



## MNIDOO GIIZOONHS GIIZIS (LITTLE SPIRIT MOON)

Saginaw Chippewa Housing Department

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### What is important during the holidays?

When I think about Christmas I picture beautiful, white snow, the smell of cedar and fir trees, baking cookies and decorating gingerbread houses. My favorite time when I was young was pulling out the Christmas box out the closet and decorating. I would put Destiny's Child's "Opera of the Bells" on blast and get in the spirit. The holidays remind me of family, togetherness, and my love for everyone. My family always gets together for an early dinner; potluck style.

We tend to get stuck on the commercialized side of Christmas. I know I have in the past, thinking I have to (somehow) afford a gift for every single person I know. Thinking if I don't get someone a gift that they think I don't care about them! Ugh, the stress that can add to a person's life is unnecessary. The holidays aren't about material gifts and what you can GIVE or GET. They should be about spending time with family, friends, giving your time and energy; is priceless!

That is the best gift I think you could give, honestly. Time is the most valuable thing we own today. We are always looking for ways to have more time for things.

Another thing I loved doing when my kids were small is having them make homemade gifts. Crafts, DIY projects, anything with their photo, handprints, footprints, or their artwork is always a priceless gift to give to grand-

serve the innocence by gifting crafts! Or simply baking with your kids too. Bake a big batch of cookies, brownies, M & M wreath no bake cookies, or pumpkin cookies can never go wrong as a gift either.

I also know with the holidays coming up it can be a hard time for some as well; myself included. Sometimes I would rather curl in a ball and cry. But try and focus on the good memories, knowing that



parents, aunties, uncles, cousins, etc. They won't stay small forever, so why not pre-

they would want you to live life and be happy.

### Learn Ojibwe

- \* December **Mnidoos Giizoonhs Giizis (Little Spirit Moon)**
- \* Winter **Bboon**
- \* Christmas **Niibaa-namaang**
- \* Merry Christmas **Mno**

- \* Niibaanaamaang
- \* Happy New Year **Mno Nimkodaading**
- \* Snow **Goon**
- \* Snowman **Goon-nini**
- \* (Christmas) Cookies **Pkwejigaanhsak**

- \* Let's Celebrate Christmas **Mnaajtooda Niibaa-namaang**
- \* Decoration **Segaajigan**
- \* Present **Shkabjigaanhs**

### M'no D'bilish-kaan!

- **Keaton Saxton,**  
12/1
- **Isaiah Rodriguez,**  
12/7
- **Ramsay Arbogast,**  
12/12
- **Christina Cross,**  
12/15
- **Jeydan Arbogast,**  
12/16
- **Randall Rantanen,**  
12/28
- **Rian Fleming,**  
12/30
- **Joseph Jr Szabo,**  
12/30

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**We're on the Web!**  
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**StrongHearts Native Helpline 1-844-7NATIVE (762-8483)** is a safe, anonymous, and confidential domestic and sexual violence helpline for Native Americans and Alaska Natives, offering culturally-appropriate support and advocacy.

**StrongHearts** advocates offer the following services at no cost:

- peer support and advocacy
- information and education about domestic violence and sexual violence
- personalized safety planning
- crisis intervention
- referrals to Native-centered domestic violence and sexual violence service providers
- basic information about health options
- support finding a local health facility or crisis center trained in the care of survivors of sexual assault and forensic exams
- *general information about jurisdiction and legal advocacy referrals*

## No Bake M&M Wreaths

### LIST OF INGREDIENTS:

- 1 1/2 cups cornflakes
- 1 1/2 cups graham cereal
- 1/4 cup salted peanuts, chopped
- 1/4 cup raisins, chopped
- 1 stick unsalted butter
- 1/3 cup packed light brown sugar 1/4 cup light corn syrup
- 2 tablespoons heavy cream
- 1/4 teaspoon kosher salt
- 1 cup mini marshmallows
- 8 to 10 drops green gel food coloring
- Red and green mini M&M'S, for decorating

**1.** Line a baking sheet with parchment paper. Combine the cereals in a bag and roughly

crush into small pieces with a rolling pin. Pour into a large bowl, add the peanuts and raisins and toss.

**2.** Combine the butter, brown sugar, corn syrup, heavy cream and salt in a saucepan. Bring to a simmer over medium-low heat, stirring, until the caramel darkens a shade and releases from the sides of the pan when stirred, 4 to 7 minutes. Remove from the heat. When the caramel stops bubbling, stir in the marshmallows and food coloring. Add to the cereal mixture and stir.

**3.** Working quickly, drop 1/4-cup mounds of the mixture onto the baking sheet. Let cool slightly, then press each into a wreath shape while still warm and press mini M&M'S onto each. Let stand until set, about 1 hour.

