adult foster care services and homes for the elderly. Must be able to effectively communicate with residents and all members of the health care team. State of Michigan Registered Nurse License. BLS

Certification. Must pass background check and meet the employment eligibility requirements as they pertain to the position. Must be able to obtain HIPAA certification within five business days from date of hire.

Dental Assistant

Open to the public. High school diploma or equivalent. Graduate of an accredited Dental Assisting Program or two years of dental assisting experience. An equivalent combination of education and directly related experience may be considered. Certification to expose dental radiographs. Ability to obtain HIPAA certification, blood borne pathogens certification, BLS certification and safety training within 30 days of hire. Must pass background check and meet the employment eligibility requirements as they pertain to the position.

General Labor Pool

Open to the public. Must be at least 18 years of age and possess a high school diploma or equivalent. Must be physically fit and be able to perform manual labor. Applicants must have a telephone contact number and be available on short notice for short-term employment. May also be required to have a valid Michigan driver license.

Elder Community Activities Assistant

Open to the public. Must have a high school diploma or GED. Six months working with elders or activity planning. Event planning experience. Must be able to effectively communicate with residents, elders and community members and have good computer skills. Must pass background check and meet the employment eligibility requirements as they pertain to the position. CPR/AED certification. Must be able to obtain HIPAA certification within five business days from date of hire. Must have a valid Michigan driver's license and must be able to obtain and maintain a Tribal driver's license and qualify for coverage by SCIT auto liability insurance carrier.

Paraprofessional

Open to the public. Must have a high school diploma or GED. Must pass a state or local exam (i.e. basic skills test of Michigan for teacher certification or ETS ParaPro Assessment) or complete at least two years of study at an institution of higher education (60 semester hours) or associate degree. Two years experience working with children in a school setting preferred.

Knowledge of and experience with Ojibwe language preferred. Excellent computer skills. Must pass background check and meet the employment eligibility requirements as they pertain to the position. CPR and first aid certification within three months of hire.

Journeyman Lineman

Open to the public. Must have a high school diploma or GED and Michigan Journeyman Lineman license. Two years lineman experience preferred. Michigan Commercial Driver's License (CDL). Backhoe operation experience preferred. Must be able to obtain and maintain a Tribal driver's license and qualify for coverage by SCIT auto liability insurance carrier.

Elementary Teacher

Open to the public. Must have a high school diploma or GED. Bachelor's degree in education or related field. Master's degree preferred. Experience with current assessment requirements and federal and state standards. Two years teaching experience preferred. Preference will be given to those with proficiency in speaking the Ojibwe language. Experience working with Native students and communities preferred. Excellent oral and written communications skills. Must pass background check and meet the employment eligibility requirements as they pertain to the position. License, certification, or special requirements: Must have a valid State of Michigan teaching certificate. Must be able to obtain CPR and first aid certification within probationary period.

Human Resources Director

Open to the public. Bachelor's degree in human resources, business or related field. Ten years experience in human resource management. Three years in a supervisory capacity. Master's degree preferred. Must have an in-depth background in developing, implementing and managing HR programs, benefit contract negotiations, compensation programs. Familiarity with governmental regulations and complex organizational structures as well as training and development. Gaming industry experience preferred. Human Resources Certification (CCP, CEBS, SHRM-CP, SHRM-SCP, THRP) preferred. Ability to obtain HIPAA training and certification within probationary period.

Prosecutor

Open to the public. Juris Doctorate from an ABA

accredited law school. Experience as a practicing attorney. Familiarity with federal Indian law preferred. Member of a State Bar Association and in good standing. Experience in prosecuting criminal cases. Experience with juvenile welfare cases. Experience with Tribal code, federal law, state law and court procedure. Advanced computer skills and strong communication skills. Must pass background check and meet the employment eligibility requirements as they pertain to the position.

SCTC Tutor Mathematics

Open to the public. At least 60 completed credits towards a college degree in mathematics or significant course work towards a degree emphasizing mathematical skills. A completed degree in mathematics or related field is preferred. Tutor for students attending Tribal College with an emphasis on tutoring mathematics, subjects ranging from basic mathematic skills through calculus and statistics.

Resident Service Aide

Open to the public. Must have a high school diploma or GED. Experience with older adults preferred. Must pass background check and meet the employment eligibility requirements as they pertain to the position. Successful completion of SERVSAFE class. Must be able to obtain HIPAA certification within five business days from date of hire.

Purchased Referred Care Clerk

Open to the public. Must have a high school diploma or GED. Two years of medical office experience. Experience with insurance carriers. Good written and communication skills. Proficient with Microsoft Office Suite of software. Ability to obtain HIPAA certification, blood borne pathogens certification, and safety training within 30 days of hire.

Certified Nursing Assistant

Open to the public. Must have a high school diploma or GED. Certified nursing assistant. One year nursing experience. Experience with older adults preferred. Must be able to effectively communicate with residents and all members of the health care team and have good computer skills. State of Michigan Certified Nursing Assistant. Must be able to obtain HIPAA certification within five business days from date of hire. BLS certification.

SECR

Inventory Control Warehouse PT

Tribal Members only. High school diploma or equivalent. One year receiving or warehouse experience working with warehouse equipment. Experience with operating warehouse equipment including forklifts and riding cleaning machines. Must be experienced on stand up or sit-down fork lift or must be able to be certified within 90 days of hire/transfer. Must have a valid Michigan driver's license and must be able to obtain and maintain a Tribal driver's license and qualify for coverage by SCIT auto liability insurance carrier.

Floor/Upholstery Cleaner

Open to the public. High school diploma or GED. Must be at least 18 years of age. Two years of carpet and upholstery cleaning experience. Must pass background check and meet the employment eligibility requirements as they pertain to the position.

Line Server PT

Open to the public. Must be at least 18 years of age. Must have a high school diploma or GED. Must be able to work weekends, holidays and graveyard shifts. Must pass background check and meet the employment eligibility requirements as they pertain to the position.

Server Assistant PT

Open to the public. Must have a high school diploma or GED. Must be at least 18 years of age. Must pass background check and meet the employment eligibility requirements as they pertain to the position.

Massage Therapist

Open to the public. Must have a high school diploma or GED. Must be at least 18 years of age. Michigan massage certification with 600 total hours required for massage certification. One year experience preferred. Must be able to work days, nights, weekends and holidays.

Inventory Control Warehouse PT

Open to the public. Must have a high school diploma or GED. One year receiving or warehouse experience working with warehouse equipment. Experience with operating warehouse equipment including forklifts and riding cleaning machines. Must be experienced on stand-up or sit-down fork lift or must be able to be certified within 90 days of hire/transfer. Must have a valid Michigan driver's license and must be able to obtain and maintain a Tribal driver's license.

Kitchen Equipment Worker

Open to the public. Three years of experience in commercial food equipment repair. Must have a current Universal Refrigerant Certification and must be able to maintain it.

Key Booth Attendant PT

Open to the public. Must have a high school diploma or GED. One year hospitality or customer service experience. Must be able to work all shifts including weekends.

Waitstaff PT

Open to the public. Must have a high school diploma or GED. Restaurant server experience preferred. Must pass background check and meet the employment eligibility requirements as they pertain to the position.

Laundry Supervisor

Open to the public. Must have a high school diploma or GED. Two years of hotel housekeeping or laundry experience. Associate degree in hospitality, business administration or related field or earned 48 college credit hours preferred. Must have basic computer skills and be able to type 30 wpm.

Cosmetologist PT

Open to the public. Must have a high school diploma or GED. One year of experience preferred. State of Michigan license in cosmetology, must have 1600 training hours followed by completion of state license with two-year renewal required. Must be able to work days, nights, weekends and holidays.

Guest Room Attendant PT

Open to the public. Must have a high school diploma or GED. Three months of housekeeping experience preferred. Must be able to pass background check to meet the employment eligibility requirements as they pertain to the position.

SELC & Saganing

Line Cook PT

Open to the public. Must be 18 years of age with a high school diploma or equivalent. One year of restaurant cooking experience with increasing levels of responsibility. Must pass background check and meet the employment eligibility requirements as they pertain to the position.

Maintenance Worker PT

Open to the public. Must be 18 years of age with a high school diploma or equivalent. One year custodial and maintenance experience. Experience with plumbing and carpentry.



Wear Red Fit and Fashion Show raises awareness for healthy hearts

NATALIE SHATTUCK

Editor

Every 30 seconds, someone dies from heart disease or stroke – that is equivalent to 2,880 people each day.

This alarming fact was one of many presented during the Feb. 13 Wear Red Fit and Fashion Show event.

That Tuesday evening, guests wearing red attire occupied the Soaring Eagle Casino & Resort ballrooms from 5:30 to 8 p.m.

Brandon Schultz, health educator for the Nimkee Memorial Wellness Center, provided heart statistics to commence the evening.

“Eighty percent of deaths due to heart disease are preventable,” Schultz said.

The Nimkee Memorial Wellness Center coordinated the event, made possible by the REACH Journey to Wellness grant, to promote heart disease and stroke awareness.

“Tonight we bring the community together to share a meal in celebration of our commitment to preventing heart disease in our daily lives and leave energized to lower our risk through prevention practices,” Schultz said.

A nourishing buffet-style dinner was served at 6 p.m.,



Observer photo by Natalie Shattuck

Ashawnee Sprague (back) and family walk together in the Wear Red Fit and Fashion Show for healthy heart awareness.

and, shortly after 7 p.m., informational presentations began.

Health education was provided by Central Michigan University’s College of Medicine.

Second year medical students George Matar, CCRP, and Merna Abdou shared information about heart disease and strokes.

Abdou said in “regards to a stroke, there’s treatment if you act FAST:”

F-Face, does it look even?

A-Arm, is one arm hanging down?

S-Speech, is it slurred?
T-Time, call 911 now!

The most common signs of heart attack for men include discomfort or tingling in the arms, back, neck, shoulder or jaw; chest pain; and shortness of breath, Abdou said.

The most common signs of heart attack for women include sudden dizziness, a heartburn-like feeling, cold sweat, unusual tiredness and nausea or vomiting, she said.

“Two out of three people with diabetes die of heart disease or stroke,” Matar said. “If you have diabetes, you are two to four times more likely to have heart disease or a stroke than if you do not have diabetes. Also, smoking doubles the risk of heart disease in people with diabetes.”

Reports show Native Americans are twice as likely to have a stroke as non-Natives.

“Forty percent of Natives who have heart disease end up dying from the disease,” Matar said.

“Only 50 percent of men (experience) symptoms of a heart attack,” Matar said. “And, 65 percent of women do not have symptoms... Also, 70

percent of the population does not know the signs or symptoms of a heart attack.”

Abdou discussed fitness and how it can lead to a healthy heart.

She asked the audience if the same amount of calories are burned by walking one hour as they are from running one hour. Some audience members were surprised to find that the answer is yes; the same amount of calories are burned.

Matar presented diet and nutrition tips. He suggested starting simple by adding one serving of fruit and vegetables to daily meals, eventually working to five servings daily.

All in attendance received heart-shaped stress balls marked with the College of Medicine’s logo.

Sharon Peters, administrative assistant for Nimkee Fitness, presented information about the fitness center and the aquatic exercises available at the Soaring Eagle Casino & Resort for Tribal elders, all before kicking off the red fashion show by 7:30 p.m.

When each model entered the stage, Schultz provided information about what or who they were walking the runway for and what activities they are involved in that help promote a healthy heart.



Observer photo by Natalie Shattuck

Kyla Kingbird walks the Feb. 13 runway for her great-grandparents. She stays healthy by eating fruits and vegetables and playing.

“The healthy heart runway allows attendees of all ages to walk in honor of someone that has been affected by the disease,” Schultz said. “One youth, Tahlia Alonzo, walked ‘in honor of her great grandfather’ and shared she raises awareness for heart disease ‘by raising money participating in Jump Rope for Heart at her school.’”

The event was made possible by Nimkee Public Health, Soaring Eagle Casino & Resort, REACH Grant, Nimkee Fitness and IT Support.



Observer photo by Natalie Shattuck

Avi Gomez walks the runway in the Soaring Eagle Casino & Resort ballrooms in honor of her sister, Mari.



Observer photo by Natalie Shattuck

Ashlynn (left) and Mingan Merrill (right) sport their red and walk the runway for their great-grandparents. They both eat healthy and stay active.



Observer photo by Natalie Shattuck

Second year medical students at Central Michigan University’s College of Medicine, George Matar (left) and Merna Abdou (right) present heart disease and stroke information.



Observer photo by Natalie Shattuck

Tahlia Alonzo walks for her great-grandfather, and she stays active in sports and dance.



Observer photo by Natalie Shattuck

Sharon Peters, administrative assistant for the Nimkee Fitness Center, discusses the benefits of the aquatic class offered for Tribal elders.



Observer photo by Natalie Shattuck

Born with a heart condition herself, Marialena Gomez walks the runway to raise awareness for heart health.



Observer photo by Natalie Shattuck

Brandon Schultz, event emcee and health educator for the Nimkee Memorial Wellness Center, greets the guests before the 6 p.m. nourishing dinner.



Observer photo by Natalie Shattuck

Ava Rose Leureaux poses in her red attire on the runway during that Tuesday evening.



Observer photo by Natalie Shattuck

Emma Henry-Stevens walks the runway for her great granddad, and she stays active in sports and with jingle dress dancing.