

February 1, 2013 VOLUME 24 ISSUE 2
Makwa-Giizis (Bear Moon)

\$1.00

TRIBAL OBSERVER

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

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SCIT Draws in Community Support with Idle No More Flash Mob Round Dance

CARRIE GARCIA
Interim Editor

Streets located in downtown Mt. Pleasant were quiet as the only sound was of cars passing while people walked up and down the sidewalks doing their regular routines. No one seemed to know that soon approximately several hundred people would soon be taking part in a historical movement of the Idle No More Flash Mob Round Dance. On Jan. 11, hand drummers were ready and the strong beats of the drum were played as supporters circled them with signs and danced in the intersection of Main Street and East Broadway.

Curious bystanders took out their cameras and recorded what was going on. Even during the march from the intersection to the front of Central Michigan University, college students living in fraternity and sorority houses up and down Main Street watched from their windows and porches. Some even

approached and asked what Idle No More is.

The non-violent grassroots movement began with four ladies, Nina Wilson, Sylvia McAdam, Jessica Gordon and Sheelah McLean. The purpose of the group is for indigenous sovereignty, rights and respect for the treaties of the people.

An ominous bill called C-45 also known as the "Jobs and Growth Act, 2012" is a 457 page bill that was introduced by Prime Minister of Canada, Stephen Harper on Oct. 18.

The bill was passed and it caused changes in the Indian Act by making it now easier for First Nation communities to lease their designated reserve lands. Many acts such as the Canadian Environmental Act were changed under C-45. Under the Navigation Protection Act, major pipeline and power line advocates are not required to prove their project will not damage or destroy a navigable waterway it crosses unless the waterway is on a list prepared by



Observer photo by Carrie Garcia

SCIT shows their support with the non-violent Idle No More Movement in Mt. Pleasant.

the transportation minister.

The bill changed how the Fisheries Act would work. Under the old act, it states that no person shall carry on any work or undertaking that results in the harmful alteration or destruction of fish habitat and under the new law it will provide that no person shall carry on any work undertaking

or activity that results in a serious harm to fish that are part of a commercial, recreational or Aboriginal fishery or the fish that support such a fishery. This means that the only fish that are protected are only commercial, recreational or used in Aboriginal fisheries but not the habitat.

Flash Mob Continued on Page 3

Tribal Council is Seeking Tribal Member for Project

CARRIE GARCIA
Interim Editor

Tribal Council is preparing to receive all interested Tribal Member proposals for Project Management and Oversight to an important community investment. The proposed project facility must include, the combined services of our

Saginaw Chippewa Academy (currently grades pre-kindergarten to sixth grade), the Anishinaabe Language Revitalization project (which provides immersion language acquisition to students age eighteen months to five years), and a recreational facility that provides healthy diversion opportunities for our community. Council is seeking a Tribal Member who has

proven Project Management experience and can demonstrate the key components necessary to complete this important project on time and within a developed budget.

The project includes constructing a new building that will house the Saginaw Chippewa Academy, the Immersion Program and also a recreational facility.

Students will be able

to have their gym classes at the building instead of being bussed to the tribal gym. The facility will also allow students to not be far from where their afterschool program will be located at. It will also allow other healthy diversion classes and activities to happen for the community and host numerous community events.

Project Continued on Page 8

Saginaw Chippewa Indian Tribe of Michigan

COMMUNITY MEETING

SATURDAY, FEBRUARY 2, 2013

DOORS WILL OPEN AT 9 A.M. MEETING WILL START PROMPTLY AT 10 A.M. AND END AT 2 P.M.
BREAKFAST WILL BE SERVED
MEETING TO BE HELD AT THE

SOARING EAGLE CASINO ENTERTAINMENT HALL

MOUNT PLEASANT, MI

PLEASE PLAN TO ATTEND THIS IMPORTANT MEETING

Tribal Members of all districts 14 Years or Older ONLY
Tribal I.D. is required for entry.



Frank Alberts

May 5, 1926 - January 9, 2013

Frank Alberts of Oscoda passed away January 9, 2013 at Andahwod Continuing Care in Mt. Pleasant at 86 years of age.



He was born May 5, 1926 to Whitney and Beatrice (nee Nahgahgwon) Alberts. He is survived by one brother, John Alberts along with three step-daughters, Deanne Harjo, Sheri Ann Hill and Roni Lee Hearn. He is preceded in death by his wife, Ann and siblings, Hazel Wesley, Susan Nahgahgwon, William D. Alberts, Wilmer C. Alberts and Francis Alberts.

Frank enjoyed woodcarving and attended state wide Powwow's. He was a WWII Army Veteran and a member of the Oscoda Indian Mission Church and the Saginaw Chippewa Indian Tribe of Michigan.

Funeral services were held at noon on Saturday, January 12, 2013 at the Oscoda Indian Mission Church, 7994 Alvin Road, Oscoda, Michigan. The family received friends Friday from 3-9 p.m. at the Oscoda Chapel of the Buresh Funeral Home, 212 W. River Road in Oscoda. The interment was held at the Indian Mission Cemetery with Reverend Bri Desotell officiating. Memorials suggested to the church. Those wishing to offer words of sympathy may do so at www.buresh-funeralhomes.com.

WASTE MANAGEMENT VERIFICATION



The Planning Department of the Saginaw Chippewa Indian Tribe is requesting a verification/proof of your residential address. We are attempting to update our database. We will be making some adjustments to our Waste Management Program and want to make sure our members are receiving the full benefit.

To continue your Waste Management Service at your residence this verification must be received in our office no later than February 15, 2013 at 5 p.m.

If we do not receive your verification then your Waste Management service at this address will be discontinued until we receive the necessary verification.

All residents with this service will be getting a letter with the verification form on the reverse side. Please fill out the form and return it to the Planning Department at 7070 E Broadway Mt Pleasant MI 48858.

If You Have Any Questions please feel free to contact us at:

989-775-4014

ATTENTION TEENAGERS

Nimkee Health is asking for all of the teenagers that are registered patients with the clinic to come in for their flu shots. For each teenager that comes in will receive a free movie pass to Celebration Cinema. No appointment is necessary. Stop in from 8 a.m. to 4:15 p.m. and go to the front desk and sign in for the lab. They will give you a flu vaccination.

Parental Permission is Required Before Coming In To Nimkee Health



For More Questions Please Call

Twila Schrot at 989-775-4607
Or Sue Sowmick 989-775-4699

NOTICE:

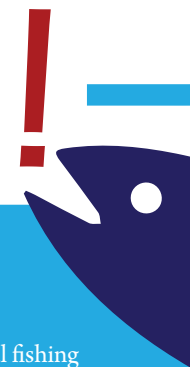
TRIBAL MEMBERS

As of December 12, 2012,

Tribal members will not be eligible for a Tribal loan if they are incarcerated as a result of a criminal conviction at the time a loan application is submitted.

If you have any questions
PLEASE CONTACT:
Tribal Accounting Department

ATTENTION Ice Fishers:



Make Sure to Follow
Safety Guidelines
When Fishing on Grewe's Lake.

Only those who have purchased a tribal fishing license are allowed to ice fish. Fishing licenses can be purchased at the Planning Department.

The RV Park is closed for the season and those who fish on the lake are responsible for their own safety. We will only permit ice fishing from dawn to dusk and all fishers will be required to check in at the Soaring Eagle Waterpark and Hotel front desk and show their valid fishing license.

If You Have Any Questions
or Need Any More Information
Please call the front desk at 989-817-4800.

Indian Child Welfare Committee Vacancy

The Indian Child Welfare Committee (ICWC) has been established to provide community input on the welfare of children of the Tribe. They make recommendations to the Tribal Court regarding termination of parental rights, guardianships, adoptions, and the appropriate disposition of any minor in need of care. The ICWC also license foster homes and child care centers. The ICWC meets twice a month with special and emergency meetings occurring on occasion.

There is Currently One Vacancy

Letters of interest must be submitted to Anishnaabeg Child & Family Services by February 28, 2013. Please include your contact information and a brief statement about why you would like to be on the ICWC in your letter.

Please Feel Free to Contact:

Angela M. Gonzalez
989-775-4906 for more information.

Send Letter of Interest to:

Anishnaabeg Child & Family Services
7070 E Broadway Rd
Mount Pleasant, MI 48858

The Elder ADVISORY BOARD For District One

Is Announcing a Vacancy for the Board Term Ending June 2013.

At the December meeting Cynthia Quigno announced her resignation of a three year seat ending this year. The vacancy is for a voting member of the E.A.B.

All SCIT members 50 years of age or older residing in District 1 are eligible for the seat.

Interested Members	Meetings Occur
Must submit a letter of interest to the Elder Programs at Andahwod by Friday March 1, 2013.	The second and fourth Wednesday of each month from 1:30 to 3:30 p.m.

2013 SCIT Golf Memberships

Now Available for Purchase!
Gift Certificates Available for Holiday Gift Giving

ONLY 175 AVAILABLE
\$300 Per Membership

Unlimited Use (Only Pay Cart Fee)
Pro Shop Discounts
Good For League Use

Memberships Good at Five Golf Courses
(Hidden Oaks, Wabooz Run, Maple Creek, The Pines, Pleasant Hills)

Available For Immediate Purchase By:

All SCIT Tribal Members & Family Members
All Tribal Enterprise Employees & Family Members

*Limit of 175 memberships to be sold; first come-first served.

Buy 1 SUB Get the Second 1/2 Off

(Of Equal or Lesser Value)

With Coupon Only/Limit One (1) per Customer
Expires 2/28/2013.
Not valid with any other discounts or offers.
Mt. Pleasant Location Only - 2428 S. Leaton - 775-5803

25% Off

Any Gift Item



CARDINAL PHARMACY

NOT VALID ON SALE ITEMS
Expires 2/1/13 - 2/28/13

2410 S. Leaton Rd., Mt. Pleasant, MI - 989-317-3700

Sagamok Shell

16 oz coffee and a donut for \$1.99 plus tax.

With Coupon Only
Limit One (1) per Customer - **Expires 2/28/2013**
Mt. Pleasant Location Only - 2428 S. Leaton - 775-5803

ANISHNAABEG Child & Family Services

Is Currently Recruiting:

Primary Foster Care Homes
Emergency Foster Care Homes
Respite Care Homes

If You Are Interested In Opening Your Home To A Child In Need Or Would Like More Information

Please Contact:

Angela M. Gonzalez
7070 E. Broadway
Mt. Pleasant, MI 48858

989.775.4906
AngGonzalez@sagchip.org





Flash Mob Continued from Front Page



Observer photo by Carrie Garcia

Supporters of Idle No More marched through downtown Mt. Pleasant and ended on the campus of CMU.

Attawapiskat Chief Teresa Spence was so appalled by the decision of Stephen Harper on the bill that she started a hunger strike Dec. 11. Living on water and broth she hopes that by doing this will cause stir up on how much this bill affects the Aboriginal people in Canada.

The support of Idle No More has been seen all over the world including Australia, France, South Korea, Alaska, Minnesota, Illinois, Colombia, Chile, Puerto Rico and many more.

On the same day that SCIT had their Flash Mob Round Dance was the same day that Canadian Tribal leaders and Canadian government leaders would sit down and talk about the bill. According to the National Post, over 3000 people gathered outside of the building where the meeting was being held on Parliament Hill, "chanting, drumming and waving makeshift banners."

The Mt. Pleasant tribal community stands behind the Aboriginal people by having a Flash Mob Round Dance.

Nathan Isaac announced on a megaphone that it was great for everyone to gather to show their support for Idle No More. Isaac along with others in the tribal community participated in numerous Flash Mob Round Dances for Idle No More including ones in New York at Times Square and in Chicago.

"We are here to represent our relatives in Canada and we are showing that no borders deny our people," Isaac said. "What is going on doesn't affect just the Native or indigenous population it affects everyone. What we are doing today is standing and standing together because all of the tribal nations across Canada and the U.S. have taken a stand to stand up and protect Mother Earth for a long time. It felt like our spirits were asleep. They were, with everything that we went through generations through generations have caused our people to not forget what our responsibilities are to Mother Earth. We did not have the strength to stand up for it. As a lot of you have seen on the internet and social media our people are no longer weak but strong and we are all standing together today."

Isaac also mentioned that the overwhelming support of the Flash Mob Round Dances is though

the help of media and social websites such as YouTube and Facebook.

"We talk about 2012 and 2013 and people talk about an awaking of a new spirit," Isaac said. "I think that this pretty evident on what is going on across Turtle Island and what is happening here today. Our treaty rights protect Mother Earth. We know that but a lot of people do not know that and that is why we are here today to stand up for those rights and as caretakers of Mother Earth. That is what we were instructed to do and that is what we are doing today."

Steve Pego, Tribal Council Chaplin is hoping that people understand more about Idle No More and that the changing of the Canadian Environmental Acts will affect the environment greatly.

"We call the lakes and the rivers the veins of Mother Earth," Pego said. "The chemicals companies are using will affect everyone. We believe that it will come down into our Great Lakes and fresh water. We are concerned about that and the air and the future existence of our children. It is important to let everyone know not just our Anishinabe people but every nation to make aware that we should take care of Mother Earth. I am worried for our children and great grandchildren."

Response for the Flash Mob Round Dance proved to be successful.

"To me it is solidary that as natives in this part of Turtle Island that it has gone in a chain reaction across Turtle Island and it kind of came from us and it just kept on going," Pego said. "The word went out and it was powerful and I think the Creator Gichi Manidoo is making awareness to listen to the Earth people to start taking care of it." The event was posted on Facebook and on the Mt. Pleasant city website. SCIT Tribal Council approved resolution 13-043. In the resolution it states that SCIT supports the Canadian First Nations and the ongoing struggle to meet with Prime Minister Stephen Harper to oppose damaging legislation and to successfully advocate for their sovereign rights.

For more information on Idle No More visit Idlenomore.ca or on twitter #Idlenomore.



Happy Birthday!
Vanessa Sprague
Love Mom
❤️



Happy 9th Birthday
Ayiana Sprague
February 19
Love, Mom & Brothers



Happy Birthday!
Carol Ann
Love,
Grandpa & Grandma,
& Sis



Happy Belated Birthday!
Sandile
Love,
Grandpa & Grandma,
& Sis



Happy 18th Birthday
Baby Dave!
Love Always,
Your Momma
Consuelo, Margie,
& Mattea



Happy Birthday!
Sis (2/8)
& Jay (2/15)
Love,
Dad & Mom
Grandpa & Grandma



Happy 2nd Birthday
Amelia Cyr
Love
Grandpa, Poppa,
Momma, Kendra,
Grace-Lynn, and
William



Happy Birthday
Ronnie
Love Ya
Consuelo, Dave,
Margie, & Mattea



Happy Birthday
Jose!
Love
Consuelo & Kids



Happy 2nd Birthday!
Annabella
Love you



Happy Belated Birthday Wishes
To Memi & Summer
Love Patricia



~ Tribal Council ~

Chief

Dennis V. Kequom, District 1

Sub-Chief

Julius Peters, District 1

Treasurer

Louanna Bruner, District 1

Secretary

Lorna Kahgegab Call, District 1

Sergeant At-Arms

Ronald Nelson, District 2

Tribal Chaplain

Steve Pego, District 1

Council Member

Delmar Jackson, Sr., District 1

Council Member

Lindy Hunt, District 1

Council Member

Charmaine Shawana, District 1

Council Member

Milton "Beaver" Pelcher, District 1

Council Member

Stephanie Peters, District 1

Council Member

Michele Stanley, District 3

Chief Kequom Represents SCIT at Gov. Rick Snyder's 2013 State of the State Address.



State Rep. Kevin Cotter, R- Mount Pleasant, welcomed the Chief of The Saginaw Chippewa Indian Tribe, Dennis V. Kequom Sr., as his guest for Gov. Rick Snyder's 2013 State of the State Address.

SCIT Will Be Holding a Passport Fair

The Saginaw Chippewa Indian Tribe will be holding a Passport Fair at the Andahwod Continuing Care Facility at 2910 South Leaton Road in Mt. Pleasant on Tuesday, February 26 from 1 p.m. until 4 p.m. The Isabella County Register of Deeds and Isabella County Clerks Offices will be available to provide an opportunity for Tribal Members and Tribal employees to apply for a passport. Applications will be available at the Passport Fair and the County Clerk will be available to take your photo on-site for a fee of \$12. No appointment is necessary.

You must provide evidence of U.S. Citizenship with one of the following documents:

- Certified U.S. birth certificate. A certified birth certificate has a registrar's raised, embossed, impressed or multicolored seal, registrar's signature, and the date the certificate was filed, which must be within one year of your birth. NOTE: Short abstract versions of birth certificates and hospital birth records will not be acceptable for passport purposes. **The Enrollment/Tribal Clerk's Department does not loan certified birth certificates from member files.**
- Previously issued Passport.
- Consular Report of Birth Abroad.
- Naturalization Certificate.
- Certificate of Citizenship.

Identification required. You should bring one of the following documents for identification:

- Previously Issued Passport.
- Valid Driver's License.
- Current Government ID (*city, state, federal*).
- Current Military ID (*military and dependents*).

Fees—Passport Books vs Passport Cards: All payment must be in the form of check or money order payable to the US Department of State.

Passport Books are necessary for international travel and flights to Mexico or Canada:

- Age 16 and over \$110 Passport Book Fee. (*Cash or check made out to the Isabella Register of Deeds.*)
- Age 15 and under \$80 Passport Book Fee. (*Cash or check made out to the Isabella Register of Deeds.*)
- All Applicants - \$25 Execution Fee (*Cash or check made out to the Isabella Register of Deeds.*)
- \$60 Expediting Fee if passport is needed sooner than the 5-6 week processing time.
- Note: To submit an application for a child under age 14, either parents or their legal guardians must appear with photo I.D.

Passport Cards are for land travel to Mexico or Canada only:

- Age 16 and over \$30 Passport Card Fee. (*Cash or check made out to the Isabella Register of Deeds.*)
- Age 15 and under \$15 Passport Card Fee. (*Cash or check made out to the Isabella Register of Deeds.*)
- All Applicants - \$25 Execution Fee (*Cash or check made out to the Isabella Register of Deeds.*)
- \$60 Expediting Fee if passport is needed sooner than the 5-6 week processing time.
- Note: To submit an application for a child under age 14, either parents or legal guardians must appear with photo I.D.

If you have questions about the Passport Fair contact the Register of Deeds at **989-772-0911 extension 253**.

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 Observer

Boozhu! The Tribal Observer, a monthly newspaper, is a free publication to enrolled Tribal Members and employees. Published on the 1st of the month, the Observer is sent to each head of household. Address changes can be made with the Tribal Clerk's office by calling toll free (800) 225-8172 or (989) 775-4055. Tribal Observer staff may be contacted at (989) 775-4010. 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 East Broadway Road
Mt. Pleasant, MI 48858
You may also e-mail us at observer@sagchip.org.

Subscription rates are \$30 per year. Story ideas, articles and photographs from the community are always welcomed. 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, The 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.

For Announcements including Birthday, Wedding, Engagement, Congratulations, etc, cost is \$10, and is open to Tribal, Community members and Employees.

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

Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

E-mail: _____

Please send this completed form with your \$30 yearly subscription fee to:

Tribal Observer

Attn: Subscriptions

7070 E. Broadway

Mt. Pleasant, MI 48858

Phone: 989-775-4010

E-mail: observer@sagchip.org



SCIT Men's Society Steps up to Provide Protection for SCA Students

CARRIE GARCIA

Interim Editor

The nation was distraught on Dec. 14 when news traveled that Adam Lanza had gone into Sandy Hook Elementary in Newtown, Conn. and opened fire killing 20 children and six adult members including killing his mother at her home and himself.

This horrific situation left many questions unanswered and many students feeling frightened to return back to school.

For students at the Saginaw Chippewa Academy they had protectors waiting for them outside the doors after the incident happened. Many schools in Michigan had shut down due to threats being targeted. SCA was not one of those schools closed due these threats.

Members of the SCIT Men's Society stepped up to the plate to volunteer to guard the doors of the academy to keep students, parents and staff safe. The idea of the presence of the Men's Society guarding the doors was from a photo that has been surfacing on social media sites such as Facebook. This photo shows a non-active military father standing guard outside of his child's school dressed in his Army fatigues. His child did not feel safe

returning to school and that if his child didn't feel safe that other students felt that way too.

Nathan Isaac a member of the Men's Society questioned on why no one was doing what this father was doing and that the community had a Men's Society. Isaac quickly spread the idea and informed the people in the group about helping stand guard outside SCA.

Not only did the idea spread quickly within the Men's Society, Jordan Logan, a former SCA student and current active military personnel, heard about standing guard from his mother Maryann Heintzelman, Prevention Specialist at Behavioral Health.

Staff and students were amazed on seeing Logan show up dressed in his Army fatigues. His past teachers patted him on the back and students were marveled.

Aaron Chivis, Joe Syrette, Nathan Isaac and Jordan Logan all braved the cold weather to keep watch and make sure SCA was safe from harm. One of the parents even went up to Marcella Mosqueda, SCA Principal to thank her for keeping her baby safe at school.

Their commendable act did not go unnoticed as the Soaring Eagle Waterpark and Hotel sent over coffee and donuts and they were also treated to pizza.

Mosqueda wanted the community and especially the parents to know how important it is to keep their students safe.

"We wanted to do everything in our power to keep the students safe and put that out there to the community as well," Mosqueda said.

The cold temperatures didn't bother these men that stood guard. Support for these men has been nothing but positive.

"We have gotten such positive feedback and we kept getting email after email saying how great it was to do this," Mosqueda said. "We didn't pick up the phone asking if volunteers could do this and stand out in the freezing cold. They decided they wanted to do this on their own which I want to commend them."

Melissa Montoya, Assistant Education Director wanted parents to know that the community cares and to know their children are safe.

"We have a whole community of people that are here to protect our children," Montoya said. "Marcella and the staff welcomed them here and felt protected. We sent out photos on Facebook to show the parents that their children were being protected."

Many in the community have been outpouring with support and asking the staff at SCA on what they can do to make their school feel safer.

Before the Sandy Hook tragedy, the staff and Mosqueda have been working on making sure their policies and procedures were in order and what to do in case of an incident at their school.

Currently SCA has some



Observer photo by Carrie Garcia
Aaron Chivis, Jordan Logan, Nathan Isaac stand guard in front of the doors of the SCA building making sure students and staff safely enter the building.

huge pluses with their safety. Teacher's aides are assigned to each room so just in case the teacher has to step out, the teacher's aide will be there to watch the students. Each teacher also has a radio to communicate back and forth with each other and a teacher's aide, and also each classroom has a supply emergency kit in case of an incident.

SCA also will be keeping parents informed about the safety of their children at school.

"We will be letting parents know of any drills that are going to be happening soon and those parents will be notified," Mosqueda said. "We will be training the staff and we want parents to be notified on the different types of training that will occur so they know that we will be prepared if an incident was to happen and also discuss the safety to their children. There will be training to where we can't have students here and for the adults to know what to do in a certain situation. These situations can traumatize a child if they were to go through that certain situation. We will notify the parents on this whether it's sending newsletters home or posting something on the

website through the Tribe itself. We will have that continuous line of communication open to allow the parents to know that their students are safe."

The Men's Society consists of men from all ages from the community and the purpose of the group is to introduce the cultural significance back.

In the older generations men were the protectors, the warriors and the ones that took care of the families, and protected the community. The group meets to teach each other the skills that they need to be good fathers, and to be those male warriors and male role models for the community.

"I would like to say thank you to the SCIT Men's Society, Jordan and everyone in the community that stood up to do something," Mosqueda said. "I appreciate TEAB and Tribal Council whom asked if there was anything that we needed to make SCA safer. It was a breath of fresh air. There was such positive feedback within that short time I already had a couple of parents come up to me and want to enroll their children here. It is refreshing to know that SCA has so much to offer. A huge thank you goes to many."

Bowling Tournament "Strikes" Again on February 17

JOE SOWMICK

Contributing Writer

On Feb. 17, the SCIT Parks & Recreation Eagles Nest Invitational Bowling Tournament strikes again as the local Chippewa Lanes readies its alleys for the competition. The tournament features four person teams (male, female or mixed) with a \$100 team entry fee. Registration for the event begins at noon with a 12:30 p.m. start and pre-registration is encouraged.

"These Parks & Recreation events, like the bowling tournament, are great for the entire community, and by opening the events up to Tribal Members, Native Americans and our employees, we find it benefits everyone involved," Youth Facilities Coordinator Kevin Ricketts said. "The Eagles Nest Invitational Bowling Tournament will be another opportunity for our Saginaw Chippewa Parks & Recreation department to bring people together in a friendly competitive environment and to foster a healthy family atmosphere."

Bowling Tournament Coordinator Lucas Sprague informs there will be trophies awarded for teams and individuals honors along with other cash prizes and side jackpots.

"To level the playing field and make it more competitive, this is set up as a no tap handicap tournament where a person will bowl four games and we will take out their lowest game score," Sprague said. "The tournament prizes along with having a 50/50 and drawing for other donated door prizes, we guarantee that there will be plenty of opportunity for people to leave a winner."

SCIT Parks & Recreation Director Ronnie Ekdahl welcomes the chance to get families active together and beat the winter doldrums.

"Chippewa Lanes Owner Malish has a great facility here and a lot of Tribal members and employees are motivated to showcase their skills at tournaments like this," Ekdahl said. "Just like any other sport, to get to a certain level it does takes practice and a competitive spirit. Bowling brings together not only hand and eye coordination but also a whole group of muscles that will be tested by a four game workout."

To register your four person team for the Feb. 17 invitational, contact Lucas Sprague at 989-400-8454 or the Parks & Recreation main office at 989-775-4128. For more information on the tournament, please access the Parks main website at www.sagchip.org.

Helping Healer Beatrice Jackson Receives Miigwech Award for Her Hard Work

CARRIE GARCIA

Interim Editor

Beatrice Jackson, Behavioral Health Helping Healer received the Miigwech award at The Uniting Three Fires Against Violence Annual Training Conference on Jan. 20. The award is a statue of a traditionally dressed native woman looking to the west. She wears a blanket and a single eagle feather in her hair.

"This symbolically is what many of our Domestic Violence programs do, collectively, always looking toward healing for their communities and always ready to keep their families protected and warm," Jackson said. "Culture is a great part of healing, the language, our history and our family and tribal involvement. I was really surprised to receive this award coming from the UTFAV Board of Directors and the Department of Justice. When the award was

presented I told the attendees, that I wish they could each receive the same award for the work they do. It is wonderful to be recognized and thanked. Chi-miigwech, I hold what was given with the highest respect."

At the UTFAV conference Jackson was asked to give the opening prayer and the keynote address, The Story of the UTFAV Logo.

"The origin of the story came from the Mishomis Book and was the story of migration for the three fires Tribes from the east to their current location," Jackson said.

Jackson has worked at the UTFAV for two years as their Training Coordinator. She has also worked with Toronto Health to develop a pamphlet series of brochures to address helping and healing from all directions specifically for helping domestic violence survivors. Also Jackson has a domestic violence staff that accompanies memorial walks to the Sault Ste.



Beatrice Jackson proudly displays her Miigwech Award.

Marie Tribe and the Pokagon Tribe.

"As a helping healer our goal is the same, taking care of one another," Jackson said.

The mission of the UTFAV is to unite and empower Native American communities to end domestic violence and sexual assault. UTFAV serves the 12 federally recognized Tribes in Michigan and is funded by a grant from the U.S. Department of Justice.



Saganing Casual For A Cause Helps Out Area 9 Special Olympics

RITA CHAMPINE
Contributing Writer

This month the Saganing Casual for the Cause, Jean Day Contribution went to the Area 9 Special Olympics of Michigan for the Bay and Arenac counties in the amount of \$1490.

The mission of Special Olympics is to provide year-round sports training and athletic competition in a variety of Olympic-type sports for all children and adults with intellectual disabilities. Athletes are given continuing opportunities to develop physical fitness and athletic skill, demonstrate courage, experience joy, and participate in a sharing of gifts, skills and friendship with their families, other Special Olympics athletes, and the community.

When I was told that this month was one of the largest Jean Day contributions Saganing Eagles Landing Casino has had to date, as a mother, friend, volunteer, and coach, of such athletes, it warmed my heart and I am truly grateful to everyone involved for making this donation event such a great success! I am very proud to work with such compassionate co-workers and to work for an organization that



Pictured in the photograph is Barb Gourd (SOMI Area 9 Director), Joseph Genow (Athlete), Mariah Gourd (Athlete), Trenton Davis (Athlete), Rita Champine (Coach and SELC employee), Jeff Thompson (Athlete), and Dell Thompson (Coach).

allows its employee to successfully volunteer and contribute to these programs.

I would also like to specially acknowledge the Casino Manager, Casino Shift Manager, Executive Supervisors, Supervisors, and various co-workers that came out and welcomed the athletes when they arrived to receive their check. They were treated like "Rock Stars". The athletes were so excited that all I heard for hours after the presentation was someday I am going to work here at Saganing Eagles Landing, what a nice place this is!

Would you like to continue to do more for Special Olympics? Do something special this tax season! New this year - Donating to Special Olympics Michigan is as easy as checking a box on your

state income tax form. Donations provide year-round sports training and athletic competition in Olympic-type sports to nearly 20,000 Michigan residents with intellectual disabilities. Through programs in sports, health, education and community building, Special Olympics are changing the lives of people with intellectual disabilities. Check out this website www.somi.org/Media-Room/Press-Releases/Check-the-Box-and-Change-a-Life.html.

If you would like more information regarding Special Olympics, please feel free to visit our national website www.somi.org or our local website www.somi.org/About-SOMI/RegionArea-Information/Northern-Region/Area-9.html.

Thank you from the bottom of our hearts for all of your support.

Saganing Employees Of The Month

CHRISTY FEDAK
Contributing Writer

Congratulations to Karen Achtabowski and Phil Daniels, they are our Associates of the Month for December. Thank you Karen and Phil for all you do!

Phil works in our Facilities department and has been here since November of 2010. He works diligently every day, and is always looking for ways to improve operations in the Facilities department. Phil is not only a pleasure to work with but also frequently helps out other departments. For Halloween Phil

brought in some of his personal Halloween decorations for the players club to use on the stage.

Karen is a Slot Supervisor and has been employed with the Tribe for nearly 15 years. She originally started as a slot attendant in Mt. Pleasant and

began her current position here in 2007. Karen has exceptional guest service skills, and is always working at keeping up the morale with her co-workers. She has an exceptional knowledge of the Slot Department and the Casino as a whole.



Phil Daniels



Karen Achtabowski

Saganing Employee Toy Drive 2012

RACHEL RHINES
Contributing Writer



A total of \$8,410 worth of toys were donated to Toys for Tots of Bay County.

This year our Saganing Employees' Toy Drive shattered all previous totals for toys donated. A total of \$8,410 worth of toys was donated by employees here at Saganing.

The toy donations collected from the employees were sent to Toys for Tots of Bay County. They have been distributed to children in need throughout Bay County, including Pinconning and Bay City. All the donations we received from the Christmas for Kids Promotion were given to the Arenac County Christmas 4 Kids.

Each employee was placed on a team and each team was named after one of Santa's reindeer. The winning team became Rudolph and the captains of the team had to wear a light up nose and antlers for one day. Congratulations to team Dancer, the winning team

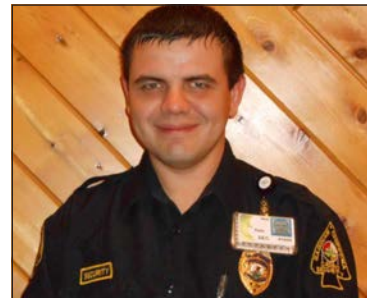
this year. They donated a total of \$2,365 worth of toys. The team captains CSM Mindy and Executive Kris proudly wore their Rudolph outfit for one day prior to Christmas. All members of team Dancer also received a small gift.

Toys for Tots was delighted with our donations and asked for a picture to place on their website. There were many children across Bay County who had a smile on Christmas morning thanks to the generosity of Saganing employees.

Thank you to everyone who donated and we look forward to breaking our record again next year.

SELC November 2012 Officer of the Month

MIKE PERUSKI
Contributing Writer



Dale Compau

Security's November 2012 Officer of the Month is Dale Compau who works third shift.

Dale is a very dedicated Officer and respectful to all. The entire Security Team appreciates Dale's willingness to accept any assignment or task given to him and help out whenever he is needed. Whether the task is big or small he will complete it without hesitation and does the job well. Dale has been with us over a year and has a good understanding of Security's policies. He is very conscious of his appearance and tries very hard to look good at all times. He stands up tall/straight, doesn't slouch or lean on walls/doors,

and has clean nice looking uniforms/shoes. He has a positive attitude and gives 100 percent all the time. He is always friendly to our guests and understands how important it is to treat them with great guest service.

Security sincerely appreciates Dale for all of his hard work, consistent efforts, team work and his, "I'll take on anything and get it done" attitude. Your hard work hasn't gone unnoticed.



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February 2013 At-Large Tribal Member Employee Spotlight

MIKKI MARCOTTE
Contributing Writer

Each month the At-Large program will spotlight an At-Large member who is an employee of the Tribe. If you know any At-Large member employees, please nominate them to be spotlighted on the At-Large page in the Tribal Observer.

February 2013 At-Large Tribal Member Employee Spotlight is Sandra Compau (District II). Welcome to the At-Large spotlight District II.

Sandra has worked for the Tribe for five years, three years in Housekeeping and two as the Saganing Seniors Worker. Before coming to work for the Tribe, Sandra was a stay at home mom busy raising her kids and volunteering at school functions.

Sandra has been married for 27 years to her husband

Dale Sr. they have three children, 27 year old Dale, 22 year old Kyle, and 17 year old Kayla (currently a junior at AuGres-Sims High School). Sandi also has two Grandchildren, five year old Jacob, and one year old Kyle Jr. Sandra's parents are Lawrence and Bernice Nelson. Bernice grew up in Saganing and Lawrence grew up in AuGres. Lawrence and Bernice live in AuGres on the land that Sandi's Grandmother lived on. Sandra has four brothers and four sisters.

Sandra was born and raised in AuGres and continues to live in that small tight knit community today. She has fond memories growing up during a time where you went outside and played and enjoyed nature. In her free time Sandra enjoys spending time with her family and being outdoors.

Sandra's favorite thing

about working in the Saganing Outreach Program is planning and implementing large functions. She is a fantastic cook and her meals reflect that passion and dedication. If you have not had the opportunity to attend a function at Saganing you should make it a priority and see for yourself how nice it is. If you have had the good fortune to have attended one of their functions and tried Sandi's food you know what I'm talking about!

Of course Sandra couldn't do all of this by herself and she is quick to point out how wonderful her co-workers are at the Saganing Program. Sandra truly enjoys going to work every day and being there for the community and her coworkers.

If you have any questions or thoughts concerning the Saganing Seniors Program please feel free to contact Sandi at scompau@sagchip.org or 989-846-1925.



Saganing Tribal Center Seniors Worker, Sandra Compau.

2013 Changes for At-Large

COLLEEN MAKI
Contributing Writer

Summer Camp Scholarship 2013 grant: Camps will be considered in the following areas: Arts, Cultural, Sporting, Religious, and Education (to include tutoring services such as Sylvan). This grant is for District 3 tribal members between ages 0-17.

SCAA grants will now include sport lessons for the \$50 reimbursement. The SCAA program that is managed by the At-Large Program will allow parents to receive once a year, per

child, a reimbursement of up to \$50 for a varsity jacket or Athletic fee (for pay to play or lessons). The child must be a tribal member or descendent of the Saginaw Chippewa Tribe or be a tribal member of another Tribe living on the Isabella Reservation. It does not matter where the child lives if they are a Member or descendent of the SCIT.

Suggestion and Comment Box: The At-Large Program now has a suggestion and comment box. It is located in the front lobby of the At-Large office and will be taken to the Meet and Greets for any of your suggestions. You do not have to give your name to leave a comment.

SAGINAW CHIPPEWA INDIAN TRIBE OF MICHIGAN
AT-LARGE PROGRAM PRESENTS:

HONORING SAGANING TRADITIONAL POWWOW

JUNE 15 & 16 2013
Standish MI

Notice of Date Change

Please note that the date for the Saganing Traditional Powwow has been changed to the second full weekend of June.

Watch your mail we will be mailing applications for the ads in the Powwow booklet soon. Place an ad for a Birthday, Anniversary, Graduation, or a memorial ad. Ads available with or without pictures.

We will again have a golf tournament so please watch your mail for the registration. We will require that all players are paid and registered prior to the date of the tournament. No last minute entries will be accepted, and no refunds for players that don't show up.

NOTICE OF DATE CHANGE

At-Large Office Will Be Open for a
CULTURAL WORKSHOP

February 2, 2013	Dream Catcher
March 2, 2013	Baby Moccasins
April 6, 2013	To be determined

Class size is limited so please call 1-800-884-6271 to register for class

AT-LARGE PROGRAM INVITES YOU TO

Meet & Greet
March 3, 2013
At
Saganing Tribal Center
5447 Sturman
Standish, MI

Hosted by Peggy Goebel & Walter Pamame Region 1 & 2 Representative
Michele Stanley, District 3 Tribal Council Representative
At-Large Program Staff
Will Be Onsite to Answer Questions

Sign In/Social Time	12:00 P.M. - 1:00 P.M.
Lunch Will Be Served	1:00 P.M. - 2:00 P.M.
Introductions/Information	2:00 P.M. - 3:45 P.M.
Give Away	

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The DOT II Girls are Giving the Gift of Love



Observer photo by Carrie Garcia

The Daughters of Tradition II Girls gifted Tonia Jewell and her son Zane Jewell, a quilt that they worked on for a total of over four weeks. With the help of Tribal College, Mary Pelcher, and Angela Mitchell, the beautiful crafted quilt brought joy in both Tonia and Zane's eyes. The girls wrote messages of good luck and even signed their names. "I know you put all of your hearts into it," Tonia said. "I thought it was very caring that the DOT II group wanted to do something like this and it is a little emotional and still is and we are just thankful that we have a blessed community. We are very fortunate." Zane a little surprised at the quilt liked it. "I was surprised I didn't think anyone would go this far," Zane said. "I was worried the quilt was going to be pink." Zane had a benefit dinner at the Black Creek Conservation Club in Mt. Pleasant where they displayed the beautiful quilt.

Where Exactly Does the Water Come From for the Tribal Community

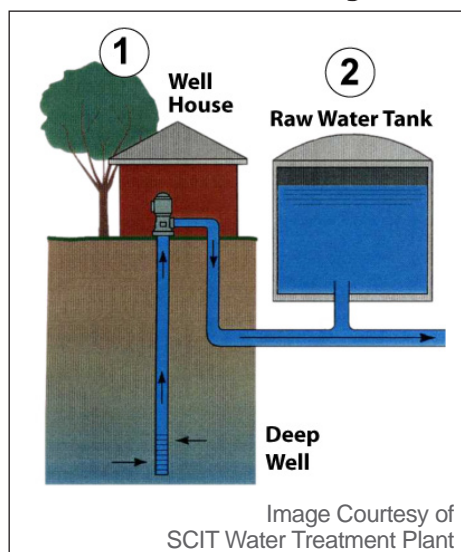
CARRIE GARCIA
Interim Editor

(Editor's note: This will be a four part series with the Water Treatment facility about stages and the process it takes to provide water to tribal homes and area businesses.)

The Water Treatment Plant located on the Saginaw Chippewa Indian Tribe reservation works diligently to make sure that safe drinking water is supplied to homes and to the area businesses that reside on the reservation.

According to a map located at the plant, they roughly service Broomfield Road to the Black Elk Building to Shepherd and to the Industrial Park on Makwa Road. Beginning stages of the water comes from one of the four well houses that are secured. Wells ranging from 200 to 400 feet supply the water that gets distributed and are blended together to make a consistent water supply. These four wells are submersible meaning that the motor and the pump are underground.

The difference between the wells are that some are soft meaning that a less amount of chemicals used to make the



This image is from a pamphlet from the SCIT Water Treatment Plant that shows the beginning stages of where the water comes from and where it is stored.

water palatable is used and the hard wells means that a larger amount of chemicals have to be used. Unlike the city of Lansing, where finding water is easy, Mt. Pleasant is what well drillers call a "Swiss Cheese" area due to drilling and not finding water and drilling in another spot and finding water.

Iron in well water is common and causes clothes over time to become dingy and rust colored.

The job of the Water Treatment Plant is to produce safe and compliant drinking water, get the iron and chemicals out of the water and make it softer. Those who have water softeners in their home are encouraged not to use them due to the fact that the treatment plant already does this. They do encourage those who have tropical fish tanks or aquariums to have their water checked with their pet store due to fluoride being added to the water.

Employees at the plant work hard to make sure that the community has a safe and adequate water supply.

The March issue of the Tribal Observer will reveal the treatment process of the water.



Observer Photo by Carrie Garcia.

This is one of the four wells located in the Mt. Pleasant Tribal Community. The well is underground.

Project Continued from Front Page

Tribal Council will evaluate proposals based on SCIT Membership, Education Level, Relevant Experience examples such as: Management of construction documents (AIA), Feasibility studies and Budget Management. They will also be looking for Leadership Capability, Past Performance (if applicable) and fee.

"We want a person to stay really committed to the project, and see the light at the end of the tunnel," SCIT Tribal Council Chief Dennis V. Kequom Sr. said.

They are also hoping that the person would also go to the community and have them involved with the process making.

"This is a project that we want someone to take all of the components that we have and put them into a program such as having community forums, community input and focus groups and some strategic

planning involved so we have an envision of what we want and go to the architects," SCIT Council Member Charmaine Shawana said. "The gym that we have here was built in 1976 and it has gone through every possible use and we have outgrown it. We need a facility where kids can go and that is their facility to where they don't have to get bussed just to go to class."

Please include within your proposal a cover letter outlining your educational background and key project experiences, an overview of your project approach (project scope of services) and proposed fee required to complete project phases (pre-design, design, construction, and closeout) and any reimbursable fee to: Misty Bailey, 7070 East Broadway Mt. Pleasant, Michigan 48858. Deadline for detailed proposals along with references is due by February 28, 2013.

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Individual Interviews:

10 trained interviewers are each looking for 10 people to interview, beginning immediately and ending March 15.

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3 Topic specific focus groups of up to 8 people will be happening.

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Elizabeth: 989-621-6432

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A New Year Means New Renovations to Little Eagle Cafe

CARRIE GARCIA
Interim Editor

It's goodbye to the old and in with the new. Renovations are being made at the Little Eagle Cafe located at the Slot Palace. A sub shop will now take place of what was once the tiny cafe. Ideas of how to update the structure have been in talks for several years.

"The whole concept had multiple prongs to it," Food & Beverage Director Marc Forrest said. "The kitchen itself was unaltered since the early '90s. The infrastructure was dated beyond its life and had to be addressed either way. We debated on what to do. Tribal Council has reviewed a different number of ideas of what to do with that building whether to close it all together, closing it on certain dates or currently just leaving it open all the time. Once we had some stability in terms of leaving the building open and not making dramatic changes we would have to address the kitchen and the equipment. It would have to go either way. The menu that the Little Eagle had was really too big for what the kitchen tried to do so we wanted to streamline it and update it and freshen it. We have already proven the success of the sub shop at the main property. It is one of our top performers in guest satisfaction and in terms of profitability for the Tribe."

The new sub shop will offer pizza unlike the one on the main property.

"The pizzas over at the Little Eagle have been popular since I have been in the department in 1999 and people have loved them," Forrest said. "Over the last few years we changed to having a pizza oven and doing them more quickly. We actually have people that order them and take them home. We want to make sure we are keeping some of the guests' favorites at the Little Eagle."

Prices for the food items at the new sub shop will try to reflect the ones at the main properties sub shop.

"We will make sure to have the same prices as what the sub shop has in the big casino," Chris Nadobny, Executive Chef said.

During the renovation of the Little Eagle, a limited menu will be offered to accommodate the guests and still operate.

With the project there have been many positive comments about it.

"I haven't had any negative feedback about the project," Forrest said. "We have to find a balance on taking care of our guests and our responsibility to the organization on maintaining our profitability."

Returning guests and new guests will be excited to see something different at the Slot Palace.

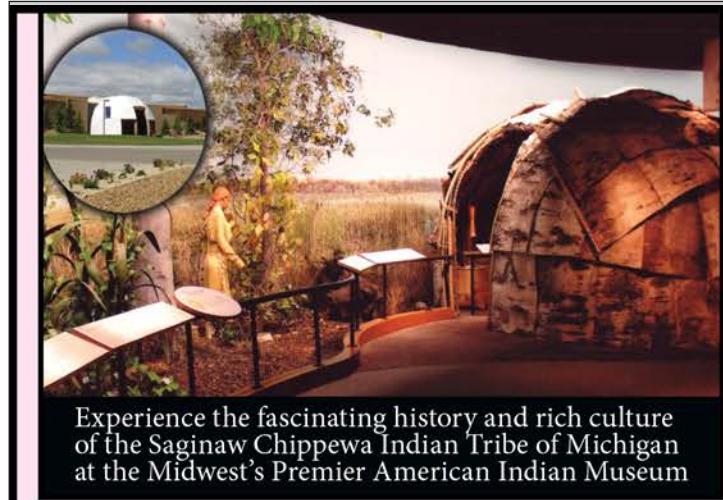
The tentative opening for the new sub shop will be in February and be open 24 hours seven days a week.

Installation of the Nacelle, Hub and Blades a Big Step Towards Wind Energy



Observer photo by Vanyork Shawboose

On Jan. 8, the SCIT took a big step towards wind energy with the installation of the nacelle, hub, and blades. After testing and commissioning the Tribe will be utilizing wind energy to power a portion of the Wastewater Treatment Plant. This is a great step for the Tribe to create greener projects.



Experience the fascinating history and rich culture of the Saginaw Chippewa Indian Tribe of Michigan at the Midwest's Premier American Indian Museum

Collection Showing Recent Acquisitions Ziibiwing Center

Saturday, Feb 16 - Saturday, Feb 23 10am - 6pm

FREE & Open to the Public

Saturday, February 16 • 10am - 3pm
Join William Johnson, Curator of the Ziibiwing Center, as he focuses on the ever evolving artistic expression and creativity of the Saginaw Chippewa Indian Tribe of Michigan and the Great Lakes Anishinabek

Isabella County 154th Founders Day

First United Methodist Church
400 S. Main St., Mt. Pleasant

Saturday, February 9, 2013
Quilt Show
9:00 a.m. to 12:30 p.m.

(7:30 a.m.-9:00 a.m. = Quilt Delivery+Registration)
(12:30 p.m. to 1:00 p.m. = Quilt Pickup +Check-Out)

The Mount Pleasant Area Historical Society Welcomes You!

The Quilt Show is Free. Please spread the Word Show Your Quilts!
Back by popular demand, the Church Sanctuary will showcase the loving handwork of people from ages past, as well as newer quilts. If you have Quilts to share for the event we would love to include them! We hope that you will join us, and view the kaleidoscope of fabrics and designs over time. Quilts on display represent many families, and represent Michigan, as well as other States.

Fellowship Hall = Pancake Breakfast 8:00 to 11:00
Historical Displays 8:00 to 12:30

Parlor = 8:00 to 12:30 Continuous Viewing of the Video "Isabella County~ 150 Years in the Making."

Sanctuary = 9:00 to 12:30 Quilt Show, lovingly overseen by Quilt Display Committee members wearing white gloves!
= 11:30 Presentation of John Cumming Historical Preservation Award

The Quilt Show is Free. Please spread the Word. Show Your Quilts!
Questions? Val Walters 989-773-9571 Ganiardhistory08@gmail.com
Betty Assmann 989-772-1437 bmassmann2002@yahoo.com

PERFORMANCE CIRCLE

CLASS TIMES
FEBRUARY 2013

FEB. 5TH, 12TH & 26TH
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JR. CIRCLE: 5:30-6:30PM

FEB. 19TH
SR. CIRCLE: 4:30-6:30PM
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Please call to discuss community involvement in an upcoming Changing Exhibit at the Ziibiwing Center

Call Curator William Johnson at 989.775.4730



Discovery Museum Opens Their Doors for the Community to Enjoy

CARRIE GARCIA
Interim Editor

Parents, grandparents and children were eager to explore the Great Lakes Bay Region's newest youth learning attraction when the Mt. Pleasant Discovery Museum opened its doors to the public for the first time on Dec. 28. Located across the street from Mt. Pleasant's ICE Arena and Morey Courts, the 12,000 square foot children's museum has been in the works for the past five years, with groundbreaking taking place in December of last year. Without the tremendous support of donors and fundraising, the museum wouldn't have been possible.

Nate Lockwood, Executive Director of the Museum, was pleased with the strong support for the museum as well as results from the construction team. "Through the generous support of Lon Morey, the Morey Foundation and our donors, as well as the hard work of our general contractor JBS and the vision of our board and founding members, the Mt. Pleasant Discovery Museum has become a reality," Lockwood said.

The beautifully constructed museum hosts a plethora of exhibits for families to explore. From Baby Carrots, an area designed for younger

children, to an exhibit titled One World to Japan that focuses on Japanese culture and traditions, and also pays homage to Mt. Pleasant's sister City, Okaya, Japan. There are many more exhibits for families to explore, learn and grow from.

Jennifer Fields, Mt. Pleasant Discovery Museum Co-Founder had the idea of creating the museum with two other mothers. "I wanted to do something different, something that would be more community specific," Fields said. "In February of 2008, we began talking about the museum with community leaders. In the summer of 2009, the Mt. Pleasant Discovery Museum became a non-profit 501(c) (3) organization."

The process of crafting by-laws and putting the infrastructure in place took approximately a year and a half, but the real work began with funding the museum project. There were a series of meetings with local leaders that led Fields to the Morey Foundation. "The Morey Foundation believed in the project and graciously committed one million dollars," Fields said. "That was the moment we knew the museum project would happen."

With various fund-raising events, as well as garage sales, school penny drives, and recycling campaigns, they were



A tiny house sits in the middle of the open play area of an exhibit called, Baby Carrots intended for younger children. Included in front of the house is a garden that has carrots made out of wood and baskets that children can place the wooden carrots in.

able to raise \$20,000. Fields currently teaches at Mid Michigan Community College and some of the students have even given Fields some of their gas money to help with the funding of the museum.

Throughout the process of raising capital to fund the project, the community has been supporters of the project. "The overwhelming support people have given is such a blessing," Fields said. "People have been supporting the project monetarily through donations and pledges and with their services as well. Local businesses and professionals have assisted with fabricating the exhibits, resulting in significant cost savings on the project. Building this museum has been a true community effort."

Many concepts for the museum exhibits came from ideas provided by the Youth Advisory Board, a board founded four years ago consisting of area youths ranging from seven to seventeen years old. "The input of the Youth Advisory Board was crucial to the look and feel of the exhibits," Fields said. "We wanted the exhibits to inspire children, so what better way than to make them part of the exhibit design process."

The founding board members spent time visiting



Observer photos by Carrie Garcia

Nathan Overfield wanted to see the plastic balls take off in the cyclone located inside of the WaterWorks Inc. exhibit. The exhibit references the Chippewa River which flows through Mt. Pleasant.

numerous children's museums and combined exhibit ideas from those visits with personal experiences and the input from the Youth Advisory Board. The idea of the Beemazium exhibit came from local beekeepers and scientists as a creative way to teach science concepts. With the help of Kidzibits, a professional exhibit design and fabrication company, they engaged the founding board members, adults in the community and Youth Advisory Board in a three day symposium. The open-ended process allowed ideas to flow and helped give direction on the look and feel of the exhibits and museum in general. While there were numerous constituents giving input, several common themes were constant: nature, local and culture.

Fields hopes to also have local cultures celebrated within an exhibit in the museum. She would like to see the Anishinaabe culture displayed.

"Not only are kids going to be able to get a sense of what it means to be Ojibway but also what it means to have a world view centered around nature," Fields said. "A core focus of the museum is to provide a

nature-based learning experience that allows children to have a fresh perspective on nature. I would be absolutely delighted to see children in our community learn about the Ojibway language and culture in our hands-on environment as an introduction and then learn more as they get older at the Ziibiwing Center."

The museum received a grant for storytelling. Students will be selected and will learn about the traditional art of storytelling, how to write their own stories, and then will present them throughout the community. Fields explained that the involvement of children from every part of community is crucial and is hopeful that there are students who are Tribal Members who might participate. Simply call the MPDM office at 989-317-3221 if you know of an elementary/middle school student who might have an interest.

Having the SCIT community involved in the storytelling group, the Youth Advisory Board, and other areas of the museum is important to the board. "There are so many opportunities for us to partner with the Tribe, and I am hopeful that will happen," Fields said.



Located inside of the Music Fusion Room are instruments made out of common items such as pots and pans and even a xylophone made of out different sized wrenches. The room was designed to explore the different mechanics of music and also try out different instruments.

JOSEPH T. BARBERI, P.C.

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Attention Tribal Members

The Ziibiwing Cultural Society Board of Directors needs to fill a 2-year term vacancy. Please submit a letter of interest and resume to:

Shannon Martin
6650 E. Broadway, Mt. Pleasant, Michigan 48858
or email smartin@sagchip.org

ZIIBIWING CENTER
of Anishinaabe Culture & Lifeways

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Tiny Horrors: A Chilling Reminder of How Cruel Assimilation Was and Is

MARY ANNETTE PEMBER
Contributing Writer

(Editor's Note: The article is being republished with permission from the Indian Country Today Media Network website dated for January 1, 2013.)

For such small objects, the child's handcuffs are surprisingly heavy when cradled in the palms of one's hand. Although now rusted from years of disuse, they still convey the horror of their brutal purpose, which was to restrain Native children who were being brought to boarding schools. "I felt the weight of their metal on my heart," said Jessica Lackey of the Cherokee Tribe as she described holding the handcuffs for the first time.

Lackey, an alumnus of Haskell Indian Nations University, was working at the school's Cultural Center & Museum when the handcuffs were unwrapped last spring after being kept in storage for several years. I had heard rumors about the existence of the handcuffs during visits to Haskell over the years and had made numerous inquiries to school authorities about them, but people seemed very reluctant to discuss this touchy artifact. This past summer, however, Haskell agreed to allow a public viewing of the handcuffs. Andy Girty, one of the elders who first blessed the handcuffs when they were given to Haskell in 1989, helped unwrap them for me.

Known as the Haskell Institute in its early years, the school opened its doors in 1884. It was originally founded as an instrument of the final solution to this country's "Indian problem"; Haskell Institute's mission then was embodied in the now infamous motto of Captain Richard H. Pratt, founder of

the Carlisle Indian Industrial School: "Kill the Indian, Save the Man." This mind-set led to decades of forced acculturation through brutal military-style incarceration cloaked as education in U.S. Indian boarding schools.

Although begun as a model for assimilation, native students have, over the years, transformed Haskell into a model for self-determination. The school's early curriculum featured training in domestic and farming skills but has since evolved into a four-year university.

Haskell's Cultural Center & Museum, located on campus, tells the full—and often cruel—story of Haskell's painful past as well as providing a venue to showcase Native art and culture from the past and present. Opened in 2002, the center features the permanent exhibit Honoring Our Children Through Seasons of Sacrifice, Survival, Change and Celebration, featuring artifacts, photos and letters from the school's early days.

Among the artifacts currently on display is a heavy iron lock and key for the school jail, which held unruly students. Letters, photographs, copies of early school newspapers and daily menus are among the more commonplace artifacts of early daily life displayed at the museum. One display includes a heavy lock and key from the small on site jail used to punish unruly students. Soon, perhaps, the handcuffs will be included among these artifacts, adding its chilling testimony regarding the practices used by early educators to kill the Indian and save the child.

Not much is known about the diminutive handcuffs, which were donated to the Cultural Center in 1989 by a non-Indian man who described their use to Bobbi Rahder, former director

of the Haskell Cultural Center & Museum. "He told us they were used to restrain captured Indian children who were being taken to boarding schools," says Rahder. The middle-age white man said his father had the handcuffs for years but that he no longer wanted to have them in his possession. "He seemed relieved to get rid of them," Rahder recalls.

I made many phone calls, but was unable to track down the man, who is said to have lived in Lawrence. According to Rahder, he failed to respond to messages they had left him over the years, and he has not been seen at Haskell since the day he brought the handcuffs to the Cultural Center. "It was all very vague. He didn't tell us how his father came to have the handcuffs. He showed up one day and donated them to the Center," she says.

Mysterious donations are common at the Cultural Center. Rahder has witnessed scores of non-Indian donors dropping off important—and often poignant—historical artifacts relating to Haskell. Last year, Roger Bollinger of Pennsylvania donated a 1880s leather-bound photo album containing photos and corresponding identifications of Haskell's very first students in 1884. This album represents the only known identifiable photos from that inaugural class. Bollinger knew little of Haskell and had no idea how the album came to be in his family's possession. A supporter of education and cultural understanding, he decided to donate the album to Haskell.

The handcuffs, however, were different, notes Rahder, who took them from the man. "I was shocked and afraid to touch them," she recalls.

She says she immediately contacted administrative and



Photo courtesy of ICTMN

spiritual leaders at the school for guidance on handling the handcuffs. Leaders at Haskell were overwhelmed by the brutality of the tiny handcuffs, she noted.

Girty, of the Cherokee Nation, who is a Cherokee language instructor at Haskell and a number of other elders and leaders, conducted a modest ceremony the next day at the school's medicine fire. His wife, Frances, of the Creek and Choctaw Nations, provided a tiny handmade quilt in which the handcuffs were reverently wrapped before being stored in the Cultural Center's archives. The handcuffs remained in storage for more than 20 years.

Although the Cultural Center displays a number of artifacts related to the harsh treatment of early Indian students at Haskell, the handcuffs were simply too painful to be addressed, opined Rahder. She says elders blessed the handcuffs and instructed her to put them away. She did as she was told, trusting that students and faculty would one day decide on the appropriate treatment of this painful artifact. The handcuffs languished in the archives of the center until this past summer.

As word of the handcuffs began to leak out over the past few years, students and faculty began discussing the importance of acknowledging their existence and putting them on display. For whatever reason, no one at the school has been

willing to take the lead in the handling of this powerful artifact, but with the approval of Haskell administration, Girty agreed to unwrap them for ICTMN.

For Lackey the handcuffs are a tangible example of the painful history between Native people and the U.S. "The history of our genocide has been so swept under the rug by the mainstream. "People need to see the impact that these policies had on us," she says.

According to Girty, who was a student at Haskell in 1959, there are many stories of the brutal means used by authorities to bring and keep students at school in its early days. For instance, reservation authorities would hold back Native families' food rations if they refused to allow children to be sent to early boarding schools, he noted. "If those handcuffs could talk, they would tell some terrible stories," he says.

Steve Prue, spokesman for Haskell, says there are no immediate plans regarding how the handcuffs will be presented to the public, nor how they will be displayed. He agrees with students that the handcuffs are an appropriate item to be included in displays of other Haskell artifacts at the Cultural Center. "It's good to have these sorts of things on display in the Cultural Center," he says. "They tell the story of who paid the price for us to be here now."

Tribal Member Insurance Premium Rates 2013

CONNIE SPRAGUE
Contributing Writer

Three years ago was the implementation of a Tribal Life Insurance Program. This program allowed all eligible Tribal Members to participate, regardless of health status, at an affordable, guaranteed rate for a three year period.

Over the span of the program's initial three year existence, the Tribe has experienced a significant number of Tribal Member deaths. With the three year rate guarantee expiring, Mutual of Omaha provided their renewal of the plan's rates, based on the plan's experience, which resulted in a significant increase in premium to both the Tribe and Tribal Members.

In reviewing the program

and its current plan benefit and cost, the Tribal Council has determined that despite the high incidence of claims, overall, the program has been successful and advantageous to Tribal Members and their survivors.

After careful consideration, the Tribe will maintain this Life Insurance Program, and it will be underwritten by the Life Insurance Company of North America, a Cigna company (rated "A" by A.M. Best Company, Inc.). This new group policy became effective January 1, 2013. Below is a comparison of the group policy before and after January 1, 2013.

Although the cost of the program has increased, it still allows Tribal Members the individual option to purchase life insurance protection at an affordable rate. The Tribal Council is not

mandating participation in this program. However, it is our goal and commitment to the Membership to continue to offer programs that will benefit you as Member of the Saginaw Chippewa Indian Tribe. The new rates listed will go into effect March 1, 2013.

At this point and time, you have two choices as it relates to your current participation in the program, remain enrolled in the coverage and pay the monthly premium, or two, choose not to remain enrolled in the coverage and not to pay the monthly premium. All members who are currently paying for the coverage will be receiving paperwork that needs to be completed to continue participation in the program, as always if you have any questions concerning this please feel free to

Previous: Jan. 1, 2010 – Dec. 31, 2012		
Age Band	Amount	Monthly Cost
Birth to less than 6 months old	\$10,000.00	\$5.10
6 months to less than age 70	\$150,000.00	\$76.50
Age 70 and older	\$75,000.00	\$38.25

New: Jan. 1, 2013 – Dec. 31, 2015		
Age Band	Amount	Monthly Cost
Birth to less than 6 months old	\$10,000.00	\$8.62
6 months to less than age 65	\$100,000.00	\$86.20
Age 65 Benefit reduces to 65%	\$65,000.00	\$56.03
Age 70 Benefit reduces to 45%	\$45,000.00	\$38.79
Age 75 Benefit reduces to 30%	\$30,000.00	\$25.86
Age 80+ Benefit reduces to 20%	\$20,000.00	\$17.24

contact Brandy Pelcher in the Benefits Department at 989-775-5618.

There will be an opportunity for those who do not

currently have life insurance to sign up coming soon. Medical insurance will still be through Blue Cross and Blue Shield.



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embroider	mazinigwasso
ribbon	zenibaanh
shirt	babagiwayaan
thread	asabaab
satin	zenibaawegin
mocassin cuff	apiganegwaajigan
cloth	babagiwayaaniigin
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Bible	gagiikwe-mazina'igan

ANISHINAABEMOWIN WORD SEARCH

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BESHA NDE'ING CLOSE TO MY HEART

Nichols, John, D. & Nyholm, Earl. *A Concise Dictionary of Minnesota Ojibwe*. University of Minnesota Press. Minneapolis. 1995.

WIGWAM WISDOM

The Wigwam has sheltered our ancestors from storms and bad weather since the dawn of time. The wigwam has witnessed the hardships our people have had to endure not only through the hands of change and war, but upon our strongest enemies, ourselves. The spirit of the wigwam does not forget and keeps with it the wisdom to guide the souls that have strayed back to a peaceful life.



Comments or Feedback Can be Sent To:
wigwam_wisdom@yahoo.com

**(WW is intended entertainment purposes only. Please make sure to seek professional counseling when necessary.)*

Dear WW: I just started to date again after being single for a while now. My marriage ended in a disaster so to say the least, dating and gaining trust is not easy. I really, really like a colleague of mine. I mean, I am head over heels for him. He always compliments me and pays special attention to me and that feels so good and is something that I haven't had in a long time. The problem is that I keep thinking he feels the same but he always reminds me that it really can't go any further. The more he says it, the more I want to be with him. It's confusing and he is very hard to read. Not sure if I should back out now or wait and see if he will come around. **Tortured!**

Dear Tortured: It almost sounds like reverse psychology on his part. The more he tells you "No" the more you want to hear "yes." Not sure what his reasoning for this is. Is he in a relationship or getting out of one? Does he only want you on his terms and therefore can dangle the carrot in front of you? I would listen to what he is "saying" and not what you might think he is "feeling." That is where the confusion is coming in. Your wanting him to come around is wishful thinking. He has already told you how he feels, you just refuse to hear it.

Dear WW: This is not easy to admit but my wife got so upset with me a couple of days ago that she actually hauled off and hit me—hard! Although I wanted to hit her back, I didn't and was so shocked, that I just left the house for a while. I couldn't see calling the cops and having her go to jail. Not to mention I would be the one bailing her out. The kids did not witness this but did hear the hollering back and forth. She is not usually like this but has thrown things at me in the past. She told me it won't happen again but I'm not so sure I believe her. How should I handle this in the future? **Abused**

Dear Abused: She may have every "intention" of not doing it again but who is to say it won't? It doesn't matter if you are a male and she is a female. Abuse is abuse and she should not be excused from the consequences. So she went to throwing things at you to now actually hitting you. Makes me think that her behavioral is escalating. I hope it doesn't happen again to you or anyone but we have to face reality here. The reality is that abusers have to pay the price for their behavioral. If that means calling the police and going to jail, then so be it. She does not get to pass go and collect \$200!

Dear WW: There is not a romantic bone in my husband's body! However, I would just once like to receive a bouquet of roses like all the other wives at work. Other things come to mind like a candle lit dinner or an intimate piece of jewelry. Heck, I'll even settle for a small box of chocolates! He's not cheap but any means but just actually doesn't "get it!" I wish I could say or do something this Valentine's Day to spark up our faltering relationship. Not sure how to go about it. **No Heartbeat**

Dear Heartbeat: You choose a man who is not romantic and now you want him to change. The truth of the matter is, change is not easy and unless he fully buys into it, your chances of ever getting those roses are slim. On a bright side, that doesn't mean you can't ask for what you want. He may not feel comfortable at first but that can change in time. You could take the lead and plan things out and just ask for his presence at a nice candle lit dinner. There is nothing wrong with buying him jewelry or chocolates. How about ordering flowers to yourself? They are a beautiful gift no matter who they come from.



WHERE ON THE REZ?



Do You Know Where This Is?

Answer the puzzle correctly by 2/15/13 through e-mail or telephone.

Two Winners will receive a Tubby's Gift Certificate!

Submit Answers To:

dcantu@sagchip.org
or call 989-775-4010

LAST MONTH:



Water Slide at Soaring Eagle Water Park

Last Month's Winner:
Katelyn Pelcher

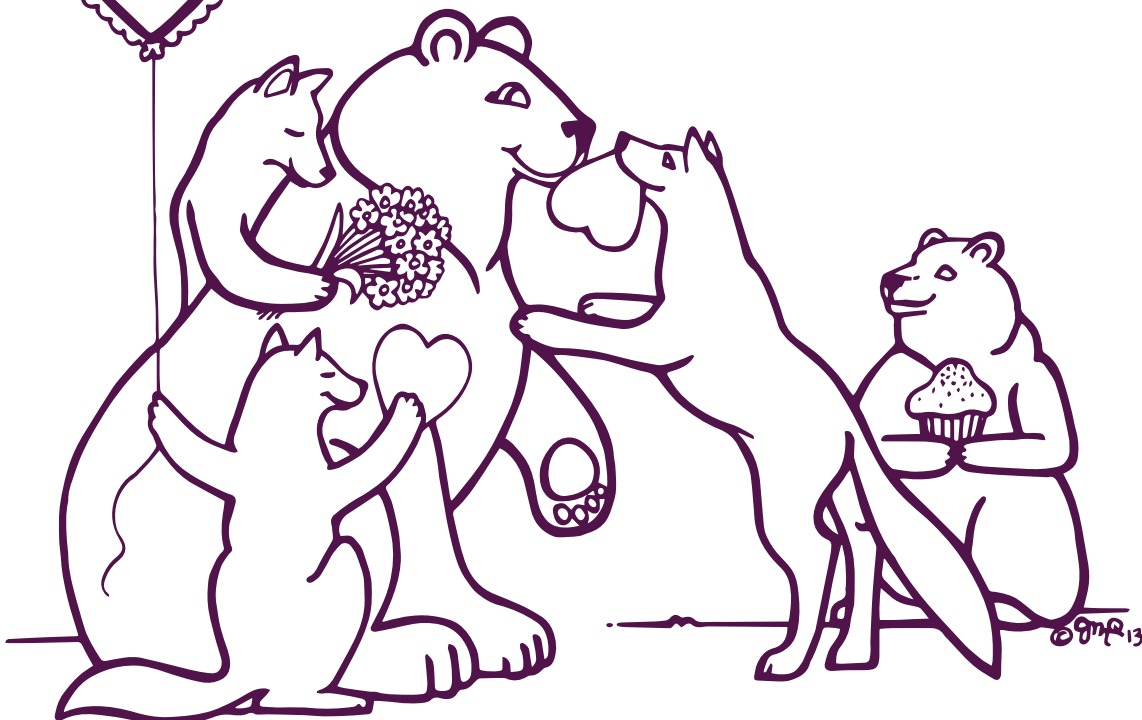
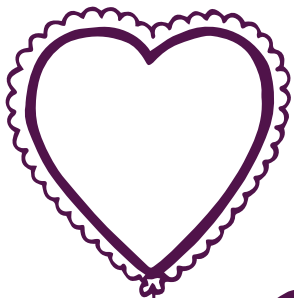
Tribal Observer COLORING CONTEST



This is Your Time to Show Us What You Got!

Color your way to win one of three Toys R Us Gift Cards. We will award 1st, 2nd and 3rd place winners from different age categories. The age categories will be 2-5, 6-9 and 10-12. Please mail your coloring page back to the Tribal Observer by 2/15/13. A panel of four judges will review the colorings and pick the three winners.

Tribal Observer employees and their immediate family members are not eligible to enter the contest



Name: _____
Age: _____
Address: _____
Phone: _____



Baby Celebration Welcomes the New Babies in the Tribal Community

VANYORK SHAWBOOSE
Staff Writer

The tiny cries and laughter could be heard at the Seventh Generation Building on Jan. 24. Excited proud families brought in their tiny additions for the baby celebration. This traditional honoring of the babies has been going on since 1993. New and experienced parents celebrated the night by allowing the community to see their bundles of joy.

Giveaways throughout the event helped not only the parents but also the children. Everyone who attended received a gift no matter what age you were.

It was also a great time to get your baby photo done for free by the lovely Lee Ann Ruffino, and with the photo comes with a custom frame that was made by the Seventh Generation staff members.

The bitter cold weather of January didn't stop the record number of people from showing up. What a great event it was. Not only was it a pleasure to see the adorable babies, you will get some great hot food like mac & cheese, mashed potatoes, delicious sloppy joe sandwiches, and even desert.

With the generous donations of prizes, parents could walk away with car seats, strollers, or pack 'n' play cribs. With the way things are today with economic times it is a blessing to have an event like the baby celebration.

Guest speaker, Deborah Peterson, Nimkee Public Health Maternal Child Health Outreach Worker, spoke about the programs that Nimkee Public Health offers. This includes breast feeding, talking circle and the teachings of the umbilical cord pouch. For some people in today's world, it may

seem a little out of the ordinary to save your baby's umbilical cord or even make a pouch to place it in, but this is something that our ancestors have been doing for generations. There are many different teachings and reasons why people save their baby's umbilical cord. The part of the baby's umbilical cord that they use is left on the baby after it has been clamped and cut. It eventually falls off the baby after a few weeks. It's been said that men and females would carry the pouch that held their baby's umbilical cord. It could be said that it serves as a reminder of their connection to their children. The pouch can be many different styles, as there really isn't one way to make a pouch.

Another very knowledgeable guest speaker was Tribal Council Chaplin Steve Pego. Pego talked about how important parents are in being the

teacher to their children. He used this wooden staff that had that he made to share the Ojibwe life journey teaching to the community. The top of the staff had an opening, it was the gateway. Another hole in the staff represented the steps in life for example, being born, the adolescent stage, growing old, and the stage of leaving through the gateway. While he taught the different stages of life, he also

reflected on those stages using his own personal experiences to connect with the community.

Without the many volunteers to come forth and help and also the generosity of the various departments for their donations of the wonderful baby prizes for the new parents, the event wouldn't of have been possible. It is events like this that make the community even stronger.

Observer photos by Vanyork Shawboose



The Seventh Generation Building was filled with proud families.



Steve Pego shares the teachings of the Ojibwe life journey with the wooden staff he made.



Deb Peterson relays information to all the new parents about the services that are offered for them.



These wonderful gifts were generously donated to help the new parents.

Second Annual Outdoor Expo at SECR Draws in a Large Crowd

CARRIE GARCIA
Interim Editor

The outdoors is where many would like to spend their time. For avid hunters, fishers and campers the 2nd Annual Outdoor Expo presented by The Wilderness Journal at the Soaring Eagle Casino & Resort was where they wanted to be. From checking out the latest gear from hunting and fishing accessories to campers there was things there for everyone.



Observer photos by Carrie Garcia

Weather Tree Products a company that helps design products for disabled hunters made a turn table for a wheel chair.

Erica Lilly, who is working marketing and promotions for The Wilderness Journal organized the event and made some changes from last year by extending the expo one more day so it would run Friday through Sunday, adding an additional 4,000 square feet, adding a separate ballroom which included their auction room and having seminars on Saturday.

"We have a few of our cornerstone vendors who wanted to address the crowd in a better way than at their booth," Lilly said. "We decided to have a seminar room to where we can post our vendors to the crowd and they can go sit and have a captive audience and go into more of a discussion than what they can with the guys that are wondering past their booths. Not only are they getting a wonderful chance to do stuff but everyone here can get more information and learn things that they might not learn while talking. During these seminars they are not talking about the things they sell or about their business, they are actually talking about educational things and also making the public happy which is a bonus on paying the \$6 admission fee."

Having a variety of vendors at the expo not only exposes

their business but also allows the guests to know that they have a background in the outdoors.

"We run a high quality show which means we can vouch for all the vendors here," Lilly said. "We keep our outdoor focus very tight so we know everyone here is hunting, fishing, camping and dealing with the outdoors. You will not come here and see guys selling toys or other nonsense things. We want to make sure that we are giving our fans exactly what they want."

From having the outdoor expo last year and being smaller, they have received



Glenn Johnson and Duane Temple from Commemorative Bucks Of Michigan measure the length of a deer rack. CBM is the official keeper of Michigan Big Game Trophy Records for Deer, Bear, Elk and Turkey.

much positive feedback and not to mention over 3,000 people going through the doors.

"It started out as a smaller expo to show Eagle Valley Outfitters and all of their business and to provide for our fans who wanted to know if they wanted to go to places they went to on the show and visit the people on the show that they did business with at a discount because they are a part of The Wilderness Journey family," Lilly said. "The expo blew up so huge that this year we added on the extra vendors, the extra day, the space because everyone

was calling and wanted to be in the expo. It has become its own animal and the fans love it. We hope to have the same layout this year as for next year. I fully expect that the expo will grow bigger."

The main goal of The Wilderness Journal for the expo is to make it family friendly.

"The tradition here is always about family and this is just our huge thousands wide extended family to come spend the weekend with us," Lilly said.

A portion of the proceeds will help benefit Central Michigan University public broadcasting.



Tribal and Community Members

February 12th @ 6 p.m.

PROMISED LAND - Starring Matt Damon

Promised Land follows two corporate salespeople who visit a rural town in an attempt to buy drilling rights from the local residents. Highlighting of the resource extraction process hydraulic fracturing - colloquially known as "fracking", emerged as a topic of debate.

Sponsored by the Saginaw Chippewa Indian Tribe of Michigan

Claims Must Be Filed By March 1, 2013 In \$3.4 Billion Indian Trust Settlement

What is This About?

The *Cobell v. Salazar* Settlement is approved. The Settlement resolves a class action lawsuit that claims that the federal government violated its duties by mismanaging trust accounts and individual Indian trust lands. Payments to the Historical Accounting Class are underway. The process of considering claims for the Trust Administration Class is ongoing.

The final deadline if you need to file a claim form for the Trust Administration Class is March 1, 2013.

Am I Included?

The Trust Administration Class includes:

- Anyone alive on September 30, 2009, who:
 - Had an IIM account recorded in currently available electronic data in federal government systems anytime from approximately 1985 to September 30, 2009, or
 - Can demonstrate ownership in trust land or land in restricted status as of September 30, 2009.
- The estate (or heirs) of any deceased landowner or IIM account holder whose account was open or whose trust assets had been in probate according to the federal government's records as of September 30, 2009.

Do I Need to File a Claim Form?

You must file a claim form if you believe you are a member of the Trust Administration Class and you have not:

- Received IIM account statements at your current address anytime between January 1, 1985 and September 30, 2009 and continue to receive statements; or
- Received a payment as a member of the Historical Accounting Class. If you did, you will receive a second payment automatically as a member of the Trust Administration Class; or
- Filed a claim form already using your current address. If you have, the Claims Administrator will contact you.

You must fill out a claim form and mail it to Indian Trust Settlement, P.O. Box 9577, Dublin, OH 43017-4877, postmarked by **March 1, 2013** in order to receive a payment.

How Much Money Can I Get?

Members of the Trust Administration Class will likely receive at least \$800 or more. The actual amount will depend on the number of claims and the costs of administration.

For a claim form or to update your contact information:

Call Toll-Free: 1-800-961-6109 or Visit: www.IndianTrust.com



Take Your Time to Get to Know Someone Before You Let Them In

DAWN PEREZ
Contributing Writer



I just love adventure movies. A bunch of us were watching this old school movie this past weekend. It was about this dad that never seemed to have enough time for his family. He was always working and missing important dates like anniversaries, birthdays, etc. At some point in the movie his wife finds out that he is NOT the person she thought he was. Their life together was built on nothing but lies. Where he

worked, why he was so late all the time--everything was a lie. Coincidentally, the movie was titled, *True Lies*. Such is life.

My friend was expressing concern that her baby just never warmed up to a male friend of hers. The baby wouldn't go to the guy and whenever he came around the baby hid by

her mother. I do believe kids are awesome this way. They don't have to talk to a person to know if they are bad or good. Children have a sixth sense about it. Don't force a friendship because maybe that child knows something you don't. Sometime later she came to find out that her "friend" was a sex offender. Just so you know, people will not tell you that they are on that list. You have to find out for yourself and hopefully it is not because of an incident.

You read all the time about offenders volunteering to be leaders for the Boy Scouts or the whole scandal with the priests in

the Catholic Church. My point being--they will find a way to get you to trust them with your most precious cargo. They will volunteer to babysit or will find some way to come to your rescue and "help" you with your kids. I know it's hard when someone comes into your life and the life of your family and he or she isn't the person they presented themselves to be. In this day and age you practically have to run a background check on people if you are going to let them in your life to be sure they aren't wanted for murder or something more harrowing. Crimes against children are especially heinous.

There's something to be said about taking your time to get to know someone before you let them in your life and have access to your precious little ones. Be diligent and don't just assume everyone has a clean slate. Do what you have to do to protect you and yours because it's easier to say goodbye to that person rather than spend the rest of your life in counseling with a child that has been abused. I'm going to pray to the Creator that the hands of those who abuse children be bound and for protection over all our kids and pray, too, that we remember, Kids come first. BaaMaaPii.

Girls On The Run Is Ready For the 2013 Year

JENNIFER CRAWFORD
Contributing Writer

Girls on the Run of Central Michigan is gearing up for its biggest year yet, preparing for the 2013 Girls on the Run Program! Girls on the Run, a national, non-profit, prevention program, aimed at increasing self-esteem and boosting confidence in third to eighth grade girls began in 1996 in Charlotte, North Carolina by founder, Molly Barker. The program now boasts more than 200 councils

across the United States and Canada, serving more than 100,000 girls annually.

Through the Girls on the Run program, we inspire girls to be joyful, healthy and confident using a fun, experience-based curriculum which creatively integrates running. We envision a world where every girl knows and activates her limitless potential and is free to boldly pursue her dreams.

Girls on the Run of Central Michigan began as an affiliate council in 2003, serving 108 girls in Isabella County. In

spring 2012, just after becoming an independent, non-profit council, Girls on the Run of Central Michigan served 667 third through eighth grade girls throughout Isabella and Gratiot Counties. The spring 2013 season is expected to grow even larger as Clare County will also be included.

Throughout the years, Girls on the Run of Central Michigan has always had a site at the Saginaw Chippewa Academy. For the spring 2013 season we are excited to add an additional team in the tribal community for

the middle school version of the program entitled Girls on Track, which will take place at the Behavioral Health facility.

The spring 2013 season will begin the week of March 4 and will end with our 5K Celebration on Saturday, May 18 in Shepherd. Registration for the spring 2013 season will begin on Friday, Feb. 8 at 11:59 p.m. Look for registration materials in Friday folders in early February. As the registration date approaches, more information will be available on our website www.gotrcentralmichigan.org.



Image Courtesy of Betsy Weekley

Students from the Saginaw Chippewa Academy participated in Girls on the Run last year.

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SCIT Afterschool Program Turns New Year's Nutrition Resolution into Reality

DAVID SANDS

Contributing Writer

After returning from holiday vacation, the Saginaw Chippewa Indian Tribe (SCIT), Youth Facilities Assistant Chef Christina "Gig" Flamand, served the afterschool program a plate of healthy snacks. This revised healthy afterschool meal program is part of a new initiative that aims to teach youth healthier lifestyles. Gig is particularly focused on the meal preparation and serving aspect of the K-6 program. She has seen dramatic, positive changes in the students since implementing the new MyPlate method, with some professional adjustments from Nimkee Public Health Registered Dietitian and Nutritionist Sally Van Cise.

The Myplate method is a new government change to how nutrition is to be viewed and executed. It is the official USDA (United States Department of Agriculture) approved methodologies



Christina Flamand is in charge of making sure the afterschool students receive healthy snacks.

on how to create a healthy meal and snack. On their website choosemyplate.gov there are tips for incorporating more of a specific food group into meals (e.g. adding veggies into a pasta sauce or including a salad with the meal).

"(Under the nutrition program) they are fuller and better behaved," Gig said. "I try to introduce new and healthy choices in a fun way." Previously, the children were served more processed, convenience foods that were sure to be popular and easy choices. This is often the story for most children; however, pizza does not necessarily give optimal nutrition. The challenge is finding someone willing to take the time to make healthy snacks. Which is where Gig has stepped up to become a recognized asset to the K-6 program. Cutting up the food into different shapes and sizes is a quick and easy way that Gig has aided in the successful transition of the program.

Thanks to a new grant, provided by the Inter-Tribal Council of Michigan, Inc., the afterschool nutrition program has been revamped and now has to adhere to stricter healthy food guidelines. The report requires the program to keep track of the types of snacks that are being served to students, as well as report any changes made to the snack policies. The SCIT Parks & Recreation department can proudly say that they have made a tremendous amount of positive changes to the nutrition and snacking policies. Not only have there been changes to policies, but in the overall level of satisfaction displayed and exhibited by the children themselves.

The SCIT afterschool meal program has become a highlight for many of the students in the program. Second grader, Kayden Weekley said, "It's sooo good!" when asked about the snacks. He also added, "Pineapple is one of my favorites!" Many students are not only enjoying the meal itself, but are acknowledging that fruits and vegetables can, in fact, be very tasty. Students are, to what

I'm sure would be a surprise to many parents, asking for more veggies during the meals. Fruit salads mixed with some marshmallows or cucumbers with veggie dip has become some of the most popular dishes in the program.

Kids are growing and often very hungry. They have smaller stomachs and need to eat more often than three main meal times like adults tend to adhere to. Another issue that after school snacks address is the relatively early timing of most school lunch hours. Block scheduling lunch hours can begin as early as 11 a.m., even though the kids don't arrive to the program until mid afternoon. Resulting in many hungry children by the time they reach their afterschool destination, whether that is the SCIT Parks & Recreation Program or home.

Van Cise explained why healthy afterschool snacks are so important for kids.

"When children are not fed properly they are going to more easily get tired, grumpy, and lose focus," Van Cise said. "If food is prepared by someone, the kids will eat it. If the children are left to make their own choices, they will make the easier, quick choice, which in many cases, will be pop or chips."

Once the kids are shown what types of food are healthy, it is then up to the provider of the food, to demonstrate that these healthier alternatives can be delicious and fun. This is exactly what Gig has already begun to accomplish in just a few short weeks in the new snack program.

Van Cise warns that by cutting calories is the most effective if it's the last step of establishing a healthy lifestyle – not the first. So when feeding children it is important to make sure they are well fed, just with healthier choices.

"Cutting out too much food from meals can be more detrimental than helpful if not done properly," Van Cise said. "This can lead to extreme hunger, resultant overeating, and/or bingeing." Interactive examples displayed on the choosemyplate.org website detail how much food we could eat and still be within a healthy limit, to avoid hunger pains.

Parks & Recreation Director Ronnie Ekdahl explained that some of the other hurdles the young program attempts to combat during the afterschool program.

"Advertisements and television in general are going to make large impacts on the kids when it comes to nutrition and behavior," Ekdahl said. "This program is aspiring to teach kids to make better choices during meal and play time."



Aanzhenii "Bird" Starkey is taking advantage of the healthy snacks she gets.

Ekdahl further mentioned that in just over a year the program has made great strides in becoming more structured so that the kids are engaging in regulated activities instead of free play. This ensures that the children are getting a healthy amount of age appropriate exercise and nutrition. This is exactly what young growing children need during such critical developmental stages.

Lastly, a component of the system that can go unnoticed at times, by those not directly participating in the organization, is the level of positive socialization that occurs during the time spent at the program. Van Cise attributes some of the success of a better-behaved child, to one that is fed properly and healthily. Along with the nutrition, behind the scenes of the program are several great assistants making sure the children are being taught to "play nice" and share. These, and many more, types of life skills are personality traits that will become extremely important as a child matures. Extra constructive reinforcement from positive role models, teaching the students these skills, can make the difference between a child making better choices once they are maturing into teenagers and eventually adults.

Vowles

The following students earned perfect attendance for the month of December: Dylan Christy, Mariana Mays, Maya Ryan, Robert Saunders, Konin Kripa, Kaitlyn Barteau, Takoda Shawnoo, Sara Saunders, and Eli Marin.

Pullen

The following students earned perfect attendance for the month of December: Kadenn Rose, Donna Wiltse, Tavia Agosto, Nevaeh Badger, Mahayla Freeman, Jonathan Davis, Jimaganish Martell, Dasia Wiltse, Zheesheeb Compo, Tayden Davis, Mackenzie Burger, Mazhaquet Keshick, Mgizi Wemigwans, Jayden Neyome, John Stevens, Giizhig Martell, Sheananrose Pontiac.

Fancher


The following students earned perfect attendance for the month of December: Logan Adams, Andrew Chingman, Makayla Jackson, Jarrad Johnson, Seth Magnell, Molly Mandoka, Aaron Schlegel, and Shaylyn Sprague.

Ganiard

The following students earned perfect attendance for the month of December: Isaiah Otto-Powers, Meisha Raphael, Paul Rueckert, Teirra Ash, Kaylie Sprague, Hudson Yager, Sabashtion Davis, Elisha Hoorman, Matthew Jackson, Elijah Otto-Powers, Zamil Rueckert, JJ Willis, Molly Smith-Rodriguez, and Thomas Trasky.

McGuire

The following students earned perfect attendance for the month of December: Katie Green, Phoebe DeFeyer, James Montoya-Pego, Hazen Shinos, Azaryah Dye, Lucas Dye, Jade Leureaux, David Culhane, Keeshta Wemigwans, Justin Alexander, Jose Garcia, Naomi Compo, Tyler VanHorn, Hunter Kequom, Carlee Williams.



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Higher Education Department Intern Vacancies!

The Higher Education Department has four vacancies in the Tribal Leadership Intern Program.

Deadline for Winter/Spring 2013
February 15

Applications are now being accepted for both programs in the Higher Education Office located in the Tribal Operations Building adjacent to the gym/across from the Tribal Kitchen.

Please Contact
For an application or more information.

Sharon Skutt
H.E. Coordinator
(989) 775-4505
skutt@sagchip.org

Jackie Ortiz
Education Administrative Assistant
(989) 775-4501
jortiz@sagchip.org





SCTC's 2011-2012 School Year: Taking A Look Back



Vision

Saginaw Chippewa Tribal College is committed to maintaining a nurturing environment which inspires all people to attain higher levels of personal and academic success.

Mission

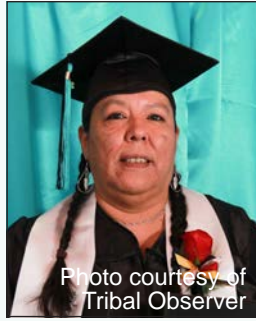
Saginaw Chippewa Tribal College is a public community college that provides educational opportunities reflecting Anishnaabe values.

SCTC STAFF



Clint Burhans, Faculty of the Year 2011/2012.

SCTC STUDENTS



Brenda Walker, SCTC Student of the Year 2012
Associate of Arts
Native American Studies

Facts & Figures

Student Body Profile, AY 2011/2012

Enrollment (headcount)..... 194
 Student Full-Time equivalency (FTE)....179.33
 (FTE calculated a 12 credit hours)
 Gender: 66 (34%) Male, 128 (66%)Female
 American Indian or Alaskan Native..... 83.5%
 SCIT.....105 (54%)
 Other ancestry..... 89 (46%)
 Graduates 11

Associate of Arts ~ Native American Studies

- Renata Borton
- Brenda Walker

Associate of Arts ~ Liberal Arts

- Misty Bailey
- Tiffany Bailey
- Linda Hudak
- Joseph Ibarra
- Theresa Jackson
- Nicole Nedwash
- Tracy Pigeon

Associate of Arts ~ Business

- Jessica McClain
- Casey Smith

Dean's List ~ (Full time students w/3.5 - 3.99 g.p.a.)

- Joseph Ibarra (FA11),
- Janelle Jackson (F11),
- Shannon Prill (FA11),
- Annette Saboo-Rogers (FA11, & SP12),
- Mark Vasquez (FA11),
- Brenda Walker (FA11),
- Anthony Quiroga (SP12),
- Vanyork Shawboose (SP12)

President's List ~

(Full time students w/4.0 g.p.a.)

- Russell Menefee (FA11),
- Debbie Morales (FA11),
- Jennifer Sny (FA11),
- Amanda Tupuola (SP12)



Photo courtesy of SCTC

SCTC Class of 2012

SCTC Estimated Expenses for AY 2011/2012

- Tuition \$1,400.00
- Fees..... \$600.00
- Books & Supplies..... \$1,400.00
- Off Campus Room & Board \$6,377.00
- Off Campus Other Expenses \$2,537.00
- Off Campus W/Family Expenses ... \$2,537.00
- TOTAL Expense..... \$14,591.00



SCTC beaded logo by Russell Menefee, Student Council President 2011/2012.



Photo courtesy of Tribal Observer



SCTC President Carla Sineway

Message from SCTC President Sineway

Boozhu,

The 2011/2012 academic year was a time of convergence, renewal, and growth.

The academic year began with a change in administration and governance; this change was challenging but not overwhelming. Most importantly, this new challenge was greeted with determined drive by Board of Regents, staff, faculty, and students.

The 2011/2012 academic year at SCTC was also infused with many modifications. Most notably, there was staffing of new key positions that have added much needed structure to the Tribal College. The 2011/2012 academic year was also a time of self-reflection as the self-study report for the continued accreditation of SCTC was a major emphasis. These were two important accomplishments to the continual fortification of the future of SCTC.

Important connections between SCTC and the community were initiated in 2011/2012 and continue to be essential links in providing service to the community.

SCTC has adopted a simple catch phrase that utilizes our acronym, "SCTC – a Smart Choice in a Transforming Community." It is always a smart choice to begin at home. We at SCTC strive to offer classes/workshops to you, our family, in a nurturing environment. SCTC would like to be instrumental in transforming the quality of life within our community by providing exceptional educational opportunities.

As SCTC President, I look forward to the continued growth at an even greater momentum in service and facilities. The educational career of each SCTC student is on a bright path.

Miigwech!



Photo courtesy of SCTC

SCTC Board of Regents ~ 2011-2012.

Facts & Figures

Personnel Profile, AY 2011/2012

Full-time employees.....10

Part-time employees.....18

Gender:

- 10 (36%) male,
- 18 (64%)Female

American Indian.....32%

SCTC Teaching Load		American Indian Instructors	Non-Indian Instructors
Avg. # of courses	Full time	9	14
Avg. # of students per course	Full time	10.88	22.83
Avg. # of courses	Part time	5	5.73
Avg. # of students per course	Part time	19.59	9.68

"In remembrance of our ancestors, who guided their lives by the finest of principles, the cultural values of caring, sharing, and always the concern for their children. Their counsel would be....do your best for your children and your children's children, for that is the way we lived and it was a good way." Ben Quigno penned this on June 16, 1986

Bobby Brown and Keith Sweat Know How to Turn Up the Heat

CARRIE GARCIA
Interim Editor

Soaring Eagle Casino & Resort knows how to celebrate the holiday season by bringing in the best entertainment in Michigan. Fans packed the Entertainment Hall to catch a glimpse of Bobby Brown and Keith Sweat.

Both Brown and Sweat are veterans of the music industry and have made R&B, New Jack Swing, Hip Hop, Dance Pop, Urban, and Rap popular. Brown started his career off at the early age of nine with the group New Edition with his friends, Michael Bivins, Ricky Bell, Ralph Tresvant, and Ronnie DeVoe. The group produced hits such as, "Candy Girl", "Cool It Now", and "Mr. Telephone Man".

Sweat started his career off with the group called Jamilah and was even credited for helping release the song, "Pee Wee Dance" by Joeski Love.

Sweat has worked with LL Cool J and discovered the groups, Kut Klose and Silk.

He currently has a national syndicated radio show called, The Sweat Hotel and is also a publisher. His book, "Make It Last Forever: The Do's and Don'ts" is set to be released in late February.

Fans were anxiously excited to see these two R&B acts perform in front of their eyes.

The highly energetic Brown appeared on stage with his dance moves and the

crowd screamed with joy. He belted out the lyrics to his hit song, "On My Own" from the Ghostbusters II soundtrack and swung his scarf, which was hanging from around his neck, towards the audience. The women grabbed and tugged at the scarf just to get closer to Brown.

There were no breaks in between his songs and he sang another one of his songs called, "Give It Up".

Brown took a break in before going onto another one of his songs. During this he addressed to the audience and proclaimed his love for Michigan as he told the audience, that he loves the people and the food. He also gave out a special greeting, wishing everyone a Happy New Year.



Bobby Brown brought back many of his old school music from the '80s and the '90s that many of his fans remembered. He also came with some new music that the fans enjoyed.

It was then after his greeting he went into another song called "Roni".

Brown's male backup vocalists sang the lyrics to "Roni" with Brown, and Brown insisted that all the ladies in the crowd come up to the front. When the crowd grew bigger close to the stage, he reached his hand out to try to shake everyone's hand and even broke out in some dance moves with them.

The electricity in the air didn't stop there as Brown sang one of his new songs called, "Don't Let Me Down."

He ended his show with, "Don't Be Cruel," "Rock Wit'cha", "Get Away", and "My Prerogative".

During the intermission the crowd grew bigger in the Entertainment Hall as the audience wanted to get a glimpse of Keith Sweat.

Within minutes after the final touches were made for Sweat's show, the lights grew dim and the music of his band started to play.

Screaming and whistling could be heard as the audience gave their attention on Sweat as he entered on stage. Women screamed and started gathering along the stage with their cell phones quickly snapping photos as Sweat smoothly started to sing. Couples started dancing with their significant others in the aisles of the entertainment hall and women danced while standing from their seats.

To change the mood his band started to play an upbeat version of the song, "Just Got Paid" made famous by Johnny Kemp.



Keith Sweat brought out a performance that left many of his fans wanting the show to go on. Sweat set the mood with his R&B hits.

When Sweat mentioned about swaying their arms side to side, everyone in the audience had their hands up swaying them. To help bring the R&B mood back, with the help of his female background singer, both of them sang the song, "Get Up On It" made famous by the group Kut Klose. Sweat also sang his hits, "Make You Sweat", "Make It Last Forever" and "How Deep Is Your Love".

After singing many songs he took a break and asked the audience how they were doing and the audience up roared in screaming. He wished them a Happy New Year and thanked the Lord and Savior for allowing everyone to be together at the same place.

"Glad I got to see you and you got to see me," Sweat said.

Sweat brought out more of his hits, "Merry Go Round"

and when the beginning of "Freak Me" started playing; the screaming and cheering echoed in the hall and the male background singers took over singing the rest of the song while Sweat watched. As these singers took over the show their strong vocal abilities brought the song to a powerful end.

Sweat wanted to slow down the show and told his background singers to pick people so they could go up on stage with Sweat. A mixture of males and females of all ages were on stage including a couple that had just recently got engaged. Sweat serenaded them with his song called, "I'll Give All My Love to You". His other hits, "I Wanna", "(There You Go) Tellin' Me No Again", "Twisted", and "Nobody" helped end the exciting show.

Rising Country Star Easton Corbin Brings Out the Country in Everyone

VANYORK SHAWBOOSE
Staff Writer

Soaring Eagle Casino & Resort brought in up and coming country star, Easton Corbin on Dec. 30.

Corbin came on to the scene with a big bang with his very first self-titled album in 2010. Corbin had two number one singles, "A Little More Country Than That" and "Roll With It". Off his album he had a top fifteen hit song called, "I Can't Love You Back".

With his success taking off, Corbin had back to back number one singles. This has not happened in the country scene in over 17 years.

With a nomination under his belt of Top Newest Country Artist in 2010, Corbin was making his presence known.

His hit song, "Roll With it" shot to number six on the charts and was also the Hot Country Song of the year.

He ranked in at number nine between Blake Shelton and Tim McGraw on the Billboard's list of Top Country Male Artists. In 2010, he won three American Country Awards.

Corbin was the opening acts for other popular musicians such as Rascal Flatts, Brad Paisley and Blake Shelton.

The Entertainment Hall was full of eager fans waiting to see Corbin, a country music star in the making. The atmosphere in the Entertainment Hall had the sense of a down home event, and even some of his fans showed up in their best western gear with cowboy hats included.

With all of the terrible news lately in the media, it's nice just to go out and have a relaxing time. As Corbin walked out on the stage he



Easton Corbin made many of the audience kick up their heels as he performed his new single "Lovin' You is Fun".

smiled as he was happy to see all of his fans. He started out with songs from his first album such as, "A Little More Country Than That" and "Roll With It". These songs had the audience tapping their feet on the floor. Couples in the audience sang to each other and even got up to dance in the aisles.

Things really slowed down with the song, "I Can't Love You Back". The video for the song, which can be viewed on

YouTube, talks about someone losing somebody they love in an automobile accident and they can't love them back. He also performed the song, "Lovin' You Is Fun" from his newest album, *All Over The Road*. It is a very catchy song. He also did a beautiful job on a cover of the Gary Allen song, "Watching Airplanes".

Collectively Corbin put on an excellent and entertaining performance on stage.

SECR Upcoming Events

Event	Tickets on Sale	Event Date
Jeff Foxworthy	12/1 Sat	2/1 Fri
WPBA Masters Tournament	1/5 Sat	2/7 Th & 2/10 Sun
Craig Ferguson	12/22 Sat	2/23 Sat
Foreigner	1/5 Sat	3/3 Sun
Little Big Town WSG David Nail	11/3 Sat	3/9 Sat
Death at the Doo-wop Dinner Theater	1/26 Sat	3/29 Fri



Buckcherry and Vince Neil Rocked the Entertainment Hall Down

VANYORK SHAWBOOSE
Staff Writer

On Dec. 28 the Soaring Eagle Casino Entertainment Hall held a rock concert for the ages. Vince Neil, best known as the lead vocalist of heavy metal band Motley Crue, was in the house. That wasn't all. The fans were also treated to one of the biggest rock bands of today, Buckcherry. Vince Neil born and raised in California started singing while he was in high school. After high school he was asked by a friend to join their band, Motley Crue. In 1981 he joined the band and

they released their first CD, called *Too fast for love*. The band ruled the heavy metal air waves throughout the '80s.

These days Vince is doing his own solo act. A show that has him rocking out some of his own songs like, "You're Invited (But Your Friend Can't Come)" from the sound track *Encino Man*, as well as some of Motley Crue's hits. With a packed house that night at SECR, Neil came out jamming with songs like, "Wild Side" and "Girls, Girls, Girls" which was the title track from Motley Crue's *Girls, Girls, Girls* album. Neil really had the crowd going down memory lane as he sang songs from the early Motley Crue albums,

like *Shout at the Devil* and *Dr. Feelgood*. Motley Crue's album, *Dr. Feelgood* was their biggest selling album. With these songs jamming it had the fans wildly pumping their fists in the air. The highlight moment of the concert was when he sang the Motley Crue mega hit song "Home Sweet Home". As Neil was singing that song he would walk along the edge of stage, slapping hands and pounding fists with all of his fans. As the house lights turned on in Entertainment Hall, he would pause just for a moment as he held the microphone stand out to the audience to have them sing the song with him. What a great show.

It was time for Buckcherry to hit the stage. This is a big American rock band that started 1995 and has been a popular band ever since. The band released a total of five albums which include *Buckcherry*, *Time Bomb*, *15*, *Black Butterfly* *All Night Long* and the newest one called *Confessions*. Buckcherry released their song called "Sorry" off their album *15* which became a Billboard Hot 100 top ten hit.

If you haven't seen this band perform live you're missing a great rock concert that



Buckcherry lead vocalist Josh Todd gazes into the crowd as he delivers Buckcherry's hits.

had lots of energy. The show was filled with excitement as a comparison of Mick Jagger and Steven Tyler could be seen in Josh Todd, Lead Vocalist of Buckcherry.

This comparison can be explained in the way that he moved around on stage and how compassionate he gets into singing his songs. He is a true artist. Buckcherry performed songs off their albums, *Time Bomb*, *Buckcherry* and *Black Butterfly*. Even when they did a slow song you still can feel the energy in the air. When they did their big hit song called "Sorry" you could see how Todd was

really getting into the song. He would stop moving sometimes and you can see how he would get lost in his own thoughts.

While he was mesmerized in his thoughts, it brought out a moment where a beautiful picture of him could be taken. It was a Kodak moment. It was at the end of their show that they performed the song, "Crazy B" and everyone in the audience got excited.

The beautiful Soaring Eagle Resort and Casino is the only place in Michigan that has all the best shows around. Make sure to check out Soaring Eagle on Twitter and Facebook.



Observer photos by Vanyork Shawboose

Vince Neil is jamming out with the crowd as he sings "Home Sweet Home".



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Just Beet It! The Health Benefits of Eating this Purple Superfood

SALLY VAN CISE
Contributing Writer

The sweet beet is hard to beat! If you like antioxidants and anti-inflammatories, and/or want to “detoxify” yourself, then enjoy the flavors and health from this wonderful root veggie! The deep purples come from very powerful phytonutrients called betalains. A few scientific studies found these phytonutrients to be beneficial at restricting tumor cell growth; when we say colors matter, we mean it! Though these nutrients come in high amounts in beets, you must be careful not to overcook them, you’ll lose many of their health benefits. So do your best to steam beets no longer than 15 minutes, if roasting, less than 60 minutes.

Attention athletes! If we haven’t convinced you enough to eat beets, here’s an excerpt from the *The Athlete’s Kitchen* by Nancy Clark, RD: “Beets, as well as rhubarb and arugulas, are rich sources of dietary nitrates, a compound that gets converted into nitric oxide (NO). Nitric oxide dilates blood vessels, lowers blood pressure, and allows a person to exercise using less oxygen. In a study, cyclists consumed pre-ride beets and then three hours later (when NO peaks), they rode in a time trial. Every cyclist improved (on average, 2.8 percent) as compared to the time trial with no beets. Impressive! The amount of nitrates in seven ounces (200 grams) beets is an effective dose. How about enjoying beets—or a bowl of borchst—in your next pre-game meal.

When purchasing fresh beets, think hard, well you don’t have to think too hard, but do select the hardest beet you can find! Pick the firm, smooth beets with a deep red color, and if available, fresh looking tops. Choose beets that are the same size. One pound of beets makes three or four servings. Beets can be stored in the refrigerator and are best if used within two weeks.

This in-season superfood can be enjoyed in a variety of ways. To obtain the greatest amount of its nutrients, enjoy beets raw; you won’t believe how sweet beet juice can be! Some folks use raw beets when juicing, adding apples, parsley, lemon juice and a dash of cayenne. If you prefer them cooked, remember not to overcook.

Whether eating raw, steamed, or roasted, scrub the



outside with a strong veggie brush or use a peeler; this will tame down, even rid, the earthy flavors. Beet greens should be removed (you may cook them separately) but leave an inch or two of stem. Do not peel beets

until after they are cooked. Cook, covered in boiling water till tender, about 35-55 minutes. Cool slightly and rub off skins (they can be very messy, which is why it is wise to cook them with skin on).

Look for recipes on websites such as www.food-network.com or www.eatingwell.com. You’ll find recipes for roasted beets, beet and goat cheese arugula salad, pickled beets. Or, you can simply clean and then boil your fresh beets; remove the skins, chop into smaller pieces, and add a little butter, salt and pepper! Enjoy!

Color My World Heart Healthy

JENNA WILCOX
Contributing Writer

February might be filled with hearts, love, and of course chocolate; but one thing to remember is that February is Healthy Heart Awareness Month. On Feb. 1, people around the world will be celebrating Healthy Heart Awareness: Go Red for Women with the American Heart Association; and the Nimkee Public Health Department will be no different. As the tradition goes, the girls from Public Health will be putting on their annual Red Dress Day Fashion Show and Luncheon to take place in the Tribal Gym. Each department from Public Health has a hand in the fun-filled day of educational awareness to support everyone with heart disease and to

raise awareness in regards to a healthy heart.

This year the theme is ‘Color My World Heart Healthy’ and the event will include homemade soups and salad, laughs, educational materials, and the moment people look forward to – The Red Dress Fashion Show. The ladies in Public Health would like to invite everyone to take part in this year’s event. As a reminder, the Red Dress Day Fashion Show and Luncheon will take place on Friday, Feb. 1, in the Tribal Gym. Registration begins at 10:30 a.m. and lunch will be served at 11 a.m. with the fashion show to follow. If you would like to take part in the fashion show, please contact Emily Wiggins at 989-775-4613 or Jenna Wilcox at 989-775-4604.

This year a special group of strong, independent mothers will join together to support the awareness cause. These

ladies take part in a newly formed breastfeeding support group at Nimkee. They enjoy participating every month with a focus on breastfeeding and supporting others to make the decision to breastfeed their children. If you would like more information on the Breastfeeding Support Group, please contact Debbie Peterson at 989-775-4907; Sandi Chesebrough at 989-775-4654 or Anna Hon at 989-775-4616.

The Red Dress Day event might be about raising awareness in being Heart Healthy, but one step that everyone needs to take is to have an annual physical. Ladies, to schedule your annual Women’s Health Exam please contact Jenna Wilcox at 989-775-4604. Men, we have not forgotten about you. To schedule your annual screening please call Nimkee Medical at 989-775-4679.

Knowing Your Family History and Health Can Help Save Your Life

INTER-TRIBAL COUNCIL OF MICHIGAN AND THE AMERICAN CANCER SOCIETY

Did you know that your family’s health history can play an important role in assessing your risk for many chronic diseases, including cancer?

Relatives share more than brown eyes or curly hair. Chronic Illnesses and other health problems also run in families. Family members share many of the same genes, lifestyles and environments – all factors that work together to determine health. Knowing your family health history can give you important clues to unlock your past for a healthier future.

Look for these ‘red flags’ when asking about your family’s health history:

- Cancer in two or more family members.
- Heart attacks before the age of 55 in men, or 65 in women.
- Sudden unexplained death before age 40.
- Other chronic diseases, such as diabetes, high blood pressure or high cholesterol.

What can you do?

- Talk about it with your family. Let your family know that diseases such as cancer, diabetes, and heart disease can run in families. Find out what conditions are in your family and how old people were when they were diagnosed.

- Write it down. Record your family’s health history. Update your information as changes occur. Try to include information on at least three generations.

- Pass it on. Tell your health care provider about the diseases that run in your family. Ask whether you need to be screened. Share the information with your children and others in your family.

Other important information to know:

- Ancestry (different ethnic groups have an increased risk of certain diseases.)

- The age that a family member was diagnosed with a medical condition.

- Age and cause of death.
- Number of family members affected.

To learn more visit, www.MIGeneticsConnection.org, www.cdc.gov/genomics.public.htm, www.geneticsalliance.org, or www.cancer.org.

Nimkee Fitness Center Monday - Friday Group Exercise Schedule February 2013 6:00 a.m. - 7:00 p.m.

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:00 a.m.	Aqua Fit Sharon		Aqua Fit Sharon		Aqua Fit Sharon
11:00 a.m.		Mommy & Me Jayme		PiYo Brandi	
12:00 p.m.	Lunch Crunch Go 30 Jaden	Cardio Fusion Judi	Turbo Kick Brandi	Fitness Support Group Feb. 14 & 28	Boot Camp Jaden
4:00 p.m.	Step & Sculpt Brandi			Turbo Kick Jayme	
4:30 p.m.		Step & Sculpt Jeni	Step & Kick Plus Jeni		
5:10 p.m.	Zumba Jayme			World Fusion Belly Tawnya	

Visit Us At www.sagchip.org/fitness



Your Questions Answered About Seasonal Influenza (FLU)

SUE SOWMICK
Contributing Writer

Flu season is upon us and there is a lot of attention in the media right now so we are getting many calls. The first thing to remember is not to panic. The news always makes things sound worse than they are. The best thing that you can do is use common sense! Take care of yourselves and your family by eating and drinking good, get enough sleep and some exercise. Wash your hands often and stay home if you are sick.

Below is some information about the flu and the health department. Our flu clinics are done now although Nimkee Medical still has some vaccine left for anyone that is registered there - especially kids and elders. The health department is still doing flu shots by appointment.

For an appointment the local health department flu clinic call 773-5921, extension 8405

What is influenza (flu)?

Influenza is a contagious respiratory disease that can be prevented or minimized

by immunization. It is not the "stomach flu." It is caused by a virus that attacks the nose, throat, and lungs.

What are the symptoms of influenza?

Influenza symptoms come quickly in the form of sore throat, headache, fever, extreme tiredness, dry cough, nasal congestion, and body aches. These symptoms can be severe enough to put you in bed for a number of days. Influenza can be spread from person to person through the air as people cough or sneeze.

How is the flu different from a cold?

A cold generally stays up in the head while the flu brings body aches, fever, chills, runny nose, and extreme fatigue. A person with a cold will usually keep up his or her normal activities. A person with the flu will often feel too sick to go about their normal day-to-day routine.

Who should get a seasonal flu shot this 2012-2013 season?

- All people 6 months of age and older should get flu vaccine.
- People who are at a higher risk of severe influenza and

their close contacts.

- Healthcare personnel.
- Close contacts of children younger than 6 months.

What can you do to protect yourself and others?

- Stay at home from school or work if you have a respiratory infection.
- Avoid exposing yourself to others who are sick with a flu-like illness.
- Cover your nose and mouth with a tissue whenever you cough or sneeze and then throw the tissue away.
- If you don't have a tissue, cough or sneeze into your sleeve.
- Clean your hands often – with soap and water, or with an alcohol-based, waterless hand sanitizer.
- If you have an infant, don't expose him or her unnecessarily to large crowds when influenza is in your community. Avoid close contact (holding, kissing) of the baby with family members who may have influenza (fever, muscle aches, runny nose, and cough) or other respiratory infections.
- Do not share anything that goes into the mouth such as drinking cups and straws.
- Frequently clean all

commonly touched surfaces (door knob, refrigerator handle, phone, water faucets) if someone in the house has a cold or flu.

- Do not smoke.
- Get at least eight hours of sleep a night.

(Information from the Kent County Health Department and Minnesota Department of Health 2004.)

What If You Think You or Your Child Has the Flu?

- Stay at home if you are ill and encourage others to do so as well.
- Rest and drink lots of fluids. This will help your body recover from the infection.
- Antibiotics will not help a person recover from the flu, because flu is caused by a virus, not by bacteria. Anti-viral medicine is an option for some, but not all.
- Call your doctor or clinic about what to do if you are concerned.
- Follow your child's doctor's instructions about keeping their fever under control.

Take your child to the doctor or the emergency room if he or she:

- Is breathing rapidly or with difficulty
- Has bluish skin color
- Is not drinking enough and becomes dehydrated
- Is not waking up or interacting with others
- Is so irritable that he or she doesn't want to be held
- Gets better only to become sick again, with fever and a more severe cough
- If you are concerned that

something does not seem right with your child, call your health care provider.

What about anti-viral medicines?

Anti-viral medicines can benefit some individuals in some situations, but there are risks in taking them and serious side effects for some people.

Anti-virals are more often used to help contain influenza outbreaks in settings such as nursing homes or to protect a high-risk person who is in direct contact with someone who has influenza. You must take anti-virals within two days of being exposed to influenza for them to prevent the disease. Talk to your health care provider if you have questions.

Will the seasonal flu shot protect me from H1N1 flu?

This year's seasonal flu shot includes protection against the 2009 H1N1 flu and two other flu viruses. The shot will not give you the flu. For more information on flu, log onto www.cmdhd.org, www.michigan.gov/flu, or www.cdc.gov/flu. The numbers for various Health Departments are listed. Central Michigan District Health Department "Promoting Healthy Families, Healthy Communities" For more information, call your local CMDHD branch office: Arenac 989-846-6541, Clare 989-539-6731, Gladwin 989-426-9431, Isabella 989-773-5921, Osceola 231-832-5532, Roscommon 989-366-9166, www.cmdhd.org.

Get Off On a Healthy New Year by Motivating Others to Exercise

CARRIE GARCIA
Interim Editor

Trying to be motivated to go to the gym is one of the toughest things someone has to do.

Luckily, those who want to get back into their exercise regimen will be able to thanks to Nimkee Fitness Support Group. The group's purpose is to help give motivation to each other and inspire others to go on a healthier path. With ideas of having guest speakers share their successful weight loss stories, having stretching clinics or even attending a new exercise class, members of the group will have new things taught to them.

The mission of the group is to stay positive with activity. Jayme Green, Nimkee Fitness Coordinator came up with the idea of having the group after a client came into the gym and started talking

about how they signed up to participate in a half marathon. The client told Jayme that during wintertime it is hard to keep running and keep the motivation. Another client overheard the conversation and said that she wanted to start running again too. The ability to have the belongingness, togetherness, having the accountability and also encourage each other is the main factors of the group.

Green would also like the group to talk about any fitness related questions, goals or even share healthy recipes. The group is open ended for anything.

For those interested in the Fitness Group, they will meet the second and fourth Thursday of the month at the Nimkee Public Health Kitchen from noon to 1 p.m. The group will also meet outside of those hours.

For more information contact Jayme Green at 989-775-4696.

Cardinal Pharmacy Accepting Expired Medication through Yellow Jug Old Drugs Program

CARRIE GARCIA
Interim Editor

Cardinal Pharmacy wants the community to know about the Yellow Jug Old Drugs Program. The non-profit organization was formed through the Great Lakes Clean Water Organization.

Expired medications should not be disposed of by flushing them down the toilet or throwing them away, as the medication can go into drinking water. This is why the program came into place.

Patrons can bring in their unused prescriptions, non-controlled drugs/substances and

over the counter medications to Cardinal Pharmacy to be placed inside their yellow jugs.

Acceptable items include non-controlled drugs/substances, prescription drugs, over the counter drugs, drugs from individuals/households, vitamins/supplements, medicated cough drops, medication samples, medicated ointments/lotions, cold and flu medications, pet medications and insulin.

Items that are not accepted are controlled drugs/substances schedule drugs/narcotics, hazardous pharmaceuticals, hazardous materials, medical waste, infectious waste, sharps/needles/syringes, drugs or waste from hospitals/health facilities,

sunscreen products, insect repellent, radioactive items, and disinfectants ex: hydrogen peroxide, rubbing alcohol, Betadine, aerosols, IV bags and ignitable materials.

For more information or questions please call Cardinal Pharmacy at 989-317-3700.



ATTENTION! TEAM COMPETITION!



TREAD'N MILES FOR A HEALTHY HEART
Recognizing Healthy Heart Month
Starting February 18th at the
Nimkee Fitness Center

Details:

- *3 people per team
- *Miles logged through treadmill walking or running, stationary bikes rowers, GE classes, elliptical, and stair steppers!
- *SECR gift cards awarded to the 1st place team
- *Other Fitness gear awarded to 2nd and 3rd place
- *For more details contact us @ 775-4694



Resident Spotlight

Writing Poems and Music Allows Marlene Collins to Express Her Spirit

CARRIE GARCIA
Interim Editor

Inspiration comes within as Marlene Collins knows this. While sitting in her two bedroom apartment at Andahwod with her 19 week old hyper puppy, Dakota, Collins writes her poems about situations in life.

"I like to write because it expresses my heart, my feelings and my mind and brings out a spirit in me," Collins said. "I want some kind of interest that people don't understand what you are feeling and what you are talking about."

Not only has she written poems, she also had wrote a song titled, "Sweetheart Of My Dreams" which she had taken the lyrics to one of her poems and placed them within the song.

Her stepfather use to sing a song with the same title to her mother when she was young. She had asked if it has ever been published or if anything has been done with the song and her stepfather told her no.

"I tried to remember the song the older I got and I just said I would make up my own lyrics," Collins said.

With the help of her high school music teacher, they collaborated on a song.

"I placed the lyrics in and he would write up the music to it," Collins said. The song had even gotten copyrighted by the office in Washington D.C. She also had two of her poems copyrighted.

"I had asked the teacher if he wanted to get credit for the copyright with me for the song and he said 'no'," Collins said. She hopes one day to have the song on the radio. Collins described the song as a Christian country

love ballad.

"The song means a lot to me," Collins said.

Collins is a new resident at Andahwod. She already felt at home when she moved in and witnessed the nice personalities of each of the staff.

Her two adult children, Jackie and Patrick keep her busy with being a grandmother with their children and also great grandchildren.

"My oldest grandson has a quick claim deed to my home because I couldn't live alone anymore," Collins said.

While Collins looks back at the past generations of her family, she noticed that the males in the family served in the military.

"One of my older grandsons just joined the National Guard," Collins said. "My mother's father was in the Army, my uncle Harry was in the Army, my brother Lawrence was an Airplane Mechanic in the Air Force, my brother Michael was in the Navy and my uncle Jerry was in the Army his whole entire life and passed away in a military hospital. My son Patrick was in the United States Marine Corp."

Collins speaks of her mother highly and can remember when her mother and her cousins Emily Kahgegab and Rose Bennett would make baskets.

"When I was little Emily would always ask my mother where I was at," Collins said.

Collins mother would speak

Observer photo by Carrie Garcia



Marlene poses with her puppy Dakota.

Silver and Gold By Marlene Collins

Jesus tells us, follow my path for I have no silver or gold, and you will find me of innocence.

We may fear or our troubles throughout life's path.

But under the Savior's hands. He leads us, onward ever never backwards.

He tells us to pick up our troubles and walk with him. For my Father's law is the true light. This path is straight and only true.

I am your steering wheel to my father's kingdom.

Listen in your heart and you will hear me!

For my Father's path is clear of heart.

Pure of love and truth.

For and everlasting, I have no silver or gold, in my father's house are many mansions.

My father's law is true and love for and everlasting!

For follow my path and you will find me.

Marlene's Poem "Silver and Gold" Was Copyrighted

- ### FEBRUARY 2013 TRIBAL ELDER BIRTHDAYS
- | | |
|---|--|
| 1) Eliza Owl, Naomi Pederson, Bonnie Sprague, Cathy Floyd, Gail Smith | 17) Douglas Floyd, Lori Mazur |
| 2) Debra Meskill, Roger Ams Jr., Carl Pelcher, Robert Shawboose | 18) Richard Byce, Richard Gage, Frank Wheaton |
| 3) Mark Martin, Josie Glaze, Robin Martin, Martha Pudvay, Donna Trap | 19) Joan Cline, Milton Pelcher, Christina Chingman, James Dombkowski, James McDonald, Simon Otto Sr., Walter Slavik |
| 4) Roland Jackson, Marcia Kelsall, Wayne Ritter, Juanita Slater, David Weaver | 20) Keith Mandoka, Nancy Miller, Ronald Bonnau, Ross Chapoton, Peggy Goebel |
| 5) Mary Graveratte | 21) Willard BigJoe, Gregory Dutton, Savannah Rice |
| 6) Timothy Davis, Mary Grischke, Esther Bailey, Barbara Brodie | 22) Tracy Mays, Rebecca Rittmaier |
| 7) Scott Pego, Timothy Froncek | 23) Susan Bettistea, Glenn Hall, Betty Brief, Dorothy Brown, Joseph Davis, Kathie Kozuch, Ralph Mays, Bunny Roth, Andy Shuler, Bernie Wright |
| 8) Linda Craig, Larry Collins, Debra Marler, Linda Martin | 24) Dianna Chamberlain, Mark Starky, Judith McLellan, Allen Slater Sr. |
| 9) Raymond Davis, James Burnham, Linda La Forest | 25) Cynthia Quigno, Jacquelyne Meir, Shirley Robertson |
| 10) Carolyn Folts, Paul Rueckert Sr., LeRoy Scharaswak, Robert Weaver | 26) Willie Bailey Jr., Lorna McDonald, Edward Phelps |
| 11) Mark Schafer, Michael Pashenee, Betty Webkamigad | 27) Frederick Bennett, Alvin Jackson, Genevieve Raymond |
| 12) Bonnie Ekdahl | 28) Adelaide Davis, Evelyn Sharon, Lewis Sprague, Julie Chamberlain-Vasquez |
| 13) Sheri Lairson | |
| 14) Dennis Gould | |
| 15) Norman Cyr Sr., Terry Vasquez, Jeffrey Sprague, Mark Steele | |
| 16) Kathy Dintaman, Darryl Jackson, Florence Sprague, James Wheaton | |

Andahwod Employee of the Month Rhonda Quigno

RHONDA QUIGNO
Contributing Writer

I've worked for Andahwod for three years. I am loving every moment of it. My Elders really do keep me on my toes. I've been working for my Tribe since I was a Summer Youth Worker a very long time now. While I was in high school I had the opportunity to work for the Observer. I've worked for Seventh Generation as a Youth Coordinator for about three years, became a full time mommy for seven years, then I started working in the temp field, wherever I was needed that is where I worked (Administrative Assistant for the Administrator, Tribal Council, the Sowmick

fluent Anishinabe but never passed the language on.

"She taught me things about the Native culture," Collins said. "I am happy to be back on the reservation and learn the language. I tried to teach my grandchildren things about the culture. It is kind of hard to

when you were not taught it at a young age."

The journey for Collins has not ended. The journey is still going and leading in the right direction for her.

Make sure to read the March issue of the Tribal Observer to see the next Resident Spotlight.

Senior Center, before it was Andahwod), and then I worked Human Resources for two years, and now here I am.

I have three kids, 14-year old Auzhiwa, 12-year old Ben, and 10-year old Simon. Being a full time mom and a full time employee are my greatest accomplishments. I watch cartoons with my boys, talk about boys with my daughter, and talk about my kids with my Elders. My kids are my hobbies, whatever they're doing, I'm doing.

What isn't there to like about my job? I love the fact that my Elders are all down to earth, the stories they tell of today, yesterday, and I can't wait to hear what they have to say tomorrow. I love learning from them. They're my home away from home. The staff aren't that bad



Rhonda Quigno

to learn from either.

My favorite memory of my parents... they are all favorites. Every single moment that I have with them is something awesome. They're always there for me and my babies, as well as their other 10 grand babies.

My favorite quote is, "Not everything that is faced can be changed, but nothing can be changed until it is faced," from James Baldwin.



Six Helpful Tips to Save Money and Better Manage Finances

GAYLE RUHL

Contributing Writer

In a December meeting with Tribal Council the Elder Advisory Board expressed concerns for elder members who have come across financial difficulties. The first tip was to begin assisting elders with financial educational programs and workshops. Andahwod in conjunction with the Housing Department will be hosting a financial workshop in March at Andahwod specifically for elders but others are also welcome to attend.

Beginning this month we will be providing helpful tips and educational information in the elder section of the Tribal Observer. We hope this information will teach elders how to stretch their money further and lead to better financial security.

This month we will be providing information on finding ways to save and find extra money. With the ease and convenience of using credit cards and online banking people often forget to look where their money goes. Here are a few tips to find more money and save on fees:

1. Pay all bills on-time. Most companies have started to charge a percentage of the bill owed in late fees or they charge

a flat rate late fee. For instance, if the gas company charges you a five percent late fee and you are late on a \$200 gas bill, the bill just changed to \$210. If you are late just five months in a year you are paying the gas company \$50 of your money. The late fees may also damage your credit rating.

2. Avoid taking out a loan or shop for the best interest rate. All companies who lend money charge interest, they are in the business of making money and they make money by charging you interest. Some companies charge as low as six percent while some lenders such as the fast check cashing companies charge over 100 percent interest. The higher the percentage they charge the more money you have to pay back to the lender.

3. Create a sub-bank account. Most banks will create a sub-account within your bank account for alternative savings projects. They can be for the much needed vacation, a new patio or Christmas spending. If you have \$20 direct deposited straight to a sub-account each pay period on a bi-weekly check you will have earned \$520 plus interest in one year. Add more and the savings will add up. When you have money taken straight out of your check you are less likely to miss it or spend

it on an unnecessary item.

4. Sell gold and silver that is no longer needed. Currently gold, silver, and other metals are at their highest value. Selling an old ring or scrap metal left in the back shed can add extra money to your pocket. Remember to shop for the best deal, all purchasers of gold will offer rates well below current rates so individuals need to find the better deal.

5. Track your expenses. Many individuals are unaware of their spending often spending more than they earn, this is made much easier when credit cards allow people to keep purchasing items on credit. Having a good understanding of expenses, and day-to-day spending individuals can see exactly where the money is going. After learning where the money is going it is a good time to eliminate the unnecessary expenses.

6. Eliminate unnecessary expenses. We are often attracted to the biggest, fanciest and most expensive items when we really only need the simple basic package. Do you need all the premium movie channels, or will one premium channel do? Is the double creamy latte really necessary when a black coffee provides the same morning wake up? Is the old television set still working even though you may

want the latest, largest flat screen on the market?

When even one small step to saving money is made you will find a little extra cash and it will be easier to make additional savings steps. Soon your small coin jar will be overflowing. For more information on money tips check out the website we used in collecting the information above. Information was taken

from www.aarp.org/money and www.suzeorman.com/suze-tools.

Look for more educational information and the financial workshops offered by Housing at Andahwod in March. The date to be determined and lunch will be provided. Housing also provides a monthly financial workshop with lunch provided the third Thursday of each month at the Housing department.

Are You Thinking About Volunteering?

Helping yourself while helping others is a great thing to do; volunteering has surprising benefits for people of all ages, especially our senior citizens.

- Volunteering connects us to others, allowing us to connect to our community and make it a better place.
- Volunteering helps you make new friends and contacts, exposing us to people with common interests.
- Volunteering allows us the opportunity to practice and develop our social and relationship skills.
- Volunteering increases our self-confidence, doing good for others and the community, thus providing a natural sense of accomplishment.
- Volunteering combats depression, decreasing social isolation.
- Volunteering helps you stay physically healthy. Research indicates those that volunteer have a lower mortality rate than those who don't.

Tips for Getting Started:

Ask yourself if there is something specific you want to accomplish. Make it a better place to live. Meet new people. Occupy spare time

Locating Volunteer Opportunities:

Community theatres, Libraries, Youth organizations, After school programs, Places of worship.

Getting the Most from the Volunteer Experience:

Ask questions. Make sure you know what is expected of you

This article has been brought to you by Central Michigan District Health Department, which serves the counties of Arenac, Clare, Gladwin, Isabella, Osceola, and Roscommon Counties. Join us (Central Michigan District Health Department) on Facebook.



Soaring Eagle Waterpark and Hotel

It's Always 84 degrees inside of the waterpark!

Romantic Retreat
February 1-28

Starting at **\$189**

OR

- Whirlpool room
- Dinner for 2
- Chocolate strawberries
- Bottle of Asti champagne
- Breakfast for 2

Starting at **\$179**

- King rooms only (2 people)
- 2 free waterpark passes
- 2 Dinner entrées
- 2 Desserts
- 2 Non-alcoholic beverages

Note: Package available without waterpark passes for lower fee

Take Advantage of this Incredible Rate!

Offer valid now - 2/28/2013.

FlowRider Lessons

\$20

per person
45 min. session

Swimming Lessons

\$60

8 Sessions



\$69.95

Per Night
Standard Room

4 FREE WATERPARK PASSES

Sunday thru Thursday

Some restrictions may apply.

Call for details and blackout dates.

Please call 989.817.4800 to register.

Calendar of Events

- February 2**
Visit Gizi, our eaglet mascot, Nbakade restaurant, 9:30am
- February 3**
Celebrate the Big Football Game at the waterpark this year! BOGO waterpark 1/2 day or all-day pass. Wear your favorite football attire and receive 15% off entrées at Nbakade restaurant. Enjoy drink specials in Nbakade lounge & football cookies during check-in (while supplies last)
- February 10**
Valentines kid's craft, 9-11am (while supplies last) **FREE**
- February 15**
BOGO Waterpark 1/2 day pass
- February 16**
Visit Gizi, our eaglet mascot, at Nbakade restaurant 9:30am. Balloon twisting with Jewls the clown 6-9pm, waterpark lobby **FREE**
- February 18**
President's Day, BOGO waterpark 1/2 day pass. 4pm-close session only
- February 23**
Visit Gizi, our eaglet mascot, at Nbakade restaurant 9:30am. Acoustic music in Nabakade restaurant, 7-11pm
- February 26**
Acoustic music in Nabakade Restaurant, 7-11pm
*Events subject to change

Gas and Lodging

Book a 2-Night Consecutive Stay at **Soaring Eagle Waterpark and Hotel**

Or
a 3-Night Consecutive Stay at the **Green Suites**

Receive a \$25 Shell Gas Card!

Some restrictions may apply. Subject to availability.

5665 E. Pickard Rd. • Mt. Pleasant, MI 48858
Reservations: 989.817.4800
www.soaringeaglewaterpark.com












FEBRUARY 2013 EVENT PLANNER

- Euchre**
February 5, 12, 19, 26 | 6 p.m.
Location: Andahwod CCC & ES
Contact: 989-775-4300
- Andahwod Dinner Buffets**
February 7, 15, 22 | 4:30 p.m. - 6:30 p.m.
Location: Andahwod CCC & ES
Contact: 989-775-4300
7: Salisbury Steak
15: Fish Buffet
22: Fish Buffet
- Valentine's Day '50s Sock Hop**
February 8 | 6 p.m. - 8 p.m.
Location: Andahwod CCC & ES
Contact: 989-775-4302
- Chinese New Year Lunch**
February 11 | 11:30 a.m. - 1:00 p.m.
Location: Andahwod CCC & ES
Contact: 989-775-4302
- Elder's Breakfast**
February 13, 27 | 9 a.m. - 10 a.m.
Location: Andahwod CCC & ES
Contact: 989-775-4302
- Bingo with Friends**
February 20 | 1 p.m.
Location: Andahwod CCC & ES
Contact: 989-775-4302
- Red Dress Fashion Show and Lunch**
February 1 | 10:30 a.m. - 1 p.m.
Location: Tribal Operations Gym
Registration begins at 10:30 a.m.
Lunch will be served at 11 a.m.
- Full Moon Ceremony**
February 25 | 5 p.m. - 7:30 p.m.
Location: Behavioral Health Lodge
- Anishinabe Performance Circle Class**
February 5, 12, 19, 26 | 4 p.m. - 6:30 p.m.
Location: Ziibiwing Cultural Center
Contact: 989-775-4750
- Daughters of Tradition I**
February 5, 12, 19, 26 | 4:30 p.m. - 6:30 p.m.
Location: Behavioral Health
Contact: Mary 989-775-4894
- Daughters of Tradition II**
February 6, 13, 20, 27 | 4:30 p.m. - 6:30 p.m.
Location: Behavioral Health
Contact: Mary 989-775-4894
- Two Spirited Pizza Social**
February 6 | 6 p.m. - 8 p.m.
Location: Ziibiwing Cultural Center
Contact: C. Gonzalez 989-775-4386
A new support group for two spirited people and their families, friends and supporters in our community.
- Introduction to Stone Sculpting Class**
February 6, 7, 13, 14, 20, 21, 27, 28 | 5 p.m. - 8 p.m.
Location: Elijah Elk Cultural Center
Contact: 989-775-4780
Class meets every Wednesday and Thursday
Only ten spaces available, first come first serve.
- Elder Health Training**
February 7, 8 | 8 a.m. - 4 p.m.
Location: Andahwod CCC & ES
Contact: 989-775-4300
Session One: Core Curriculum
12 CE Credits Offered
- Isabella Co. 154th Founders Day Quilt Show**
February 9 | 9 a.m. - 12:30 p.m.
Location: First United Methodist Church
400 S. Main St., Mt. Pleasant
Contact: 989-773-9571
- Daddy - Daughter Date Night**
February 13 | 6 p.m. - 8 p.m.
Location: Ziibiwing Cultural Center
Contact: 989-775-4386
\$15 per couple, \$5 per extra guest.
\$25 at door, \$5 at door per extra guest.
- Baby Moccasins with Elders**
February 15 | 1 p.m. - 4 p.m.
Location: Andahwod CCC & ES
Contact: Debbie Peterson 989-775-4907
- Fitness Support Group**
February 14, 28 | Noon. - 1 p.m.
Location: Nimkee Fitness Center
Contact: Jayme Green 989-775-4696
Please bring a lunch.
- Behavioral Health Family Dinner Night**
February 20 | 6 p.m. - 8 p.m.
Location: Tribal Operations Gym
Enjoy a great meal with your family while learning about the dangers of prescription drug abuse.
- Housing Financial Workshop**
February 21 | Noon
Location: Housing Conference Room
Contact: 989-775-4595
- Rez's Best Chili and Frybread Contest**
February 22 | 11 a.m. - 1 p.m.
Location: Tribal Center Senior's Room
Contact: C. Gonzalez 989-775-4386
- First AID Class**
February 28 | 9 a.m. - Noon
Location: Nimkee Public Health
Contact: Robyn at 989-775-4649
Become certified in FIRST AID
Free for Tribal members/patients of Nimkee/Saganing
\$19 for Tribal employees

Tribal Community Calendar ~ February 2013

Monday	Tuesday	Wednesday	Thursday	Friday	Sat. Sun.
<ul style="list-style-type: none"> ● Curbside Recycling ● SECR Payroll ● SCIT Per Capita ● SCIT Payroll 				AA Spirit Bear Meeting Andahwod Maple Lodge 7 p.m. New Spirit Moon Andahwod Conference 1 p.m.	Talking Circle Andahwod Maple Lodge 10 a.m.
4 Karate Tribal Gym 7 p.m. - 8 p.m.	5 Daughters of Tradition I B. Health 4:30 p.m. - 6:30 p.m. Karate Tribal Gym 7 p.m. - 8 p.m.	Youth Basketball Practice Tribal Gym 5 p.m. - 8 p.m. Daughters of Tradition II B. Health 4:30 p.m. - 6:30 p.m. Men's Society Meeting 7 th Generation 6 p.m. - 8 p.m.	Sacred Fire Lunch 7 th Generation 11 a.m. - 2 p.m. Talking Circle 7 th Generation 3 p.m. Active Parenting Now Class Anishnaabeg Child & Family Services 10 a.m. - Noon	AA Spirit Bear Meeting Andahwod Maple Lodge 7 p.m. New Spirit Moon Andahwod Conference 1 p.m.	9 Talking Circle Andahwod Maple Lodge 10 a.m.
11 Karate Tribal Gym 7 p.m. - 8 p.m.	12 Daughters of Tradition I B. Health 4:30 p.m. - 6:30 p.m. Karate Tribal Gym 7 p.m. - 8 p.m.	Youth Basketball Practice Tribal Gym 5 p.m. - 8 p.m. Daughters of Tradition II B. Health 4:30 p.m. - 6:30 p.m. Men's Society Meeting 7 th Generation 6 p.m. - 8 p.m.	Sacred Fire Lunch 7 th Generation 11 a.m. - 2 p.m. Talking Circle 7 th Generation 3 p.m. Active Parenting Now Class Anishnaabeg Child & Family Services 10 a.m. - Noon	Tribal Observer Deadline - 3:00 p.m. AA Spirit Bear Meeting Andahwod Maple Lodge 7 p.m. New Spirit Moon Andahwod 1 p.m.	16 Talking Circle Andahwod Maple Lodge 10 a.m.
18 Tribal Operations Closed Presidents Day Karate Tribal Gym 7 p.m. - 8 p.m.	19 Daughters of Tradition I B. Health 4:30 p.m. - 6:30 p.m. Karate Tribal Gym 7 p.m. - 8 p.m.	Youth Basketball Practice Tribal Gym 5 p.m. - 8 p.m. Daughters of Tradition II B. Health 4:30 p.m. - 6:30 p.m. Men's Society Meeting 7 th Generation 6 p.m. - 8 p.m.	Sacred Fire Lunch 7 th Generation 11 a.m. - 2 p.m. Talking Circle 7 th Generation 3 p.m. Active Parenting Now Class Anishnaabeg Child & Family Services 10 a.m. - Noon	AA Spirit Bear Meeting Andahwod Maple Lodge 7 p.m. New Spirit Moon Andahwod Conference 1 p.m.	22 Talking Circle Andahwod Maple Lodge 10 a.m.
25 Karate Tribal Gym 7 p.m. - 8 p.m. Crafts with Cultural Reps Saganing Ops 1 p.m. - 3 p.m.	26 Daughters of Tradition I B. Health 4:30 p.m. - 6:30 p.m. Karate Tribal Gym 7 p.m. - 8 p.m.	Youth Basketball Practice Tribal Gym 5 p.m. - 8 p.m. Daughters of Tradition II B. Health 4:30 p.m. - 6:30 p.m. Men's Society Meeting 7 th Generation 6 p.m. - 8 p.m.	Sacred Fire Lunch 7 th Generation 11 a.m. - 2 p.m. Talking Circle 7 th Generation 3 p.m. Active Parenting Now Class Anishnaabeg Child & Family Services 10 a.m. - Noon		24

Tribal Departments: Our primary source for information is the Shared Network Community Calendar. You may access the Community Calendar by going onto the Shared-Drive and clicking on the Tribal Community Calendar. This is a very useful tool that we suggest everyone explore. Start by creating a shortcut, then adding an event, enjoy!



Tribal Observer Classified

To place your ad, call the Tribal Observer at (989) 775-4010, observer@sagchip.org or 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 .75 cents per word. Additional \$15 for thumbnail image.

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

Physician Full Time

Open to the public. Must be a M.D. or a D.O. licensed by the State of Michigan/ or be eligible to become licensed. Must maintain Michigan Board of Pharmacy Controlled Substance License and Federal Controlled Substance Registration through the US Dept. of Justice Drug Enforcement Administration (DEA). Must maintain up to date Board Certification, or be grandfathered to allow SCIT to bill 3rd party payers. Must complete a fingerprint/background check. Applicants not licensed by the State of Michigan prior to interview will be required to obtain licensure by the State of Michigan before date of hire.

Asst Information Tech Director

Only members of the Saginaw Chippewa Indian Tribe may apply. Full time position. Gaming Industry experience preferred. The Information Technology Assistant Director will work with IT Director and IT Managers planning, coordinating, operational activities of the IT department, as well as providing assistance and support for IT solutions that enhance

mission-critical business operations. The IT Assistant Director will work closely with decision makers in other departments to identify, recommend, develop, implement, and support cost-effective organization technology solutions.

Casino

Transit Driver Part-Time

Open to the public. Must have a high school diploma or GED. Must be at least 21 years of age. Must have a valid Michigan Driver's License and must be able to obtain and maintain a Tribal Drivers License and qualify for coverage by our insurance carrier. Must have a valid CDL with passenger endorsements. Transport patrons of the Soaring Eagle Casino & Resort to and from both casinos, Mount Pleasant Airport, Tribal Campgrounds and any other locations deemed necessary. Provide transportation service for entertainers, and tribal entities as required and approved by management.

Massage Therapist Part-Time

Open to the public. Must be 18 years or older upon employment. High school diploma or equivalent required. Must have a valid MI massage certification. 600 total hours required for Massage certification. One year experience pre-

ferred. Provides a wide variety of spa services including but not limited to: Body treatments and Massage Therapy.

Housekeeping Manager

Open to the public. Full time position. Must be 18 years of age and have a minimum of two years Housekeeping Supervisory experience in either Hospitality or Casino field. Must have good communication skills, be tactful and professional, attuned to details and self motivated. Must have a valid Michigan Drivers License and be able to obtain a Gaming License and Tribal Drivers License. Available to work all 3 shifts as required. Supervises all activities relating to the Housekeeping department. Provides the department with leadership whereby they achieve results in accordance with the objectives, performance and quality standards established by the Soaring Eagle Casino & Resort.

130 Services

Fox Home Builders

All types of home, improvements. Kitchen and bath remodeling, additions. Experienced and local. 989-773-4665.

Get Ready for Spring

Lawn Care & Landscape. \$25 any lawn call to schedule. 330-4869 Local descendant

Summons and Complaint Notices

NOTICE OF SUMMONS AND COMPLAINT IN THE MATTER OF AMBER ATKINSON:

The Saginaw Chippewa Tribal Court Case No. 12-CI-0952. Plaintiff: Chippewa Eagle Federal Credit Union 2410 S. Leaton Rd. Ste. 1 Mt. Pleasant, MI 48858 (989) 775-5070. Notice to defendant: 1. You are being sued in the Saginaw Chippewa Tribal Court. 2. You have 21 days after receiving this summons to file an answer with the court and to serve a copy on the other party or take other lawful action. Please note that if you were served by certified mail or served outside of the reservation land you have 28 days to answer in Plaintiff's complaint. 3. Failure to file an answer or take other action within the time allowed may result in a default judgment being entered against you for the relief requested in Plaintiff's complaint. **This summons expires March 27, 2013.**

NOTICE OF SUMMONS AND COMPLAINT IN THE MATTER OF CANDICE M. ASHMUN:

The Saginaw Chippewa Tribal Court Case No. 12-CI-1088. Plaintiff: Chippewa Eagle Federal Credit Union 2410 S. Leaton Rd. Ste. 1 Mt. Pleasant, MI 48858 (989) 775-5070. Notice to defendant: 1. You are being sued in the Saginaw Chippewa Tribal Court. 2. You have 21 days after receiving this summons to file an answer with the court and to serve a copy on the other party or take other lawful action. Please note that if you were served by certified mail or served outside of the reservation land you have 28 days to answer in Plaintiff's complaint. 3. Failure to file an answer or take other action within the time allowed may result in a default judgment being entered against you for the relief requested in Plaintiff's complaint. **This summons expires May 1, 2013.**

NOTICE OF SUMMONS AND COMPLAINT IN THE MATTER OF MICHAELA R. JACKSON:

The Saginaw Chippewa Tribal Court Case No. 12-CI-1086. Plaintiff: Chippewa Eagle Federal Credit Union 2410 S. Leaton Rd. Ste. 1 Mt. Pleasant, MI 48858 (989) 775-5070. Notice to defendant: 1. You are being sued in the Saginaw Chippewa Tribal Court. 2. You have 21 days after receiving this summons to file an answer with the court and to serve a copy on the other party or take other lawful action. Please note that if you were served by certified mail or served outside of the reservation land you have 28 days to answer in Plaintiff's complaint. 3 Failure to file an answer or take other action within the time allowed may result in a default judgment being entered against you for the relief repeated in Plaintiff's complaint. **This summons expires May 1 2013.**

NOTICE OF SUMMONS AND COMPLAINT IN THE MATTER OF MICHAELA JACKSON:

The Saginaw Chippewa Tribal Court Case No. 12-CI-1018. Plaintiff: RM Investments P.O. Box 863 Mt Pleasant, MI 48804-0863 vs. Michaela Jackson 3730 Moccasin Lane Mt. Pleasant, MI 48858. Notice to defendant: 1. You are being sued in the Saginaw Chippewa Tribal Court. 2. You have 21 days after receiving this summons to file an answer with the court and to serve a copy on the other party or take other lawful action. Please note that if you were served by certified mail or served outside of the reservation land you have 28 days to answer in Plaintiff's complaint. 3 Failure to file an answer or take other action within the time allowed may result in a default judgment being entered against you for the relief repeated in Plaintiff's complaint. **This summons expires April 17, 2013.**

NOTICE OF SUMMONS AND COMPLAINT IN THE MATTER OF HEATHER WHITT:

The Saginaw Chippewa Tribal Court 6954 E. Broadway Rd. Mt. Pleasant, MI 48858 (989) 775-4800 Summons and Complaint Case No. 12-CI-0235 Plaintiff: Gateway Financial Services, Inc. P.O. Box 3257 Saginaw, MI 48605 (989) 791-2505 Plaintiff's Attorney: Schisler Law, Scott Schisler P48832, P.O. Box 3257 Saginaw, MI 48605 (989) 791-2505 Vs. Defendant: Heather Whitt 2490 E. Pickard Rd. Mt. Pleasant, MI 48858 Notice to Defendant: 1 You are being sued. 2. You have 21 days after receiving this summons to file an answer with the court and to serve a copy on the other party or to take other lawful action. Please note that if you were served by certified mail or served outside of the reservation land you have 28 days to answer attached complaint. 3. Failure to file an answer or take other action within the time allowed may result in a default judgment being entered against you for the relief requested in plaintiff's complaint. **This summons expires May 2, 2013.**

NOTICE OF SUMMONS AND COMPLAINT IN THE MATTER OF JAMES OSAWABINE JR.:

The Saginaw Chippewa Tribal Court 6954 E. Broadway Rd. Mt. Pleasant, MI 48858 (989) 775-4800 Summons and Complaint Case No. 12-CI-1024 Plaintiff: Gateway Financial Services, Inc. P.O. Box 3257 Saginaw, MI 48605 (989) 791-2505 Plaintiff's attorney: Schisler Law, Scott Schisler P48832, P.O. Box 3257 Saginaw, MI 48605 (989) 791-2505 Vs. Defendant: James Osawabine Jr. 14 W. Bluegrass Rd. Mt. Pleasant, MI 48858 Notice to Defendant: 1 You are being sued. 2. You have 21 days after receiving this summons to file an answer with the court and to serve a copy on the other party or to take other lawful action. Please note that if you were served by certified mail or served outside of the reservation land you have 28 days to answer attached complaint. 3. Failure to file an answer or take other action within the time allowed may result in a default judgment being entered against you for the relief requested in plaintiff's complaint. **This summons expires April 8, 2013.**

NOTICE OF SUMMONS AND COMPLAINT IN THE MATTER OF EMMA HUDDLESTON:

The Saginaw Chippewa Tribal Court 6954 E. Broadway Rd. Mt. Pleasant, MI 48858 (989) 775-4800 Summons and Complaint Case No. 12-CI-0665 Plaintiff: Gateway Financial Services, Inc. P.O. Box 3257 Saginaw, MI 48605 (989) 791-2505Vs. Defendant: Emma Huddleston 6625 W. Walton Blanchard, MI 49310. Notice to defendant: 1. You are being sued. 2. You have 21 days after receiving this summons to file an answer with the court and to serve a copy on the other party or to take other lawful action. Please not that if you were served by certified mail or served outside of the reservation land you have 28 days to answer attached complaint. 3. Failure to file an answer or take other action within the time allowed may result in a default judgment being entered against you for the relief requested in plaintiff's complaint. **This summons expires June 7, 2013.**

NOTICE OF SUMMONS AND COMPLAINT IN THE MATTER OF STACI HART:

Saginaw Chippewa Tribal Court 6954 East Broadway Rd., Mt. Pleasant MI 48858 (989)775-4800 Summons and Complaint Case No. 12-CI-1033 Plaintiff Members First Credit Union, 650 W 5th St, Clare MI 48617(989)835-5100 VS. Defendant Staci Hart 913 E Broadway Mt Pleasant MI 48858. Notice to the Defendant: 1. You are being sued. 2. You have 21 days after receiving this summons to file an answer with the court and to serve a copy on the other party or to take other lawful action. Please note that if you were served by certified mail or served outside of the reservation land you have 28 days to answer attached complaint. 3. Failure to file an answer or take other action within the time allowed may result in a default judgment being entered against you for the relief requested in plaintiff's complaint. **This summons expires on February 22, 2013.**

NOTICE OF SUMMONS AND COMPLAINT IN THE MATTER OF MANDY E. DAVIS:

The Saginaw Chippewa Tribal Court Case No. 12-CI-1069. Plaintiff: Chippewa Eagle Federal Credit Union. 2410 S. Leaton Rd., Suite 1, Mt. Pleasant MI 48858 (989)775-5070. Notice to defendant: 1. You are being sued in the Saginaw Chippewa Tribal Court. 2. You have 21 days after receiving this summons to file an answer with the court and to serve a copy on the other party or take other lawful action. Please note that if you were served by certified mail or served outside of the reservation land you have 28 days to answer Plaintiff's complaint. 3. Failure to file an answer or take other action within the time allowed may result in a default judgment being entered against you for the relief requested in Plaintiff's complaint. **This summons expires April 29, 2013.**



❄️ Bingo, Bingo I Got the WINTER BINGO BLUES! ❄️

VANYORK SHAWBOOSE
Staff Writer

With Jack Frost nipping at your nose and Kermit's pond frozen over, the excitement of the holidays are over and as the days are short and nights are long... are you having the winter blues? It's time to scrape off all the ice from your car window and shake off your winter blues by heading down to the Seventh Generation Ceremonial Building. That's what a lot of people did on Jan. 23. Why? Because the Youth Task Force (YTF) held their first Winter Blues Bingo. This event was formerly called Family Christmas Bingo but unfortunately it was canceled due to the weather last month.

There is nothing like beating the winter blues by playing some bingo with family and friends. The Seventh Generation Ceremonial Building was packed that night with bingo players and their families. They were ready to throw down some daubers for some great prizes and a 50/50 drawing.

The sounds of laughter filled the air at the Seventh Generation Ceremonial Building and the aroma of delicious food hit you, as you walked through the door. First things first, it was time to fill our belly with some hot food. They provided the family with hot chili, chicken soup and some delicious sub sandwiches. The Youth Council did their part, as they helped serve



Craig Graveratte and his sons Skylar Tu-Hawks Graveratte and Dakarii Bngi-Mkwa Graveratte are having fun at the first Winter Blues Bingo.

food to the elders, verified bingo games, and helped clean up. Guest speaker, Behavioral Health Clinical Therapist, Arthur Cicalo, talked about depression and Seasonal Affective Disorder (SAD) symptoms and how you can fight it. This shows why it is beneficial, having a group like YTF to help get the word out with problems like SAD.

The Youth Task Force was founded in 1997. Their mission is to unite community members and tribal departments for the spiritual, mental, physical, and emotional well-being of our youth by challenging people to be more passionate about community life and more active in supporting our youth. You can see how the Winter Blues Bingo met that mission. They are providing an activity that is great for the entire family to

do together, and the prizes that will be given out are family oriented. Prizes varied from a family movie night with a DVD and popcorn, to a family game night theme with a board game and some healthy snacks. YTF wants to encourage families to do things together.

SCIT Behavioral Health helped sponsor the Bingo event. The prizes were donated by Youth Task Force, Youth Council, Soaring Eagle Waterpark, SCIT Public Relations, Behavioral Health and Andahwod. Anishnaabeg Child and Family Services (ACFS) helped make the baskets. The YTF are always looking for volunteers in the community as well as employees of the tribe. The YTF meets on the first Monday of every month at 8:30 a.m. in the Nimkee Public Health kitchen.



Observer photos by Vanyork Shawboose

A packed house at the Seventh Generation Ceremonial Building.



Cultural Representative, Wilma Henry, gets in on the action.



Young bingo player plans out the next move.



I almost got a bingo just two more to go.



Guest Speaker Arthur Cicalo talks about Seasonal Affective Disorder (SAD).



Misheka Vasquez wonders if he is going to win this one.



John Johnson helps call out the winning bingo numbers.