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TRIBAL OBSERVER

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

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Michigan Lt. Gov. Brian Calley announces \$16.37 million grant to combat opioid addiction

JOSEPH V. SOWMICK
Healing to Wellness Coordinator

On April 21, the State of Michigan was awarded more than \$16 million in federal funds to help reduce opioid use and abuse throughout the nation. Lt. Gov. Brian Calley has been a long-time supporter of health care initiative and said he is keenly aware of opioid addiction's impact.

"The addiction epidemic continues to impact families in every community across our state and across this country," Calley said. "Michigan is making strides in the fight against addiction and this grant will help us bring those efforts to the next level, helping more families find the support they need to prevent and treat addiction."

The funds will be used to promote prevention and increase access to treatment by funding State of Michigan initiatives, including:

- The Michigan Automated Prescription System
- Development of a statewide awareness campaign
- Prevention services and strategies
- Improving the availability of naloxone
- Increasing peer supports, tribal supports, and support of law enforcement
- Michigan Opioid Prescribing Engagement Network research through

the University of Michigan Medication Assisted Treatment

- Providing a new model for re-entry services
- Collaboration with university partners on re-entry, evaluation, and research opportunities

Chief Frank Cloutier and the Tribal Council indicated at a March 11 town hall meeting at the Saginaw Tribal Center that health care is a priority for their administration.

"We offer many services through the Tribe that can benefit from these resources and we are willing to embrace opportunities like this in the spirit of collaboration," Cloutier said. "Even at our Tribal Summit with Gov. Snyder last year, we were planting the seeds of combining resources and to bring all our Tribal departments on initiative like this."

The funding was awarded to the Dept. of Health and Human Services through the State Targeted Response to the Opioid Crisis Grant administered by the Substance Abuse and Mental Health Services Administration within the U.S. Department of Health and Human Services.

The automated prescription system is a Michigan medicine monitoring program. These programs are used to identify and prevent drug diversion at the prescriber, pharmacy and patient levels by collecting Schedule 2-5 controlled substances prescriptions dispensed by pharmacies and practitioners.



Observer photo by Joseph Sowmick
Lt. Gov. Brian Calley speaks on the challenges opioid abuse brings to Michigan.

Collection of Prescription System information allows physicians, dentists, pharmacists, nurse practitioners, physician's assistants, podiatrists and veterinarians to query this data for patient-specific reports which allow a review of the patient's Schedules 2-5 controlled substance prescription records. This enables the practitioner to determine if patients are receiving controlled substances from other providers and to assist in the prevention of prescription drug abuse.

According to SAMSHA, Medication Assisted Treatment is the use of medications in combination with counseling and behavioral therapies for substance use disorder treatments. A combination of medication and behavioral therapies is effective in the treatment of substance use disorders, and can help some people to sustain recovery.

From 1999 to 2014, Michigan saw a four-fold increase in unintentional fatal drug poisonings,

and the state was ranked 10th in the nation in per capita prescribing rates of opioid pain relievers in 2012.

Calley led the Prescription Drug and Opioid Abuse Task Force in 2015, which issued recommendations to address the addiction epidemic.

In 2016, Gov. Snyder created the Michigan Drug and Opioid Abuse Commission to implement the task force's recommendations to combat the opioid epidemic and ensure the health and safety of Michigan residents.

Tribal Court Judge Patrick Shannon serves on the Michigan Prescription Drug and Opioid Abuse Commission by appointment from Gov. Snyder.

"Access to treatment is something that can be crucial when dealing with the families who suffer from the pain associated with addiction," Shannon said. "With the SCIT/Isabella County Families Against Narcotics Chapter, we have heard many testimonies on how this has affected all families across the state. Education and prevention is key, and to have Lt. Gov. Calley make that important announcement shows our decision makers in Washington are ready to put our resources where they need to be."

Last month, Gov. Snyder and Calley joined with a bicameral and bipartisan group of legislators to announce next legislative steps

Grant | 5



12 Youth Hoop Dance Camp
Ziibiwing hosts Native artist Ty Defoe for five days of classes.



17 AIHEC Conference
Tribal College brings home awards from national competition.



20 Crossfit Competition
Competitors represent Nimkee Fitness Center at Festivus Games.



28 Andahwod Easter events
Andahwod gets festive with Easter brunch and egg hunt.

Attention Saginaw Chippewa Tribal Members

The Tribal Council has ensured the sustainability of the Burial Trust account depositing settlement funds received from Purshe Kaplan Sterling investments.

The settlement funds were received in March 2017, and after thoughtful consideration as to how best allocate the funds, Tribal Council approved the transfer of funds related to the settlement into the Burial Trust.

These funds will help secure benefits provided from the Burial Assistance Program providing services to the Membership for the foreseeable future.

Information regarding the available benefits via the Burial Assistance Program is available through the Tribal Clerks office.

Tribal Council appreciates the efforts by the Financial Industry Regulatory Authority (FINRA) to hold Purshe Kaplan Sterling accountable for what the Tribe believes was a breach of responsibility by Purshe Kaplan Sterling in its administration of the Tribe's investments.

FINRA's Order Accepting Offer of Settlement requiring Purshe Kaplan Sterling to pay approximately \$3.4 million in restitution to the Tribe is the first step in achieving justice for the Tribe.

FINRA found that Purshe Kaplan Sterling failed to identify that more than 200 of the Tribe's purchases were eligible for discounts based on the volume of purchases for investments made on the Tribe's behalf that were purchased from 2011-2014.

FINRA also found that Purshe Kaplan Sterling failed to put proper procedures in place to ensure the Tribe's interests were protected from the type of fraud perpetrated against the Tribe.

To view the complete press release, view it through the website address below:
<http://www.finra.org/newsroom/2017/finra-orders-purshe-kaplan-sterling-pay-34-million-native-american-tribe>



Theresa Jane Falcon

Aug. 11, 1927 – April 5, 2017

Theresa Jane Falcon, 89, of Mount Pleasant, Mich. passed away on Wednesday, April 5, 2017 at her home.

Theresa was born on Aug. 11, 1927 in Mt. Pleasant, the daughter of James Henry and Helen (Bennett) Peters. On March 7, 1953 she married Andrew Ledesma Falcon in Mt. Pleasant. Theresa was a resident of Mt. Pleasant her entire life.

Theresa was a homemaker who also worked for Giantway in their distribution center for 27 years and then was employed by the Soaring Eagle Casino & Resort for several years.

She was a member of the Saginaw Chippewa Indian Tribe and a member of the Chippewa Indian United Methodist Church. She enjoyed putting puzzles together and watching her favorite game shows.

Survivors include her children: Ronald and Audrey Falcon of Mt. Pleasant, Andy and Marian Falcon of Byron Center, Mich., Diane and Allen Pego of Mt. Pleasant, James Falcon of Mt. Pleasant and half-sisters: Doris and David Robertson of Austin, Texas and Rosie Guerrero of San Antonio, Texas.

She was survived by 15 grandchildren and 19 great grandchildren and a brother Phillip G. Peters of Mt. Pleasant.

She was preceded in death by her husband, both parents a granddaughter and a grandson along with four sisters and two brothers.

A service celebrating Theresa's life was held on Monday, April 10, 2017 at the Chippewa Indian United Methodist Church with Rev. Owen White Pigeon officiating. Contributions may be made to the Chippewa Indian United Methodist Church in Theresa's memory.



Gary Lee Sprague

July 24, 1955 – April 7, 2017

Gary Lee "Weasel" Sprague, age 61, of Mount Pleasant, Mich. passed away Friday, April 7, 2017, at home surrounded by his family.

Gary was born on July 24, 1955, in Mt. Pleasant, the son of Philemon and Eleanor (Thomas) Sprague.

Gary was a member of the Saginaw Chippewa Indian Tribe and proudly served his country in the United States Army. He loved playing slots, playing eight-ball pool, but most of all, a proud and loving father. He was the type of person that was always there for everyone, friends and family, and always fought for what he believed in.

Gary is survived by Diana Isham and Lynette Franco; his children, Michael Jackson, Bobby Francis, Ronald Isham and Raini Isham, Travis Kendall, Alisha Franco, Kara Franco, and Allison Franco; grandchildren, Jessica and Lawrence Jackson, Brandon and Aysia Isham, Richie Vaquera, Amare and Madisen Kendall, Lilliana Hunt, and Aiyana Romero; brothers, Philemon "Bean" Sprague, Larry Sprague, Wayne Sprague, Kenny Sprague, and Bernie Sprague; sisters, Barbara Sprague and Jo Kathy Sprague; and many nieces and nephews.

Gary was preceded in death by his son, Gary Lee Sprague Jr.; parents; grandparents Chief Little Elk and Betsy Thomas; siblings, Ronald "Rocky" Sprague, Shirley Day (Sprague), Phillip Sprague, Becky Sprague, and Phyllis Sprague.

Funeral services were held at the Tribal Gym on Wednesday, April 12, at 1 p.m. with Rev. Robert Pego officiating. Memorial contributions may be made to the family.



Sue Ellen King Watrous

March 27, 1951 – April 10, 2017

Sue Ellen King Watrous, age 66, passed away on Monday, April 10, 2017 in Lansing, Mich. due to injuries received in an accident.

Sue was born March 27, 1951 in Saginaw, Mich. to the late Robert Jr. and Georgina (Herbin) King.

She was a graduate of Arthur Hill High School, class of 1969. She earned her bachelor's degree in accounting from the University of Michigan and was currently employed as senior fiscal compliance auditor for the Saginaw Chippewa Indian Tribe.

Sue is survived by her husband John Watrous Sr.; children Jennifer (King) Rohde, John Watrous, Jr., and Sarah Watrous. She is also survived by her beloved grandchildren, Jessica (Tyler Woolever) Rohde and Jacob Rohde and one great grandson, Benjamin Woolever.

Also surviving her are two brothers, Bob (Mary) King and Phillip (Laura) King and many nieces and nephews; her brothers-in-law and sisters-in-law, Patricia Watrous, Robert Watrous and his wife Shelley, Pam Watrous and her husband Mark; her special friends, Shirley Thomas-Walker, Jordan Gance and Nicole Bessel.

In addition to her parents, Sue was predeceased by her sister, Sharon (King) Budd, many aunts and uncles and her brother-in-law, James Watrous.

Sue was beloved by many and famous for her cinnamon rolls and cupcakes. She will be dearly missed by her family and friends.

Cremation has taken place. A memorial service took place on Saturday, April 15, 2017 at the Faith Evangelical Lutheran Church.



Tysen Jade Benz

Aug. 30, 2005 - April 4, 2017

Marquette, MICH. - William Wallace once said, "Every man dies. Not every man really lives."

Tysen Jade Benz, who came into this world Aug. 30, 2005, in Marquette, Mich., passed away at CS Mott Children's Hospital in Ann Arbor, Mich. in the loving, comforting care of his family and family friend, Joana Duquette.

The all too brief 11 years is honored and celebrated more for its quality than for its heartbreaking quantity.

Tysen was beloved by everyone who ever met him. He possessed a contagious smile and a personality which you couldn't help but absolutely love. You could tell by his nature that everything he did was done with heart and passion, showing great strength, determination, and courage.

He was extremely kind, fun, hilarious, sweet, smart, strong, adventurous, and charismatic...and, he never ever gave up! Being in his presence was a joy and you never forgot how kind and engaging this phenomenal young person was.

Tysen was extremely athletic, excelling in his favorite sports, MSA travel soccer, MJH hockey, MJG golf, MMSR skiing and snowboarding, performing flips, tricks and rails. Summers were especially filled with displays of his athletic prowess.

He loved doing daring flips and jumps off the Black Rocks Cliffs, AuTrain Bridge, sand walls/dunes, Lower Harbor dock wall, and at Peak Gym and many other places. He truly had no fear which was obvious in everything he accomplished.

Tysen was also very creative at fixing, making, and building things, while also being an excellent helper. He helped create and plan the building project for a huge all season ski ramp, complete with rails, for the backyard with his Papa Chris.

He was never idle, always active each and every day.

Tysen's years may have been brief on this earth, but every single one was filled with so many joyous and eventful activities that he "lived more" in his short life than most do in a full lifetime. He was simply excited about the pure joy and wonder of life itself!

We, as his family, are so blessed and honored to have been gifted with Tysen as our family member and we will forever hold him in our hearts and never ever forget him. We will honor his memory each and every day and relish the blessing he, himself, had brought us by just being him.

We love you so very much sweet Tysen; always in our minds and hearts and never ever forgotten.

Tysen is survived by his mother, Katrina Goss of Marquette; his father, Raymond Benz; two brothers, Julian Greason and Aundraez Benz both of Marquette; paternal half-brother and paternal half-sister, Jordan Benz of Marquette and Kayleonna Solberg of Baraga; maternal grandparents, Al and Jayne Hauptman of Marquette and Christopher Goss of Deerton; paternal grandparents, Marcella and Lee Hadden of Mt. Pleasant and Thomas Armiga of Marquette; maternal great-grandmother, Vivian Rousseau; aunt and uncle, Carlye (Guy) Bryan of Portland, Ore.; and many other family and friends.

Good night sweet prince: and flights of angels sing thee to thy rest," from "Hamlet" by William Shakespeare.

Tysen's life was honored and celebrated at the Swanson-Lundquist Funeral Home on April 11.



Martin Jay Bills

Sept. 7, 1979 – March 23, 2017

Martin "Marty" Jay Bills, 37, of Gladwin, Mich. passed away suddenly at his home on Thursday, March 23, 2017.

Marty was born in West Branch, Mich. on Sept. 7, 1979, the son of John & Rita (Netmop) Bills.

He was a lifetime resident of Gladwin County and enjoyed bowling and his PlayStation games.

His memory will be cherished by his father John Bills of Gladwin; mother Rita Bills of Gladwin; brother John Bills Jr. of West Branch; sister Jennifer Bills of Gladwin; grandmother Dorothy Netmop of Mt. Pleasant; four aunts; three nieces; three nephews and several cousins.

Funeral services were conducted on Tuesday, March 28 at Hall-Kokotovich Funeral Home in Gladwin.



Abraham "Tony" Smith

June 7, 1943 – April 8, 2017

Abraham "Tony" Smith, age 73, of Mount Pleasant, Mich. passed away on Saturday, April 8, 2017 in Livingston County.

Tony was born June 7, 1943 in Mt. Pleasant, to Gordon and Cecilia (Turcotte) Smith. His passion was cars and gambling. Tony was known as a pool shark, and was a Golden Glove's boxer in his younger years. He loved to go out to dinner with his family. Tony was a proud member of Saginaw Chippewa Indian Tribe.

Tony is survived by his children Candy Town of Burton, Kari Town of Petoskey, Tonia Town (Steve) of Burton, Traci Town (Robert Krause) of Burton, Brandy Smith of Flint, Toni Smith of Mt. Pleasant, Casey (Marilee) Smith of Mt. Pleasant, Justin Haughton of Lansing, Matt Grandy of Burton, Dominick Grandy of Burton; 26 grandchildren; seven great grandchildren; brothers Joseph Smith of Lansing, James (Kelli) Smith of Mt. Pleasant; sisters Delores Drews of Mt. Pleasant, Faith Davis of Spring Hill, Tenn.; and many nieces and nephews.

Tony was preceded in death by his parents; son Ronald Grandy; brothers Sam Smith, Daniel Smith, Timothy Smith, David Smith, Harold Smith; and a sister Ruth Ann Cummings.

Funeral services were held Friday, April 14, 2017 with Pastor Dar Blanshan officiating. Interment took place in Denver Township Cemetery. Memorial contributions may be made to the family.



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

Conservation Committee Seats

The Planning Department has been tasked by Tribal Council to solicit letters of interests for adult SCIT Members to fill two vacant seats on the Conservation Committee for the remaining year and one-half of two year terms (ending November 2018) per Ordinance 11, section 102, subdivision 2 and the approved Ordinance 11 Conservation Committee By-Laws.

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

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

All letters of interests must be received no later than Tuesday, May 23, 2017 at 3 p.m. to be considered by Tribal Council.

Sasiwaans Immersion School

Summer Session Applications

Will be available May 1, 2017

HEY!
Helping Empower Youth

Summer Youth Workers Needed

Applications available online: May 1, 2017 at www.sagchip.org

Requirements:

1. Must be SCIT Member
2. Must be 14-18 years old

For more information, please contact:

Louanna Bruner,
Anishinabe Workforce Developer

Phone: 989.775.0053
Email: LBruner@sagchip.org



Tribal Council Regular Session Meetings

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

Meetings are open to Tribal Members.

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

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

Approximately two weeks prior to the meeting, an email is sent to Tribal Operations employees

to remind them of the meeting and request any submissions for the agenda.

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

Regular Council Session Dates

- May 2, 2017
- June 6, 2017
- July 11, 2017
- Aug. 1, 2017
- Sept. 5, 2017



Happy 18th Birthday!!!!

Tyler Derrick Chippeway

Love Grandma Gen and Grandpa Oonie



Happy Birthday!!!!

OONIE

Aka: Robert Bennett Jr.



Happy 18th birthday

Bailey!

Love you, son!



Tribal Member Input Needed

Tribal Council is requesting community input on the proposed Off-Road Vehicle Ordinance during the June 6 regular session held in the Seniors Room at Tribal Operations beginning at 9 a.m.

For more information or to review the draft ordinance, log on to the members only section at:

www.sagchip.org/start.aspx#.WP-00EURJQI

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Check out the **Tribal Observer ONLINE**

www.sagchip.org/tribalobserver

2017 Annual Report DEADLINE

May 4, 2017 by 5 p.m.

There are currently Tribal Members who have not completed their Annual Report.

Tribal Clerk's Office hours are:
Monday through Thursday, 8 a.m. - 5 p.m.
Office is closed on Fridays unless the deadline falls on a Friday.

*No post marked or faxes will be accepted.
For more information, please contact: The Tribal Clerk's Office at 989.775.4050

ATTENTION

Anishinabe Ogitchedaw
Veteran & Warrior Society Members

Now Recruiting New Members



Meetings Will be Held
The 1st Tuesday of the Month in Seniors Room
Time: 6 p.m. | For More Information: 775-4175

Saginaw Chippewa/Isabella County



A Mother's Story

Families Against Narcotics Monthly Forum

Wednesday, May 17, 2017
7 - 9 p.m. | Ziibiwing Cultural Center
6650 E. Broadway, Mt. Pleasant, MI 48858

For questions, please contact:

- Guadalupe Gonzalez | 989.775.4880
- Rosanna Martin | 989.775.4003
- Or by email | saginawchip@familiesagainstnarcotics.org

For information please visit:
www.familiesagainstnarcotics.org/isabellacounty

Anishinabe Language Revitalization Committee Vacancy

Seeking one representative
(Must be 18-25 years old)

- Candidates must be a SCIT Member and able to attend monthly meetings.
- Meetings are held on the third Friday of each month from 9 - 11 a.m. in the East side of the break room (Old Seniors Room) at Tribal Operations.
- Letters/emails of interest will be accepted and viewed as they are received.

Please send Letters/emails of interest to:

Mail to: Anishinabe Language Revitalization Committee Vacancy
7070 E. Broadway Mt. Pleasant, MI 48858

Email to: mispelcher@sagchip.org

For further information:
Please call the ALRD Office at 989.775.4026 or Sasiwaans School at 989.775.4470



NORMAN CYR

Offensive Line
6'3" 301



CONCORDIA
#NFLDRAFT2017

Tribal Observer Graduate Photos

Please submit information to:
Observer@Sagchip.org

College	High School
• Graduate name	• Graduate name
• School	• School
• Field of Study	

Deadline: May 15, 2017 at 5 p.m.



Tribal Council

Chief

Frank J. Cloutier, District 3

Sub-Chief

Brent D. Jackson, District 1

Treasurer

Gayle Ruhl, District 1

Secretary

Michelle R. Colwell, District 1

Sergeant At-Arms

Ronald F. Ekdahl, District 1

Tribal Chaplain

Diana Quigno-Grundahl, District 1

Council Member

Candace B. Benzinger, District 1

Council Member

Tim J. Davis, District 1

Council Member

Lindy Hunt, District 1

Council Member

Amanda Oldman, District 1

Council Member

Kenneth Sprague, District 1

Council Member

Ron Nelson, District 2

Editorial: The Saganing Powwow is in need of sponsors

DENISE PELCHER

Saganing Powwow
Committee Member

The Saganing Powwow is a self-funded event which requires support from Tribal Membership. This year is a very special year; it is the powwow's 10th anniversary.

This year, the event will be June 17 and 18, 2017 in Standish, Mich.

To help raise funds, have you ever thought about placing a memorial for a loved one who has passed or to honor someone who is celebrating a milestone

birthday — 18th, 75th, or perhaps to honor a graduate? You can purchase booklet space to do this.

Booklet spaces are \$25 for a quarter page, \$50 for a half page, or \$60 for a half page with a picture, or you may become a booster and donate any amount you choose.

If you choose this option, please write in the amount you are donating and your name will be listed as a booster in the booklet. Your donation amount will not be printed.

Please fill out the application form and return with your check/money order.

Your support is greatly appreciated. If you have any questions regarding the booklet, please call **989-775-4944**.

2017 Saganing Powwow Booklet Application Form

Your Name: _____ Phone : (____) ____ - ____

Address: _____ City: _____ State: _____

Please make check payable to SCIT:

(Saginaw Chippewa Indian Tribe)

Mail to: Saganing Powwow
7070 E. Broadway,
Mt. Pleasant, MI 48858

Each sponsor will receive one copy of the program booklet but only if the application is filled out completely and legible. Please make sure to include your phone number in case we have any questions regarding your advertisement.

Deadline is May 19, 2017

Your Signature: _____

Wording: _____

Sponsorship Size: Check the size you would like.

- \$25 = 1/4 page
 \$50 = 1/2 page (no picture)
 \$60 = 1/2 page (with Picture)
 \$? Booster only _____ (enter amount)

**2017 Saganing
Traditional Powwow**
June 17 & 18, 2017

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.

New SECR Shuttle Bus Service hours start May 1

New shuttle bus service hours:

- **Sunday-Thursday:** 1-9 p.m.
- **Friday- Saturday:** 6 p.m. - 2 a.m.

Effective May 1, 2017: The shuttle bus service, provided by the Soaring Eagle Casino & Resort, will be limited to eight hours only.

These changes are necessary to meet the growing demand of our guests and budget limitations. We ask that you give us your name, Player's Club number,

and address when calling for a ride. The shuttle will pick up and deliver passengers to the immediate area of the Reservation. We cannot take rides from residence to residence. We will ONLY pick up and bring you to the Palace, Casino, Waterpark, and R.V. Park.

Please understand, as it is necessary to make these adjustments, so we can provide and continue to offer excellent services. We look forward to serving you in 2017 and beyond!

Please call 989.775.0004 to schedule a pick up.

Tribal Observer

Boozhu! The Tribal Observer, a monthly newspaper, is published on the first of each month. To contact Tribal Observer staff, please call 989-775-4010, or email: observer@sagchip.org. To change your mailing address, please contact the Tribal Clerk's office at 989-775-4055. Community advertisements will not be accepted over the phone.



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

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

Subscription rates are \$30 per year.

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

The views expressed within the Tribal Observer do not necessarily reflect the views of the Tribal Observer, the Saginaw Chippewa Indian Tribe, the Saginaw Chippewa Tribal Council, 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.**

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

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

Tribal Observer Subscription Form

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

Name: _____

Address: _____

City: _____ State: _____ Zip code: _____

Please mail form to:

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

Contact Information:

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

www.Sagchip.org/TribalObserver



Tribal Court delegation presents at treatment court professionals annual conference

JOSEPH V. SOWMICK

Healing to Wellness Coordinator

Tribal Court personnel joined 750 other participants at the March 14-15 Michigan Association of Treatment Court Professionals in Novi, Mich.

The 18th annual conference was held at the Suburban Collection Showplace.

Conference panelists involved individuals in recovery.

The Tribal Court delegation presented an afternoon workshop entitled "Tribal Community Health and Opioid Abuse: An Integrative Approach."

Joining keynote speaker Judge Patrick Shannon were Magistrate Carol Jackson; Cathy Matthews, probation officer; Karmen Fox, health administrator for the Nimkee Memorial Wellness Center; and Phoebe Goldberg, program director for the Public Health Training Center at the University of Michigan.

"It was the first opportunity for our Tribal Court to be presenters and to speak on some of the collaborative efforts we have done within the Tribal community," Shannon said. "Many of the other treatment court

professional across the state have programs that use an integrative approach in administering their programs. We demonstrated the support we had from the Tribal community to form the Healing to Wellness program, established a Families Against Narcotics chapter, broaden alternative to pain management and to embrace cultural teachings."

Fox presented some ways the Nimkee Clinic is using Medicated Assisted Treatment to help move forward with integrating medical, dental, behavioral health, and spiritual health.

The presentation highlighted the following concerns:

- Increasing overdoses resulting in death (more than 50,000 nationally)
- Substance misuse of prescription drugs
- Increased activity of heroin and fentanyl
- Lack of a coordinated treatment regiment
- Lack of provider education
- No coordinated effort at local, state, federal or tribal levels
- Sole reliance on law enforcement for solution
- Reliance on abstinence as the primary remedy for opioid abuse
- Lack of treatment for the dual diagnosed client

Judge Geno Salomone presides over the 23rd District Sobriety Court in Wayne County.

Salomone also serves as president of the Michigan Association of Treatment Court Professionals.

Salomone said he believes a recent Center of Disease Control article is correct in which it was stated opioid-related deaths may be underestimated.

"(The statement) reflects the conclusion we found in discussions with other judges and drug court probation officers that opiate and heroin abusers are different from any other population like marijuana and alcohol abusers; they just take more time and effort and we have had more success when we changed our procedures," Salomone said. "We added peer recovery coaches to our program and Medicated Assisted Treatment, especially vivitrol. We believe in our program that every opiate addict should at least get a consultation and almost all should qualify for the treatment."

Salomone said he firmly believes that those individuals in the cycle of addiction need support from a strong recovery community and a safe environment.

"If the participant in my program is living with parents or siblings, it invariably means that those family members also are using heroin and/or opiates. Either that, or they are a textbook



Observer photo by Joseph Sowmick

Judge Linda Davis, from the Michigan 41B Judicial District Court of Macomb County, speaks on drug court information during the March Michigan Association of Treatment Court Professionals in Novi, Mich.

definition of enablers," Salomone said. "A safe drug-free environment is a must for any recovery addict and I know I have to get them into some 'clean' housing... that, in itself, can be difficult."

Judge Linda Davis, of the Michigan 41B Judicial District Court from Macomb County, joined Salomone as they introduced the most popular workshop of the convention: The Drug and Sobriety Court Participants Panel.

"It has been a great experience (collaborating) with... Salomone and we realize many drug court teams need to be revamped to better face the challenges today," Davis said. "Part of the work we need to do is to reach out to the legislators and get their support of drug

courts. I know many drug court judges are embracing organizations like Families Against Narcotics to make changes in their communities."

Judge Jocelyn Fabry, of the Sault Ste. Marie Chippewa Tribal Court, spoke on how The Tribal Law and Order Act of 2010 requires various agencies of the federal government to support tribes in developing and implementing strategic plans.

"Tribal Action Plans have been used at (the Sault Ste. Marie Tribe) to combat the severe problems of alcohol and drug abuse in Indian Country. We provided an overview of the process that the... Tribe underwent in developing a Tribal Action Plan and the tools used in the community assessment," Fabry said.

A review of the findings from the Sault Ste. Marie Tribal community assessment and the process the Tribe used to develop Tribal Action Plan goals related to the data were also shared.

"We believe a Tribal Action Plan is relevant to practitioners working in all types of treatment courts, and, in particular, to those participating in community-driven efforts to collaborate and pool resources to address substance abuse issues at the local level," Fabry said.

At the conference, Lt. Gov. Brian Calley was honored and received the MATCP President's Award for his support of drug courts.

New Tribal Police officer sworn in



Observer photo by Natalie Shattuck

On Tuesday, April 4, Jeffery Chaprnka (second to right), new police officer for the Saginaw Chippewa Indian Tribe, was sworn in by Chief Frank Cloutier, with Tribal Council members witnessing, to begin duties to protect and serve the Tribe.

Grant

Continued from front page

in a primary prevention strategy to better monitor controlled substances and prevent addiction from occurring in the first place.

Debra Pinals, chief psychiatrist for MDHSS, is a proponent of using mental health care and treatment best practices that

are scientifically validated and recovery oriented.

"This is an excellent opportunity to address the rise of opioid use disorders in our state," Pinals said. "Through this grant, we will strengthen our networks for prevention and treatment to reduce opioid-related deaths and make treatment more available for those who need it."

The Michigan Opioid Prescribing Engagement

Network is an initiative to develop a novel preventative approach to the opioid epidemic in Michigan.

The vast majority of individuals who become dependent on prescription opioids receive their first dose following surgical care. The Michigan Network aims to ensure appropriate acute pain care following surgery, while protecting patients and communities.

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Evelyn House nominated for the Delegate to the Congress of Future Medical Leaders

NATALIE SHATTUCK

Editor

Tribal Member Evelyn House, 11th grader and honor student at Mount Pleasant High School, has been nominated for the Delegate to the Congress of Future Medical Leaders in Massachusetts in June.

The Congress, to take place in Lowell, Mass. on June 25-27, 2017, is an honors-only program for high school students who want to become physicians or go into medical research fields.

House said when she graduates high school, she plans to attend Ferris State University to study oncology to eventually achieve a career as a Pediatric oncologist at St. Jude's Hospital.

House was nominated by Dr. Robert Darling, medical director of the National Academy of Future Physicians and Medical Scientists, based on her academic achievement, leadership potential and determination to serve humanity in the medicine field.

House will not only be the sole MPHS student represented in the Congress, but the only State of Michigan representative also.

"I have worked very hard in school and I feel honored to be selected and very lucky to have this opportunity," House said. "I'm most excited to be able to engage with other students and to meet some of the student prodigies there."

The purpose of the Congress is to honor, inspire, motivate

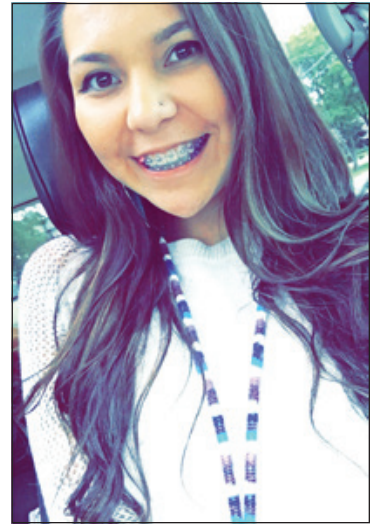
and direct the top students in the country who aspire to be physicians or medical scientists, to stay true to their dream and, after the event, to provide a path, plan and resources to help them reach their goal.

"Helping people, especially kids, is one of the best feelings I've experienced," House said.

During the three days, House will join students from across the nation to hear Nobel Laureates and National Medal of Science winners discuss leading medical research, receive advice from Ivy League and top medical school deans on what to expect in school, witness stories told by patients who are living medical miracles, and learn about cutting-edge advances in the future of medicine.

"This is a crucial time in America when we need more doctors and medical scientists who are even better prepared for a future that is changing exponentially," said Richard Rossi, executive director for the National Academy of Future Physicians and Medical Scientists, in a press release. "Focused, bright and determined students like Evelyn House are our future and she deserves all the mentoring and guidance we can give her."

The Academy is based in Washington, D.C., with offices in Boston, and was founded on the belief that medical talent must be identified at the earliest possible age to help these students acquire the necessary experience and skills to further their career.



Courtesy of Evelyn House

Tribal Member Evelyn House, 11th grader and honor student at Mount Pleasant High School, will be traveling to Massachusetts in June for the Delegate to the Congress of Future Medical Leaders.

Editorial: Migizi EDC. holds spring employee appreciation event

MARC MCCAIN

Human Resources Specialist

The Migizi Economic Development Company held its spring employee appreciation event Tuesday, April 11 and I am happy to say it was a success.

Twice a year, Migizi puts on an appreciation event for all of its employees to recognize their hard work they put in on a daily basis.

The event was held at the Riverwood Bowling Alley in Mount Pleasant, and employees and their families were treated to free bowling and pizza.

The last two weeks have been incredibly busy with it being spring break season,



Observer photo by Natalie Shattuck

Migizi employees and family pose during their appreciation banquet at Riverwood Bowling Alley on Tuesday, April 11.

so it was nice to see everyone have a chance to relax and spend some time together with family, friends and co-workers.

Each employee that attended had a chance to win

numerous prizes donated by Tribal businesses.

All Migizi employees were entered to win an overnight stay at the Soaring Eagle Casino & Resort. Thank you to our friends at the Casino for



Observer photo by Natalie Shattuck

Migizi Economic Development Company had a variety of prizes available for its employees.



Observer photo by Natalie Shattuck

It's a strike for Lisa Darnell, project/property manager for Migizi EDC., at Riverwood Bowling Alley.

generously donating the two overnight stays.

I also want to take the time to thank the Migizi Leadership Team for allowing us to plan and organize these events, and thank you to our employees

for taking time out of their busy days to attend.

I am proud to have such a great group of co-workers and proud to be part of the Migizi Team.

What does it take to become a wild land firefighter?

The Saginaw Chippewa Interagency Wild Land Division is a division of the Tribal Fire Department and is looking for interested men and women that are seeking seasonal employment on type two "Initial Attack" hand crew.

The hand crew is a Bureau of Indian Affairs' Michigan agency that can be deployed nationwide including Alaska and Canada.

Wild land firefighting can be physically demanding for long periods of time. Fire assignments require firefighters work under arduous and stressful conditions - working in heavy smoke and intense heats, climbing steep and rugged terrain, and working with minimal sleep or rest, working in and living in a dirty environment and carrying heavy packs and equipment.

Showers and hot meals are not generally available on a daily basis, and firefighters can be away from their "home forest" for weeks at a time. They're often required to be on call, and must leave within two hours of being notified.

Sometimes the firefighters are also called on to "hurry up and wait" depending on what the fire is doing, and if and where they're needed.

The firefighters need to be in shape to meet the rigors of the job and the stress.

Position Requirements:

- Deployments may be up to 21 days.
- Up to 16 hour working days.
- Must be able to pass a work capacity test - A three-mile walk with a 45-pound weight vest in under 45 minutes.
- Must be available during fire season.
- Must have current Michigan driver's license.
- Must be able to obtain a DOI "Department of Interior" operator's license.
- Must be at least 18 years of age.
- Must be able to pass a medical physical examination.
- Must complete basic wild land fire fighter training.

Some training requirements:

- Course is broken into short, one -to-three hour modules enabling students to complete courses at their own pace.
- Collectively, the two courses offer approximately 40 hours of training.

For more information, please contact:

- Fire Chief Fred Cantu
- Sgt. Brian Kelly, Crew Boss
- Ryan Chippewa, Crew Boss
- Fire Department: 989.775.4866



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For more information, please call: 989.775.5600



Behavioral Health family dinner night celebrates Residential Treatment Center

NATALIE SHATTUCK

Editor

As Behavioral Health Programs hosted another family dinner night, the Residential Treatment Center (RTC) was celebrated.

The Wednesday, April 19 event brought in many community members learning how RTC benefits the community. Participants were treated to a barbeque meal in the Eagles Nest Tribal Gym.

Prevention Specialist Alice Jo Ricketts greeted the attendees, introduced Diane Littel,

coordinator for RTC, and gifted her with an eagle feather.

“The typical amount of a stay for a RTC resident is 45 days, though a stay can be up to 90 days or longer,” Littel said.

Littel said the RTC is now fully staffed, and Ojibwe-based cultural components may include helping healers, drumming, namings, fasting, spiritual cleansings (sweats).

“Residents typically have a schedule of therapy sessions four times a week,” Littel said. “They are also allowed to take up cooking and fitness, be involved in the

Healing to Wellness program, high school prep and skill building.”

Current residents spoke on their struggle with sobriety and how RTC has helped their journey.

One resident, currently four months sober, said she was inspired to get help after her brother passed away from a drug overdose.

Another resident, also currently four months sober, discussed life as an addict of eight years.

The youngest RTC resident just turned 18.

Two RTC alumni discussed their journey, and admitted the RTC experience was a difficult one, but encouraged the current residents not to give up.

“In my addiction, I lost myself,” one alumnus said.

RTC offers drop-in relapse prevention groups twice a week: Mondays 5:30 to 7 p.m., and Fridays from 11:30 a.m. to 1 p.m. with a light lunch provided.

The topics include red road teachings, step work, relapse prevention skills, mindfulness, medicine wheel teachings and case management services.



Observer photo by Natalie Shattuck

Diane Littel (right), coordinator for the Residential Treatment Center, was gifted an eagle feather from Alice Jo Ricketts (left), prevention specialist, during Behavioral Health's April 19 family dinner night.

Tribal Members declared championship bowlers during USBC tournament

NATALIE SHATTUCK

Editor

Community members were recognized during the 77th annual Mount Pleasant USBC City Tournament at Riverwood Bowling Alley.

The tournament took place on March 6-10, 2017.

Karen Naganashe and Val Raphael (1509) (1226 = 283 handicap) were the Women's Doubles Champions.

Naganashe began her first game of doubles with 10 strikes with a score of 289.

Naganashe's statistics include:

Women's Single Actual: (591) (207/201/183)

This is Naganashe and Raphael's their seventh double's championship as a duo.

Both have won several additional championships with other partners.

Luke Sprague (203/256/267) and Andy Mogg (1515) (1357+158 handicap) were declared the Open Doubles Champions.

Sprague was rolling his sixth and seventh career of a 300 game this season.

Sprague scored 800 or above twice in his bowling career. Once on April 12, 2016 with a total of

832, and on Jan. 17, 2017 with a 822 score.

“My first 300 (score) was at the age of 22 on a Friday night league at Chippewa Lanes,” Sprague said. “I remember David Lewis (MP USBC Association manager) started off the (newspaper) article he wrote as ‘The young Luke Sprague.’ It's hard to believe I will not be called that anymore.

As a successful Motocross racer in the State of Michigan, it's hard for me to get into the groove of bowling the first half of the season as I am still racing up until November. All my award scores



Courtesy of Luke Sprague

Karen Naganashe (left) and Val Raphael (right) were declared the Women's Doubles Bowling Champions during Riverwood's MP USBC tournament.



Courtesy of Luke Sprague

Luke Sprague (left) and Andy Mogg (right) took home the ‘Open Doubles Champions’ title.

have come after the holiday break – I guess that's when my swing starts to get hot.”

Lewis, past president and honorary member of the

MSUSBCBA, said he hopes to see many community members at the youth bowling program which will begin in September.

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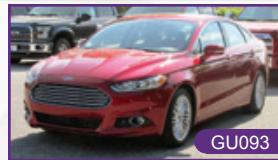
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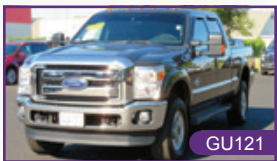
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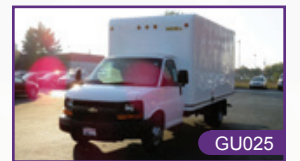
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University of Michigan doctor offers valuable insight on drug abuse and addiction

JOSEPH V. SOWMICK

Healing to Wellness Coordinator

Valuable insight was given through Dr. Donald Vereen Jr., MD, MPH, and his April 20 presentations on “Drug Abuse and Addiction: What Research says about Prevention and Treatment.”

Vereen, director of the University of Michigan Substance Abuse Research Center, is the former deputy director of the White House Office of National Drug Control Policy under the Clinton and Bush Administrations.

He directs community academic engagement in the Prevention Research Center at the University of Michigan School of Public Health (UMSPH).

Vereen presented to Tribal Council in the morning and to the Nimkee Memorial Wellness Center staff in the afternoon, organized by Tribal Court Senior Judge Patrick Shannon and Magistrate Carol Jackson.

“His presentation discussed how opioid addiction affects the brain, and how an integrated approach will help combat this epidemic,” Jackson said. “We have the resources, let’s utilize them. I



Observer photo by Joseph Sowmick

Dr. Donald Vereen Jr., director for the University of Michigan’s Abuse Research Center, provides an April 20 presentation in Tribal Council chambers on how drugs affect brain chemistry.

know we all can work together to educate and help treat those who suffer. It’s no different than treating diabetes or whether we carry an EpiPen or Narcan as both can save a life. I appreciated Dr. Vereen mentioning we shouldn’t pass judgment on those who suffer with addiction.”

A key point Vereen made in both presentations is “we all need to help spread the message that addiction is not a dirty word.”

“(Addiction is a) brain disease and this epidemic is not the first one we have dealt with in our communities and it

won’t be the last,” Vereen said. “The science of addiction research is clear where every person who takes drugs is actively manipulating their brain. There is a correlation where if someone has no immune system, any amount of antibiotics can’t help. This is why research advocates a holistic approach where the individual, family, positive peer influence and the entire community can be utilized.”

Vereen said the drug vivitrol and medically-assisted treatment along with counseling may help addicts.

“Medication does not exist to treat all drug use disorders, but it can be effective for opioid use disorder when combined with behavioral health treatment,” Vereen said. “Research indicates individuals receiving medication-assisted treatment for opioid use disorders have better outcomes. The brain is dynamic and we now understand that our genes play a role in

understanding addiction. Our brain changes its physical structure and function through behavior and interactions with our environment.”

Council Treasurer Gayle Ruhl has a master’s degree in social work, and extensive experience as a licensed substance abuse therapist.

“Dr. Vereen’s message was eloquent and very specific to what can be done to prevent and treat substance abuse and addiction,” Ruhl said. “From the slide presentation, it is evident that we need to get prevention to our Native American youth before they reach high school. Council would welcome any collaboration that Dr. Vereen can offer as we need to increase various community efforts to support those who are struggling with addiction.”

Dana Thomas, MPH, director of the university’s public health practice, joined Vereen’s presentation in Council chambers.

The university’s School of Public Health has worked with the Inter-Tribal Council of Michigan throughout the years

“We are honored to have the opportunity to work with the Saginaw Chippewa Indian Tribe,” Thomas said. “The need to collaborate is valuable. Each partner can bring

different perspectives, knowledge and resources to bear on an issue or topic,” Thomas said. “Unfortunately, opioid use and overdoses have reached crisis proportions in too many communities across the county, and within Michigan, it is having devastating impacts in our rural communities.”

Shannon said an opportunity for grant collaboration would be welcomed.

“Much of the discussions with Council and other health care and court staff favored an integrated health care approach to combat addiction,” Shannon said. “We are trying to use that model as we integrate our Healing to Wellness program with Nimkee, ACFS, Behavioral Health and other Tribal departments.”

Vereen received Council support for further studies.

“The best outcome where research is concerned by is by fostering an environment of community involvement and engagement,” Vereen said. “The Saginaw Chippewa community needs to ask the questions and we can be partners in compiling the research, analyzing the data and translating that data into meaningful solutions.”



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Planning Department and Inter-Tribal Council project focuses on climate change

NATALIE SHATTUCK

Editor

Michigan tribes are experiencing impacts of climate change: Warmer air and surface weather temperatures, more volatile weather with extreme precipitation, decreases in duration and extremity of winter temperatures, and increases in duration of summer temperatures.

Weather patterns and climate changes are accelerating. The changes are affecting tribes regarding natural features, public health, infrastructure, energy and maintaining cultural ways of life.

In an effort to evaluate and plan for climate change, the Planning Department and the Inter-Tribal Council of Michigan held a March 13 community meeting introducing a new inter-tribal two-year project that seeks to understand and protect forest understory Michigan plants.

At 3 p.m. in Seventh Generation's Elijah Elk Cultural Center, interested participants gathered for the project introduction and a meal.



Observer photo by Natalie Shattuck

David Syckle II, water quality specialist for the Planning Department, points to the map of the local forest site during the March 13 community meeting on protecting Michigan plants.

At 4 p.m., the group traveled to the local forest site.

Robin Clark, of the Inter-Tribal Council of Michigan, is a tribal member of Sault Ste. Marie.

Clark will be gathering information on what different plants and species the community members are interested in.

"It will be a great experience learning from each other," Clark said of tribes learning from one another, and community members learning from one another.

Clark's previous project with Inter-Tribal ended in December

2016; the current Tribal project is being built on this past project. The two-year project began in January, helping various tribes deal with climate change.

The project goals include: To understand how climate changes may impact forest plants, and how to support these plants in local and regional forests, Clark said.

"The project will focus on species at risk; the forest vulnerability includes losing habitat, poor health, changes in identity, impacts to cultural practices, and more," she said.

Clark said there are three major steps to the project.

"First, establish adaptation working groups and select key forest resources (from January to June 2017)," Clark said.

"Secondly, gather vulnerability information, develop research needs assessments and identify opportunities for adaptation (from April 2017 to June 2018). And finally, identify or develop regional adaptation strategies and recommendations with Tribe-specific components (from June to December 2018)."

David Syckle II, water quality specialist of the Planning Department, spoke on the project and Anishinaabek ways.

"The gift of giving comes from the trees. We are here to take care of Mother Earth, and find out what plants need and give back to help them," Syckle said.

In a hand out Clark provided, it states: "Traditional knowledge – bodies of practices and beliefs that have been



Courtesy of David Syckle II

On March 13 at 4 p.m., a group traveled to the SCIT forest site for the two-year project seeking to protect forest understory Michigan plants.

developed and shared across Anishnaabek cultures and generations – may be included in tribal climate adaptation planning by the inclusion of community members in the planning process: One-on-one conversations, formal interviews, workshops, feasts, and working with elders, cultural, natural resource, youth and other advisory committees."

The example document Clark provided was prepared by the Inter-Tribal Council of Michigan, Inc. The document and the Michigan Tribal Adaptation Planning Project were funded by a U.S. Bureau of Indian Affairs Tribal Climate Resilience Program Grant to the Inter-Tribal Council of Michigan.

In addition to SCIT, the Michigan tribal climate change adaptation project partners include: Bay Mills Indian Community,



Courtesy of David Syckle II

Robin Clark (left), of the Inter-Tribal Council of Michigan, and Syckle (right) examine the SCIT site to evaluate climate change.

Grand Traverse Bay Band of Ottawa and Chippewa Indians, Lac Vieux Desert band of Lake Superior Chippewa Indians, Little River Band of Ottawa Indians, Little Traverse Bay Bands of Odawa Indians, Match-E-Be-Nash-She-Wish Band of Potawatomi (Gun Lake Tribe), Pokegenek Bodewadmik (Pokagon Band of Potawatomi) and the Sault Ste. Marie Tribe of Chippewa Indians.



Observer photo by Natalie Shattuck

In Seventh Generation's Elijah Elk Cultural Center, the group was treated to a meal during the presentation.



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Anishinaabemowin WORD SEARCH

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wise	nibwaakaa
spring	ziigwan
Grandma	nookomis

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: Mother's Day is coming up this month and I have a secret to confess. Very few people know that I gave up a child (girl) for adoption more than 20 years ago. I attended college out of state and became pregnant. I kept to myself and hid it from everyone. I knew I couldn't keep her and was blessed by my counselor who put me in touch with an adoption agency. I never even held her so I wouldn't become attached. Although I may not have been attached physically, I am attached mentally. I continued my education and I am in a good place in my life. I would like to reach out to her and hope she has had a good life. I think about her every day. How do I go about this? **Regrets**

Dear Regrets: You start by telling the truth and telling close family first. Don't be ashamed to have given up your daughter for a better life. There are wonderful people out there that cannot have children and can provide a great life. You can search records yourself and/or hire a private investigator. Be prepared for two things: 1) she may not want to meet you, 2) may have had a hard life and/or not alive - anything else is a blessing! We all want to fill our voids and reaching out can help you do that. Good luck.

Dear WW: I found out that my teen daughter has been cyber bullied! I never even knew such a thing existed. She broke up with her boyfriend and he did not take it very well. He even created a fake profile about her. What is wrong with people/kids these days? She was in tears so I went right to his parents' house and confronted them. His parents were clueless but that's no excuse. If you gave a child a cell phone, take some responsibility and make sure you know what's going on. **Not My Daughter**

Dear Not My Daughter: Thank you for your great comment about taking responsibility. I encourage all readers to make sure they know what's going on in their child's life regarding social media and cell phones. One definite way is to periodically check it out yourself. We live in a world where all sorts of ugly things happen and as a parent, you have to be on top of things, especially with electronics. Don't stop at cell phones, check tablets, computers and all social media. Be prepared to talk about any concerns and do so in a way that will help your children understand the bigger picture. This is a case of "better safe than sorry!"

Dear WW: My daughter is getting married next year. However, she is going above and beyond with her wedding plans. She has always been spoiled but this is getting ridiculous. My husband is laid off so we don't have two incomes coming in right now. I'm afraid she will have a tantrum and ban us from the wedding if we refuse to fund what she wants us to. My husband will do whatever she wants, including getting out a loan if needed. This should be a happy time for us but it's turning out to be a nightmare. What should I do? **Bridezilla's Mom**

Dear Bridezilla's Mom: Stop and take a minute to BREATHE! Now, what is the amount you can afford without a loan? You have to sit down with your husband and discuss this. If it is \$500 or \$5,000, then that is all you can do. I'm not sure why you feel she would ban you from attending? Perhaps it's just a figure of speech. If your husband insists on taking out a loan, then so be it. Do everything in your power to make this event happy and memorable. This wedding may not mean a lot to you, but it means the world to your daughter and weddings are all about the bride!

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LAST MONTH:



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2017 Golf Tournaments and Events Schedule

Skins at Waabooz | May 2 - Aug. 15

Doubles, blue tees, 5 p.m. shot gun, \$20 per person plus green/cart fees. Players with memberships do not pay green fees. Players must play in seven of the 15 weeks to play in the final week, final week entry is \$50 per player, singles players hit one ball play the same entry.

Early Bird Two Player Tournament May 6

At Waabooz Run. \$60 per player. Contact Steve at 989-817-4802 to register.

Native Cup at Orchard Hills | May 13

Ten teams total from SECR (three seniors, three coed and four men's.) \$50 per player. Players must be SCIT employees or Tribal Members. Note: All Michigan tribes invited. Contact Bernard Sprague if your tribe/casino would like to participate.

Gun Lake Tournament | May 19

At Orchard Hills, May 19, 9 a.m. tee off, four man team \$80 each before May 19.

Pokagon Band Veterans Invitational May 26

9 a.m. tee-off, four veterans per team.

Father's Day Special | June 17

At Waabooz Run, 10 a.m. tee-off, two players per team, \$40 per player, \$2,000 in cash drawings for dads. Top five scores payouts based on entries, 12 proximities at \$25 each, 50/50 raffle. Skins \$20 per team. Event sponsored by SECR Marketing Department.

Family Olympics Tournament | July 20

Two per team (both players must be from the same tribe.) Alternate shot, tee-off 9 a.m. Four divisions: Seniors, Men's 49 and under, Women's, Youth 17 & under. \$30 per player, singles at 2 p.m., all divisions entry \$30 per person. (Individual stroke play, triple bogey max score on all holes.)

Little Elks Memorial | Aug. 5

At Waabooz Run 10 a.m. tee-off, two player scramble, \$50 per player, Skins \$20 team, 50/50 raffle, proximities, door prizes, random draw for five places (500, 400, 300, 200, 100.)

Skins at the Pohl Cat | Aug. 21

Aug. 21 - Oct. 9, singles, white tees, 5 p.m. tee time, \$20 per person plus green/cart fees, players with membership only pay cart fees of \$20.

Native Cup at the Pohl Cat | Aug. 27

Ten teams total from SECR (three seniors, three coed and four men's.) \$50 per player. Players must be SCIT employees or Tribal Members.

For more information or to register, please contact: Bernard Sprague at 989.400.1838



Native artist and educator Ty Defoe teaches youth hoop dance camp

ESTHER HELMS

Ziibwing Graphic Designer

Native artist Ty Defoe taught a youth hoop dance camp on April 2-6 at the Ziibwing Center, with a graduation performance held at Andahwod Continuing Care Community & Elder Services on Friday, April 7.

Ty Defoe, of Ojibwe and Oneida nations, is a writer, storyteller, educator, multi-talented artist and world class hoop dancer. Visit Defoe's website at www.tydefoe.com for more information.

The students who partook in the class were embraced in the circle (or hoop) of Defoe's knowledge, experience and patient instruction.

"The hoops help to create an illusion of something happening," Defoe said when showing how the hoops could be used to imitate things, such as a tail wagging, to tell a story with dance.

Cultural teachings, mindful intelligence, and energetic, fluid movements and dance steps, such as the "walk of life" and the "figure 8," were some of the elements taught in this class that culminated in the hoop dance performances enjoyed at Andahwod at the end of the week.

Parents and family watched the classes, sometimes being invited to join in.

The graduation performance began with an honor dance, followed by the hoop dance, and then a round dance.



Observer photo by Natalie Shattuck

Native artist Ty Defoe teaches a youth hoop dance camp in April at the Ziibwing Center.

Following the dances, graduation certificates were presented to the students.

Miigwetch to Ty Defoe and the sponsors: The Olga J. and G. Roland Denison Visiting Professorship of Native American Studies at Central Michigan University and the Saginaw Chippewa Tribal College, Andahwod Continuing Care Community & Elder Services and Ziibwing Center.

Miigwetch to all who helped make this event another fun learning experience that helps keep the Anishinabe culture alive and strong.



Observer photo by Natalie Shattuck

Tahlia Alonzo



Observer photo by Natalie Shattuck

Jade Green



Observer photo by Natalie Shattuck

Christopher Spencer-Ruiz



Observer photo by Natalie Shattuck

Azhiyen Wemigwans



Observer photo by Natalie Shattuck

Kylie Wemigwans



Observer photo by Natalie Shattuck

Natalia Martin (left), with Defoe.

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“Chasing the Dragon: The Life of an Opiate Addict” makes FAN forum debut

JOSEPH V. SOWMICK

Healing to Wellness Coordinator

The face of addiction came into focus with a powerful message at the monthly Families Against Narcotics (FAN) forum, held in the Eagles Nest Tribal Gym on April 20.

Driving the discussion was the critically-acclaimed FBI documentary “Chasing the Dragon: The Life of an Opiate Addict.”

The production featured FBI Director James Comey and Chuck Rosenberg, administrator for the Drug Enforcement Administration, having a discussion with current and recovering addicts.

“We are talking to you today because we are facing a crisis – a crisis that is killing far too many people. That crisis is prescription drug and heroin abuse,” Comey said. “We thought the best approach would be for you to hear the fact with no censors and no filters, just straight facts from people who have lived with the hard consequences of opioid abuse. (In the video) you are going to witness the real tragedy and learn what happens when drugs take hold of real people and don’t let go.”



Families Against Narcotics

Rosenberg shared sobering facts in the video on how pervasive this crisis has become throughout the nation.

“Each year, more than 46,000 people die from a drug overdose. That is more people dying from a drug overdose than from car accidents or gun violence and half of those deaths are related to opioid abuse” Rosenberg said. “After watching this, we want people to talk to their parents, relatives, family friends and their brother and sisters. If you know somebody who is using drugs or even thinking about using drugs, say something.”

The FAN forum provided some valuable information for individuals and concerned families with substance abuse issues.

There are three places available that will accept unwanted prescription or non-prescription medications and substances, with no questions asked.

Individuals may take those medications to Cardinal Pharmacy, the Tribal Police Department or the Mt. Pleasant Police Department, or drop off the medications at the May 10 drug drop-off event to occur at the Farmers Market Pavilion from 10 a.m. to 4 p.m.

Mary Bentley serves on the SCIT/Isabella County FAN Board of Directors.

“(The documentary) presented the honest story of the experiences of those whose lives have been negatively impacted by opioids and other addictive substances,” Bentley said. “Parents, children, people of all ages, and from all economic and sociological walks of life are struggling with addictions each day.”

“Most heroin addicts started with prescription opioids, either from physical pain relief, or to experiment with the high,” Bentley said.

“As the addiction progresses, more and more of the

substance is needed to chase the feeling experienced the first time,” she said. “When no more prescriptions can be legally obtained, addicts resort to buying them off the street, which becomes too expensive and dangerous.”

Bentley said she believes eventually addicts realize the cost of one pill can cost the same as four heroin shots.

“Heroin can be cut with other cheaper, deadly additives, like the drug carfentanil that is used as an elephant tranquilizer,” she said. “Carfentanil is 100 times stronger than fentanyl, which is used medically to treat severe pain. Death comes very quickly. There are also incidences of meat tenderizers being added to stretch the heroin.”

Withdrawal from opiates, according to users in the video, is excruciating and

can make you wish for death, rather than go through the withdrawal period.

After a while, addicts are not using to “chase the dragon” (the effects of the first high), but to deal with the physical sickness of withdrawal.

Comey said there is hope for addicts and their families.

“With more education on the causes of addiction, and the dedicated treatment community, addicts and their families can get the support they need,” Comey said.

“Chasing the Dragon: The Life of an Opiate Addict” can be found on YouTube and its realism includes graphic images and inappropriate language.

(FAN Board Member Mary Bentley contributed to this report.)



<p>ZIIBIWING CENTER <i>of Anishinabe Culture & Lifeways</i></p> <p>THE MIDWEST'S PREMIER AMERICAN INDIAN MUSEUM</p> <p>6650 East Broadway, Mt. Pleasant, MI 989.775.4750 • www.sagchip.org/ziibiwing</p>	<p>OPEN MONDAY-SATURDAY 10am-6pm</p> <p>ZIIBIWING WILL BE CLOSED ON MEMORIAL DAY, MONDAY, MAY 29, 2017</p> <p>Upcoming:</p> <ul style="list-style-type: none"> • June 6 Honoring, Healing, & Remembering • June 24 Community Cultural Teaching (at the Sanilac Petroglyphs) 	<p>HONORING WARRIORS & THEIR FAMILIES*</p> <p>FREE ADMISSION to permanent and changing exhibits</p> <p>Memorial Day to Labor Day* (May 30 - Sept. 2, 2017)</p> <p>* (Note: The Ziibiwing Center will be closed on Memorial Day and Labor Day)</p> <p>* Active duty military plus five family members with valid identification</p> <p>Blue Star Museums</p> <p>Water is Life</p>
<p>ZIIBIWING'S 13TH BIRTHDAY SALE AND CELEBRATION • MAY 4TH 10am-6pm & MAY 5TH 10am - 8pm</p>		
<p>BIRD DAY CELEBRATION</p> <p>An International Migratory Bird Day and World Migratory Bird Day event. In conjunction with the STANDING ROCK SOLID exhibit at Ziibiwing. Bineshiyag n'ganawaabmaanaanig! (We watch the birds!)</p> <p>Bimaadziwin nbiish aawan (WATER IS LIFE)</p> <p>Bird Walk • Sat. May 13 • 9am</p> <p>Looking for spring migratory birds with the Chippewa Valley Audubon Club</p> <p>at the Soaring Eagle Hideaway RV Park 5514 E. Airport Rd., Mt. Pleasant, MI</p> <p>For more information on the Bird Walk contact: Mike LeValley, Isabella Conservation District at 989.546.2315</p> <p>SAT. MAY 13, 2017 • 1-5pm • at Ziibiwing</p> <ul style="list-style-type: none"> • 1:00 pm Welcome and Eagle Dance • 3:30-4:30pm Birds of Prey Presentation by the Howell Nature Center with a Live Bald Eagle! <p>FREE & OPEN to the PUBLIC</p> <ul style="list-style-type: none"> • Give-Aways • Door Prizes • Cookie Decorating • Crafts <p>Co-Sponsored by the Isabella Conservation District, the Chippewa Valley Audubon Club and the Ziibiwing Center.</p>	<p>COLLECTION SHOWING MINIATURES</p> <p>May 13, 2017 • 10am - 3pm May 15 - May 20, 2017 • 10am - 6pm Free & Open to the Public</p> <p>“The Ziibiwing Center is home to an awe inspiring collection of miniature artwork. These miniscule objects attest to the patience, steady hand and creativity of the artist. Horsehair baskets by the Antone, Juan and Miguel families of the Tohono O’odham, black ash baskets by the Crampton and Red Arrow families of the Saginaw Chippewa Indian Tribe of Michigan, and dental pictographs by Kelly Church of the Grand Traverse Band of Ottawa and Chippewa Indians will be on display. Witness the delicate beauty of these remarkable pieces of art.” William Johnson, Ziibiwing Curator</p> <p>“Miniatures” Collection Showing will be moderated by the Ziibiwing Curator, William Johnson, on Saturday, May 13, 2017</p> <p>Objects remain on display May 15-20</p>	<p>ANISHINABE PERFORMANCE CIRCLE</p> <p>SPRING 2017 GRADUATION MAY 9, 2017 6PM</p> <p>Children Perform “Ttsy Bitsy Spider” in Anishinabemowin Don't miss it!</p> <p>Bring your friends!</p> <p>Reception follows graduation</p> <p>Free & Open to the Public</p> <p>Graduation Location: Andahwod Continuing Care Community & Elder Services 2910 S. Leaton Rd., Mt. Pleasant, MI</p>



Youth Achievement Advisor Marta Escamilla selected as Educator of the Month

Saginaw Chippewa Indian Tribe's Education Administration would like to take this opportunity to showcase the shining stars in the department!

Marta Escamilla, youth achievement advisor for the K-12 Education Dept., has been selected as the Educator of the Month!

The following is a questionnaire completed by Escamilla:

How long have you worked for the Education Department? 20 years.

What is your favorite part of working in this department? The kids! I love that I have the opportunity to watch them learn and grow.

What is the one thing that you love doing? Why? I love to spend time with family/friends and just have fun. They are a huge part in making me who I am today.

Do you have any pets? I just recently had to put our dog, Scooter, down. I am left with 2 cats — Bella and Mongo.

What is your favorite vacation spot and why? I like warm, sunny places near water.

What is your favorite Disney movie? "Finding Nemo."

What is one of your favorite quotes? "I've got nothing"... This is something I say often.



Observer photo by Natalie Shattuck

Marta Escamilla (center), youth achievement advisor, receives Educator of the Month on April 13. (Left to right: Deb Smith, youth leadership manager; Escamilla and Christina Sharp, administrative assistant II.)

What is your favorite snack? Lays plain potato chips and cheese/crackers.

Vowles

The following students earned perfect attendance for March: Kaden Kjolhede, Cannon Thomason, Xavier Freeman, Mateo Harris, Mia McCreery and Ringo Stevens.

Fancher

The following students earned perfect attendance for March: Dylan Bennett, Tiara Oswabine, Joaquin Jackson, Gavin McCreery, Cailey Treichel, Meisha Raphael, Kimewon-Raynee Richards, Zoey Haggard and Kaylie Sprague.

Saginaw Chippewa Academy

The following students earned student of the month for April: Chelsea Smith, Hadassah Eggleston, Duane Sheahan, Azhiyen Wemigwans, Red Arrow, Martine Wiggins, Josiah Hernandez-Wemigwans and Aaliyah Montoya-Pego.

McGuire

The following students earned perfect attendance for March: Bailey Burger, Jonathan Martinez, Jasmine Davis, Arianna Altman, Emily Stevens, DaShawn Rueckert, La'Anna Trudeau, Kyrah Bennett, Maggi Martell, Kenneth Wemigwans, Malakai DeMoines, Tayden Davis and Isaiah Harris.

Renaissance

The following students earned perfect attendance for March: Wayne Jackson, Syriana Smith, Tyler Snyder, Isaiah Otto, Nixie Snyder, Greg Steele, Oscar Smith, Bruno Wemigwans, Wenonah Jackson, Katie Pigeon, Sabashtion Davis and Tierra Ash.

Pullen

The following students earned perfect attendance for March: Zachary Flaughner, Jayden Taylor, Tahlia Alonzo, Martin Garcia, Emma Hinmon, David McClain, Isaiah Taylor, Micah Wagner, Braeden Bennett, AhLannah Dodd, Letcia Hawkins, Alex Hinmon, Madison Isham, Angelo Leureaux, Armondo Quiroz, Logan Bird, Caleb Burger, Zhaawan Martell, Miikawadizi Prout, Hope Stevens, Alex Taylor, Cruz Vaquera, Alonso Mendez and Tius Peters.

Ganiard

The following students earned perfect attendance for March: Kijate Cuellar, Caleb Howard, Caleb Sprague, Ava Vogel, Leia Black, Annaleigha Gibbs, Rosemarie Green, Dehmin Kahgegab, Shilyanna Negrete-Ledesma, Kage Ortiz, Nadia Mills, Natasia Noe and Ethan Treichel.

Editorial: Tribal Library held first March minutes reading challenge

LEE-ANNE DISEL
& ANNE HEIDEMANN

Contributing Writers

The Tribal Library held its first ever March minutes reading challenge this year in celebration of National Reading Month.

The library invited community members to reach the goal of reading a total of 10,000 minutes.

"Reading is an important part of our everyday lives," said Tribal Librarian Anne Heidemann. "(Tribal Library staff) wanted to encourage people to notice how much reading they do and challenge them to increase that."

Seventy-five community members signed up for the challenge and turned in reading logs throughout the month. Not only did the community reach the 10,000 minute goal, it was surpassed and an amazing record was set.



Courtesy of Lee-Anne Disel

Giizhig and Zhaawan Martell were a couple of the winners.

The grand total was 65,159 minutes. "We had so many people sign up who were excited to turn in their minutes," said Library Assistant Lee-Anne Disel. "It was great to see people so excited about reading and to see how much people actually read on a daily basis."

Ten winners were drawn from those who participated and were awarded prizes including packages donated by the PR department.

This program was a great success and the staff want to thank everyone who participated – we couldn't have done it without you! Nishin!



Courtesy of Lee-Anne Disel

Alayna Disel, colors in the National Reading Month minute tracker.

March Minutes Winners

- Malachi R.
- Jonah H.
- Katilyn C.
- Zhaawan M.
- Annette P.
- Dominic K.
- Judy D.
- Kathy F.
- Jarrod J.
- Giizhig M.

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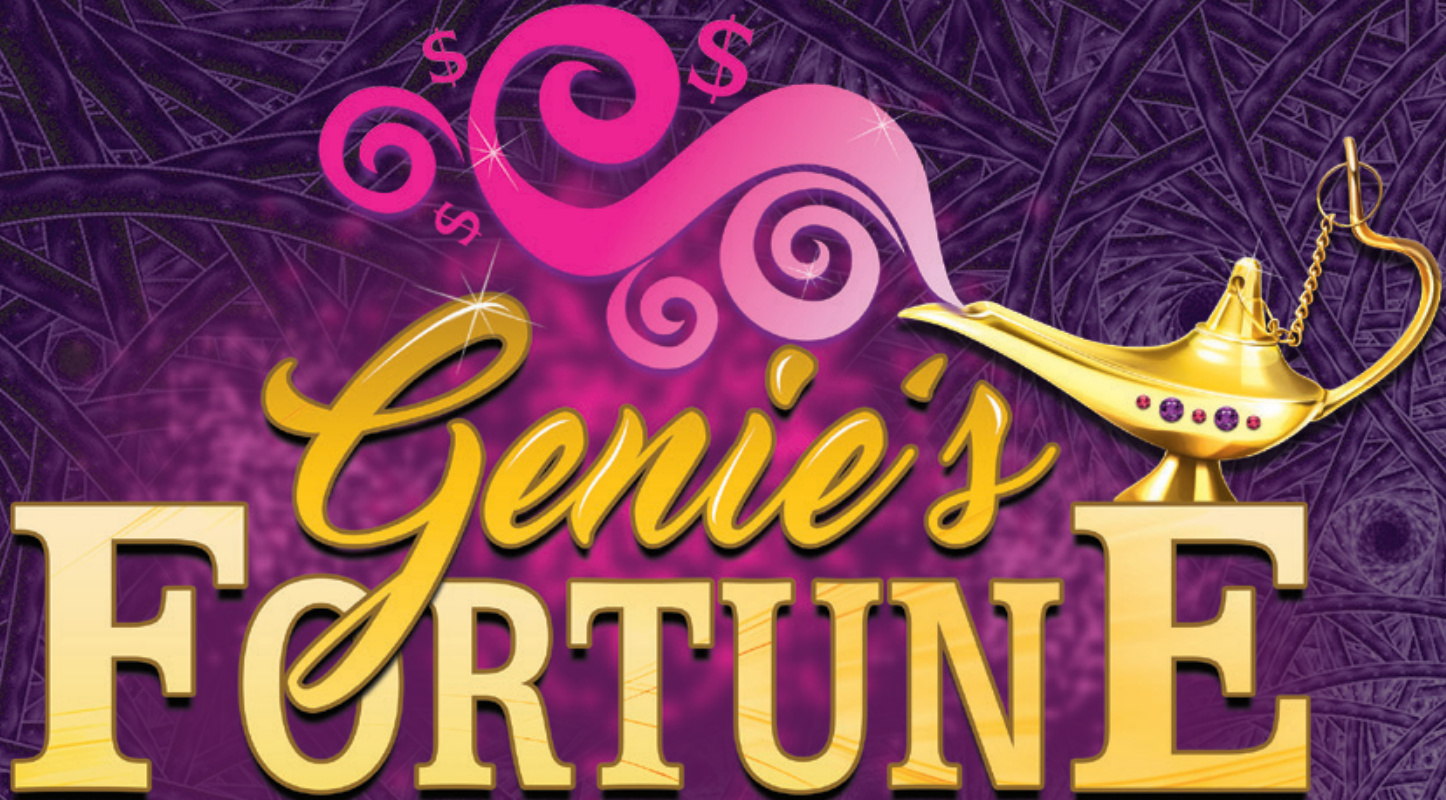
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Central Michigan University's LGBTQ Services staff speaks at SCTC lecture

NATALIE SHATTUCK

Editor

As part of the Saginaw Chippewa Tribal College's lunch lectures, the Student Council and Behavioral Health co-sponsored an April 11 LGBTQ panel discussion.

Shannon Jolliff-Dettore, director for Central Michigan University's LGBTQ Services; and the department's intern Allison Tobey both discussed their coming out stories.

From Noon to 1:30 p.m., a nacho bar was offered during the lunch hour guest speaker

panel in the SCTC West Building rooms one and two.

Jolliff-Dettore said she typically visits 30 CMU classrooms per semester to share her story and provide information of the university's LGBTQ Services.

Jolliff-Dettore said there are not many LGTBQ resources in the Mount Pleasant area, and although she works through the university, she said she is always willing to assist community members.

"We are seeing youth coming out younger and younger," Jolliff-Dettore said.

Guadalupe Gonzalez, prevention specialist for Behavioral

Health, said the tribal community will again be starting up the two spirit support group and talking circle, details to be announced soon.

"There are a lot of (LGBTQ) youth in the community who have nowhere to go," Gonzalez said. "We want to provide a safe place for not only LGBTQ individuals, but allies as well."

The event was sponsored by the SCTC Student Council and Behavioral Health.

The SCTC, CMU and Behavioral Health event representatives all agreed they hope to plan additional collaborations in the near future.



Observer photo by Natalie Shattuck

Shannon Jolliff-Dettore, director for Central Michigan University's LGBTQ Services, shares her coming out story during a Saginaw Chippewa Tribal College lunch lecture on April 11.



Observer photo by Natalie Shattuck

CMU student and LGBTQ Services intern Allison Tobey speaks during the SCTC Student Council and Behavioral Health-sponsored panel discussion and luncheon in the SCTC West Building.

SCTC Student Council's lecture educates on depression signs and symptoms

NATALIE SHATTUCK

Editor

One in 10 people will experience depression in their lifetime, said Debbie Robb, MA, LPC, clinic service coordinator for Behavioral Health, during a March 30 lecture.

The Saginaw Chippewa Tribal College Student Council and Behavioral Health co-sponsored the lunchtime lecture focusing on depression as the main topic.

In the SCTC West Building rooms one and two, Robb discussed the signs and symptoms of depression, coping skills and the resources available for dealing with it.

At noon, Prevention Specialist Guadalupe Gonzalez greeted the attendees and introduced Robb.

Robb provides supervision to the clinic staff and oversees the provision of services.

"Depression is about your mood. It affects functioning in many ways—depressed individuals may come across as negative, they may not seem hopeful, their sleeping patterns have changed,



Observer photo by Natalie Shattuck

Debbie Robb, MA, LPC, clinic service coordinator for Behavioral Health, served as guest speaker for the Saginaw Chippewa Tribal College's March 30 lunchtime lecture on depression—the signs and symptoms.

they experience physical pain and loss of interests," Robb said.

Symptoms of depression may include: Decreased energy, feelings of guilt, hopelessness, insomnia or sleeping more than normal, irritability, loss of interest in hobbies, loss of sex drive, appetite changes—eating more or less than normal.

"Women tend to experience depression more often, and

depression can hit throughout the lifespan—in children and elderly as well."

At Behavioral Health, Robb said depression is diagnosed through an assessment during the intake process. The intake specialist will talk with an individual and screen symptoms that are reported by each individual. Depression is not something someone can be given a blood test or an X-ray to identify it.

"The first step when recognizing depression is to rule out medical conditions: Depression is not a character defect. It does not make you a bad person. It is not a weakness," Robb said. "Depression is out of your control."

Robb said to safely approach dealing with depression, medication is not always the first line of treatment.

"Talk therapy can help can be very effective, and when appropriate, talk therapy with medication is an option," she said.

Factors that may cause depression include: Genetics and family history, major life changes, trauma, medical conditions, post-traumatic stress disorder and death of a loved one.

"When dealing with grief, those who are already depressed become more depressed after a loss of a loved one," Robb said.

Drinking and using drugs may lead to depression.

"Self-medicating does not fix the problem," Robb said.

Robb said Behavioral Health offers traditional therapy. Traditional healer Donnie Dowd is available once a month and the department's helping healers are available during business hours.

Robb also discussed the tough reality of what to do if a loved one is expressing suicidal thoughts.

The Applied Suicide Intervention Skills Training (ASIST) Program is a two-day training that can help individuals learn skills on how to save a life from suicide.

According to livingworks.net, although ASIST is widely used by healthcare providers, participants don't need any formal training to attend the workshop—anyone 16 or older can learn and use the ASIST model.

"The ASIST Program can help trained individuals recognize if someone is suicidal,"

Robb said. "The training helps keep someone safe. It teaches the individual skills and resources on talking to someone who may be suicidal."

Since its development in 1983, ASIST has received regular updates to reflect improvements in knowledge, and more than one million people have taken the workshop. (livingworks.net)

Studies have shown the ASIST methods helps reduce suicidal feelings in those at risk and is a cost-effective way to help address the problem of suicide.

Behavioral Health is located at 2800 S. Shepherd, Mt. Pleasant, MI 48858, and the staff may be reached at **989-775-4850**.

Calls are screened by the receptionist who will ask a few questions to get the caller scheduled for an intake/assessment appointment.

Callers do not need to share in any detail why they are requesting to be seen. Those scheduling an appointment will be asked to arrive 15 minutes early to complete paperwork. All appointments are private and confidential.



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Team SCTC wins big at the American Indian Higher Education Consortium

NATALIE SHATTUCK

Editor

The Saginaw Chippewa Tribal College team placed in many competitions during the 2017 American Indian Higher Education Consortium (AIHEC) Student Conference in Rapid City, S.D. on March 19-21.

The SCTC Web Design team took third place in their competition.

“I loved working with my teammates and getting to know them a little better as time went on,” said Maggie Jackson, who was on the team. “It was a great experience and I hope to be able to do it again!”



Courtesy of Nina Knight

SCTC President Trisha Trasky received honorable mention at the American Indian Higher Education Consortium (AIHEC) Student Conference in Rapid City, S.D. on March 19-21.

Tribe, in such a way, and gladly would do it again if it meant experiencing that moment once more. If it not had been for the help of my community, family, friends, and instructors along the way, I surely would not have gotten this far. Thank you all!”

Santino Medina won first place in Poetry. (See last month's *Tribal Observer*.)

Antonio Gomez and Chase Stevens received honorable mention for their nonfiction pieces.

The conference was held at the Ramkota Hotel and Conference Center.

AIHEC is the collective spirit and unifying voice of the nation's 37 tribal colleges and universities – a unique community of tribally and federally chartered institutions working to strengthen tribal nations and make a lasting difference in the lives of American Indians and Alaska Natives.

Students engage in competitions designed to foster strong academic achievements in STEM, history, literature, and the arts.

This event brings together future leaders of Indian

Country and serves as a national gathering and training ground for native youth.

“Through all the sleepless nights of stress and work I experienced while preparing for our project, I could not have felt happier to have won something alongside two amazing people who worked just as hard,” Trasky said. “To bring a third place trophy back home to SCTC



Courtesy of Nina Knight

The SCTC Web Design Team (left to right: Liz Trasky, Jared Hovick, and Maggie Jackson) took third place in their competition.

team. Thank you to our coach Marco Angiolini for giving us the guidance to succeed!”

Lynette Smith won first place for Mixed Media Art.

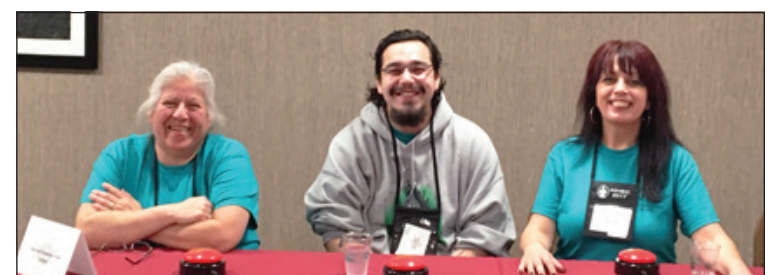
Liz Trasky won first place in Digital Art, and first place People's Choice.

“Never once would I see myself walking across that stage to accept first place award in Digital Art and Peoples' Choice in my 21 years of living, but that night I did,” Trasky said. “I felt a swell of pride and honor to be able to represent our college, and



Courtesy of Nina Knight

SCTC student Lynette Smith won the ribbon for first place in art.



Courtesy of Nina Knight

The 2017 SCTC Knowledge Bowl poses for a photo during the conference festivities. (Left to right: Irene Lopez-Casillas, Christian Jackson II and Deanna Campbell.)

Editorial: Winning at the national AIHEC competition

LIZ TRASKY

SCTC Student

Imagine yourself, standing there in front of an encased frame with your artwork on display and a beautiful, blue ribbon attached to the side of it, announcing to the world you had just won first place in Digital Art, as well as People's Choice at the 2017 American Indian Higher Education Consortium.

Not only that, but third place in Web Design alongside two other extraordinary people, and a coach who never seemed to give up on us.

Now, envision the swell of emotions forming in the pit of your stomach as you realize how proud you have just made your family, peers, and instructors



Courtesy of Nina Knight

Liz Trasky won Best of Show in the Art Contemporary Division and first place in graphic design during the AIHEC student conference in South Dakota in March.

after spending countless nights working hard at something that makes you happy.

This is me – a young, humble student attending Saginaw Chippewa Tribal College trying to figure out a place within this complicated world. Another face in the crowd of many, and another soul venturing into the unknown attempting to strive for the stars and beyond, but suddenly, in the middle of it all, I am now representing our Tribe and showcasing to other communities around the country how much potential we, as a people, have.

One little push and you are one step closer to achieving something magnificent.

All of this had put it into perspective of how far I have come as an individual of this beautiful community, and how hard I have worked so far

to be in the position that I am in now.

AIHEC, through and through, changed my life.

The people I met, the competitions I attended and sights I had witnessed; it was exhilarating.

It was a once-in-a-lifetime experience that brings you a swell of pride to be a Native American that you simply cannot get anywhere else.

No matter how many times I thank those around me for pushing me to come out of my shell and exceed in something I am good at, it will never be enough. So, I am honored to have gone up to that stage to accept those awards, honored to be another face in this ever-so striving Tribal community,



Courtesy of Nina Knight

Trasky's digital art piece won first place in its category.

and honored to have a family that will always be rooting for me no matter what.

I thank you all for helping me construct those foundations of success and lay down those stairs to help me reach the top. I could not have done it without you.

Editorial: My experience with the AIHEC competition

MAGGIE JACKSON

SCTC Student

The American Indian Higher Education Consortium (AIHEC) is perhaps one of the greatest opportunities that I have ever experienced in my professional career.

Not only did I make connections with other schools, but I made friends with a few of the AIHEC Congress members – the biggest helpers of the conference to the hosting college.

The hosting college this year was Oglala Lakota College.

Let me explain how confusing but fun it was: The first part was that we had no clue where to go for our competition. The hosts of the conference were

kind enough to give us a map detailing where we would be going and how to get there.

Eventually, when we got there, it was this really small college center. I almost felt as if I was at home when I entered the building.

A lot of SCTC students ended up talking with the students that attended the college. I have never met a friendlier group.

Several classmates attended each other's competitions to cheer each other on. Saying that we would support each other in every single way. This warmed my heart, and I was sure that it touched other's hearts as well.

My team's competition was web page design.

It was nice to see our competitors such as Diné College and Navajo Tech from the conference a year before. There were familiar faces that made me smile to see them come back for such an event.

Now being a chatterbox myself, my role was to present our web page design in a positive way for us to win third place!

I could not have done it without the help of my teammates, Jared Hovick and Liz Trasky. One being the coder of bringing the website together, while one created all the art; the artwork was just gorgeous, it was something that I personally could not do myself. Even the coding baffled me, it just almost made my head swirl.

My teammates put in a large amount of effort and help.

The website we all pitched in to help was on creating a new tribal college. It was not just any ordinary college, a living building to give back to the community.

The AIHEC competition was something that I had only attended twice and would love to go again.

During the awards banquet, we really represented our school in a matter of ways – a lot of classmates were winning awards such as Best in Show, and in the writing competitions. Thus bringing us closer during the trip and hoping to make wonderful connections with everlasting communities that I will hold dear to my heart.



Courtesy of Maggie Jackson

SCTC student Maggie Jackson attended the American Indian Higher Education Consortium Student Conference in South Dakota in March. Her web design team won third place in its competition.



Actor and comedian Chris Tucker delights fans at Soaring Eagle show

MATTHEW WRIGHT

Staff Writer

Hollywood star Chris Tucker brought his unique brand of comedy to the Soaring Eagle Casino & Resort Entertainment Hall stage on Saturday, April 22.

Comedy and movie fans were treated to a night of laughter, song and plenty of dancing.

Tucker gained notoriety for his many appearances on “Def Comedy Jam” throughout the ‘90s. He landed his first major movie role alongside musician Ice Cube in the 1995 hit comedy “Friday.”

According to his biography on www.christucker.com, Tucker has starred in films



Observer photo by Matthew Wright

Chris Tucker yells out to the audience during his April 22 performance.

that have collectively grossed more than one billion dollars in box office sales worldwide. His list of films includes “The Fifth Element,” “Money

Talks,” “Jackie Brown” and “Silver Linings Playbook.”

Tucker is best known for his portrayal of Detective James Carter in the “Rush Hour” films. He shared stories about his longtime friend, and co-star Jackie Chan.

“Jackie Chan; he plays too much,” he said. “One time he called me collect, all the way from Hong Kong.”

Tucker’s charm shined through his quirky voice and energetic, animated body language.

He shared observations on taxes, family life, pop culture and even current President Donald Trump.

A crowd favorite segment saw Tucker sharing stories of encounters with legendary musician Michael Jackson.

His song and dance impressions of the King of Pop were spot on, leaving the audience members in stitches.

He shared how he got star struck during the shoot for Jackson’s “Rock My World” music video.

“I couldn’t believe I was in the video,” he said. “I kept looking at Michael and messing up the video.”

Stand-up comedian Sherman Golden provided the night’s opening routine.

For more information on upcoming shows at the Soaring Eagle Casino & Resort, visit its website at



Observer photo by Matthew Wright

After a short introduction video highlighting his acting career, Tucker emerged on stage with an energetic dance routine.

www.soaringeaglecasino.com, “Like” its Facebook page or add the Twitter handle [SoaringEagle777](https://twitter.com/SoaringEagle777).

America makes fourth Soaring Eagle appearance as Christopher Cross opens

JOSEPH V. SOWMICK

Contributing Writer

On April 15, rock band America took to the Soaring Eagle stage for the fourth time to share almost two hours of hits with nostalgic fans.

This 2017 tour marks the 47th anniversary of the perennial classic-rock group with founding members Gerry Beckley and Dewey Bunnell thrilling the sold-out audience with their acoustic skill and solos.

Beckley and Bunnell were joined on stage with former Cobra Starship guitar slinger and keyboardist Andy Barr, former Reel Big Fish drummer Ryland Steen and longtime America bass player Richard Campbell.

America became a global household name and paved the way with an impressive string of hits following the success of their first no. 1 single.

America spent a considerable amount of the early ‘70s dominating radio airplay by enhancing their songs with silky, harmonic vocals and memorable acoustic melodies.

After starting their show with video clips that segued into opening classics “Tin Man” and “You Can Do Magic,” Bunnell took the crowd back to their roots when they were a three-piece



Observer photo by Joseph Sowmick

The seventies iconic folk rock super group America lead men Dewey Bunnell (left) and Gerry Beckley sing “Tin Man” at the April 15 show.

band with fellow band mate Dan Peek.

“We’re gonna go back in time,” Bunnell promised before performing a classic rock version of “Riverside,” the first track on America’s debut album from 1971.

Bunnell, Beckley and Peek met at a London high school in the late ‘60s and quickly harmonized their way to the top of the charts on the strength of their signature song “A Horse With No Name.”

It was a gleaming showcasing of the band’s classic hits such as crowd favorite “Ventura Highway,” “Sister Golden Hair,” “Don’t Cross the River,” “I Need You,” and “Driving” from 2015 studio album, “Lost and Found.”

Beckley and Bunnell shared a special tribute to the memory of their friend, record

producer and musical legend, Sir George Martin.

“He loved the adventure of making music and consequently made each of the seven album projects we did together unforgettable,” Beckley said of Martin. “From working in AIR Studios in London to his Caribbean studio in Montserrat, we made albums at the Record Plant in Sausalito, Calif., the Caribou Ranch in Colorado, and even shipped recording equipment out to Kauai, Hawaii for an extended stay to make one album. He was a mentor who guided the process of recording the songs we brought to the studio with a sensitive creative touch, always aware of the fragility of the ideas we were trying to express in a song. We are forever grateful for his guidance during that time in our career, and his continued friendship for over 40 years... we truly loved George.”

America then launched into a rousing, unexpected treat of the ethereal Beatles classic, “Eleanor Rigby.”

Bunnell took lead vocal duties and Beckley went back to the piano as the band continued their visit to the sixties as they offered a rendition of The Mamas & the Papas chart topper, “California Dreamin’.”



Observer photo by Joseph Sowmick

Christopher Cross shows some of his guitar work as he performs his number one hit, “Ride Like The Wind.”

On Feb. 6, 2012, America earned their place on the Hollywood Walk of Fame for their contributions to the music industry.

Alan Hamme and his wife Kelly drove from Linwood and made their second indoor Soaring Eagle concert.

“This is our first time for seeing both these bands. America and Christopher Cross were very enjoyable...,” Alan said. “My favorite songs performed by Christopher Cross are “Sailing,” “Ride Like The Wind” and “Arthur’s

Theme (Best That You Can Do).” I especially liked how the group America used music video clips that showed how their history has changed over the years.”

Christopher Cross made his first Soaring Eagle appearance and demonstrated a mastery of the acoustic and electric guitars.

Cross showed tremendous stage presence worthy of his credentials of five Grammy awards, and a 1981 Academy Award for Best Song from the Dudley Moore movie “Arthur.”

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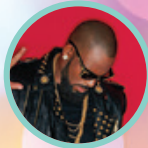
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Team Nimkee Fitness members compete in Crossfit Festivus Games

MATTHEW WRIGHT

Staff Writer

Tribal Members and employees came together to test their fitness through the Crossfit Festivus Games on April 22.

The games are a national event geared toward beginner to novice athletes, with more than 100 Crossfit gyms nationwide taking part.

Team Nimkee members competed locally at Crossfit Worthy in Mount Pleasant.

Jaden Harman, fitness coordinator for the Nimkee Fitness Center, organized the team representing the fitness center and trained team members for two months prior to the event.

“Each of these individuals came so far in improving themselves and becoming stronger



Observer photo by Matthew Wright

Team Nimkee poses for a team photo before the April 22 competition at Crossfit Worthy in Mount Pleasant. (Left to right: Taylor Hollis, Rachel Bailey, Scott Sober, Sarah Deaton, Michael McCreery, Jaden Harman and Brian Buccilli.)

individuals,” Harman said. “It was awesome to see each member exceed in their person records.”

Harman said the team posted personal records on almost all of the events they competed in.

Three of the team members were in the finals, with Scott

Sober making it to the podium taking third place overall in the Masters category.

Tribal Member Michael McCreery had a glowing review of the experience.

“(I am) blessed to be able to participate and be an example



Observer photo by Matthew Wright

Scott Sober, compliance officer for Gaming Commission.



Observer photo by Matthew Wright

Brian Buccilli, telecom administrator for the IT Department.

for my kids who got to watch the competition,” McCreery said. “I really appreciated the friendly people who hosted at Crossfit Worthy and for Jaden for putting our team together and personally taking the time to train each one of us.”

The Team Nimkee T-shirts worn during the event were

sponsored through the Reach Grant. The goal of the grant is to promote active lifestyles within Native American communities.

“At the end of the day, the key... was we had fun,” Harman said. “If that is something that is experienced through being active, then I believe we’ve accomplished something.”



Observer photo by Matthew Wright

Taylor Hollis (front left), watershed outreach coordinator, and Sarah Deaton (back right), casino dealer.



Observer photo by Matthew Wright

Tribal Member Michael McCreery, compliance officer for Gaming Commission.



Observer photo by Matthew Wright

Jaden Harman, Nimkee Fitness coordinator.



Observer photo by Matthew Wright

Tribal Member Rachel Bailey.

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FIND NEW ROADS



Be WELL Challenge Group motivates participants to achieve fitness goals

NATALIE SHATTUCK

Editor

“You will never always be motivated. You have to learn to be disciplined,” wrote Jayme Green, fitness coordinator for the Nimkee Fitness Center, in an email to Tribal employees to promote the Be WELL Challenge Group.

Beginning on Feb. 23, and occurring every other Thursday for six sessions, Be WELL (Willing, Energetic, Love your body, Linked to uplifting people) was held in the Nimkee Public Health Kitchen from 12:10 to 1 p.m.

Each session discussed a different topic. Subjects included meal planning, how stress affects weight loss and mindset coaching.

The group’s goal was to create a place filled with



Observer photo by Natalie Shattuck

The April 20 group participants discuss what stops them from reaching their personal fitness goals and how to move past making excuses for not reaching those goals.

motivation, inspiration, knowledge, and the support needed to reach the goals participants have only hoped for.

“The key to success is keeping company with people who uplift you, whose presence calls forth your best,” Green said.

The April 20 session provided a healthy chicken taco lunch, and focused on fitness goals attendees have had for quite some time, but remain unmet for various reasons.

“What stops you from coming into the Fitness Center? Paralysis, indecisiveness, nervousness and excuses,” Green asked. “Deciding to go to the gym or start a new workout plan can bring different emotions and how you decide to feed those thoughts ultimately decides how successful you are in following through.”

“How many times have you thought, ‘I should check out Nimkee Fitness Center’ or ‘I

should start walking on my lunch,’” Green asked. “Let’s address those feelings and learn to move past not acting, and finally act on those good intentions.”

Green said she often hears of Tribal Members or employees who want to begin working out at Nimkee.

“People often say stepping in a fitness center for the first time can be intimidating. It’s the unknown that’s the biggest (fear)” Green said.

Green had the lunch hour participants write down a fitness goal, and then write down a reason or two why their goal has not been achieved.

“People often say, ‘I never have enough time to work out or complete my fitness goal,’ but everyone is given the same hours in a day, we just prioritize our goals,” Green said.

“We have default behavior. We are all creatures of habit.”



Observer photo by Natalie Shattuck

Jayme Green (left) leads discussion during the April 20 Be WELL Challenge Group as Sally Van Cise (right), nutritionist, listens in the Nimkee Public Health kitchen.

Green recommended each person should start doing little, everyday things that take them out of their comfort zone.

“Brush your teeth with the opposite hand you use or take a different, off-route way to work,” she said. “Make overall uncomfortable choices; it all starts in your head... get comfortable being uncomfortable.”

She said “if individuals can succeed at those uncomfortable things, they can eventually reach their personal fitness goals that are out of their comfort zones.”

The next group is a potluck on Thursday, May 4. Everyone attending should bring their favorite healthy dish.

“For the next group, go out of your comfort zone and

invite someone you don’t know very well to join for a healthy lunch,” said Andrew Raphael, fitness center attendant, to those in attendance.

The March 23 session provided healthy spinach, fruit and pasta salads while discussing how to find the balance between being passive and aggressive and being assertive. That group session ended with a discussion on ways to be positive and taught self-defense and awareness.

The April 6 meeting discussed the difference between whole and processed foods. Sally Van Cise, nutritionist for Nimkee Public Health, served as guest speaker. A chicken stir fry lunch was provided.

On Thursday, May 18, Van Cise, Raphael and Sandra Chesebrough, public health nurse, are hosting a Meal Prep 101 class from 11:30 a.m. to 1 p.m. in the Public Health Kitchen.

The class, sponsored by the Special Diabetes Program for Indian’s Grant, will provide a tutorial on meal prepping – how to make it simple, easy and fun.

The guest speakers will also provide facts on protein, carbs and starches, and teach the difference on proactive versus reactive eating.



Observer photo by Natalie Shattuck

Andrew Raphael (left) and Vanessa Sprague (right), of Nimkee Fitness, prepare healthy chicken tacos for the lunchtime group meeting.

American Indian Cancer Foundation to host cancer awareness powwow

GRACE JAWORSKI

AICF Communications Specialist

MINNEAPOLIS- The American Indian Cancer Foundation (AICAF) will host its sixth annual Powwow for Hope: Dancing for Life, Love & Hope on May 6, 2017 at the Base Camp facility at Fort Snelling, Minn.

Powwow for Hope is a community fundraising powwow that honors loved ones who have battled cancer or are fighting cancer and provides

an opportunity to learn more about cancer prevention and resources.

Proceeds from the event directly support the Foundation’s work to provide cancer education and supportive services for American Indians.

How to celebrate Powwow for Hope on Saturday, May 6:

Organize a fundraising team: Fundraising is done primarily by teams of dedicated individuals who raise money before and during the event in a variety of ways, including raffles, silent auctions, craft

sales or healthy food and collecting donations.

Teams can be virtual or local. Learn more at: powwowforhope.org/teams.

Sponsor the event: Sponsors are important factor to supporting this event and receive many great benefits.

Partner with us and demonstrate your commitment to stronger, healthier Native communities by becoming a sponsor today! Learn more at: powwowforhope.org/sponsor.

Volunteer: Volunteers are crucial to the success of Powwow for Hope.

Sign up to help contribute to another successful year. Learn more at: powwowforhope.org/volunteer.

Donate: Donations are accepted online.

Donate to Powwow for Hope or to one of our teams at powwowforhope.causevox.com. Every donation makes a difference.

Participate: Join us at Powwow for Hope and experience the excitement! All drums and dancers welcome. Also seeking silent auction donations.

Join our community: Like the American Indian Cancer Foundation on Facebook, follow us on Twitter, like us on Instagram and sign up for our newsletter.

SAVE THE DATE! MAY 6TH, 2017
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Facebook Us @ Chippewacab
www.chippewacab.com

Tribe 2 Tribe
 Miles Challenge

To sign up, please go to:
www.t2t.challengerunner.com

- Click the “Enroll” button on the right side of the screen
- Sign-up as New Member
- Select SCIT for your team (scroll down)
- Begin logging your activity!

New Activity Tracker this year!
 After you’ve signed up online, go to your Playstore or App Store to download the “Challenge Runner” app on your mobile device!

Registration opens May 8, 2017
Competition Starts May 15, 2017

Open to all SCIT community members and employees.
 Your participation will help earn points toward the Team SCIT at this year’s MIFO!

If you have questions or need help signing up, please contact:

Judy Davis
 Phone: 989.775.4629 | Email: Jdavis@sagchip.org

Brandon Shultz
 Phone: 989.775.4663 | Email: BSchultz@sagchip.org



Slash colon cancer risk with four healthy eating tips

KAREN COLLINS

MS, RDN, CDN, FAND

(Editor's note: The following article is reprinted, with permission, from the May 2017 Environmental Nutrition. The article has been submitted by Sally Van Cise, nutritionist for Nimkee Public Health.)

Scientists are studying how avoiding excess inflammation, keeping a healthy population of gut bacteria, limiting carcinogen exposure, and supporting normal cell processes may all guard against colon cancer – one of the most preventable forms of cancer.

Fortunately, eating choices can provide protection on multiple fronts.

“Inflammation is one of several hallmarks of cancer,” said Cynthia Thomson, Ph.D., RD, professor and oncology researcher at the University of Arizona. “Studies consistently link inflammation with development, progression, and prognosis of several cancers. No single food causes or prevents inflammation, but together, dietary choices add up to play a role. Overall eating habits likely to promote inflammation, as estimated by the Dietary Inflammatory Index, link to greater risk for several cancers.”

The community of bacteria and other microbes in the digestive tract may support anti-inflammatory and other defenses against colon cancer.

According to Johanna Lampe, Ph.D., RD, of Fred

Hutchinson Cancer Center, “these bacteria metabolize components in food to substances that may have beneficial or harmful effects on the gut or, if absorbed, can have broader effects on cancer risk.”

“Many natural compounds from plant foods are not active in the body, but substances bacteria produce from them have been associated with lower risk of colorectal cancer,” said Lampe.

Four strategies to lower colon cancer risk: These strategies combine what research ties to lowering colon cancer risk with steps that reduce inflammation and support healthy gut microbes.

1. Say yes to fiber: Each 10 grams of fiber in the diet is linked with a 10 percent lower risk of colorectal cancer, according to an analysis of studies in the Continuous Updates Project of the American Institute for Cancer Research (AICR) and World Cancer Research Fund.

High-fiber diets encourage the growth of health-promoting gut bacteria, which use fiber to produce substances (like butyrate) that protect colon cells against cancer and may have anti-inflammatory effects.

Fiber adds bulk and reduces the time your digestive tract is exposed to carcinogens.

Tips: Foods with fermentable fibers may be important to get the protective substances gut bacteria produce, said Lampe. Examples include beans, oats, barley, and many

fruits and vegetables. But since fiber’s protection seems to come through many paths, aim for a variety of high-fiber foods from whole plant foods.

- Combine uncooked oats with plain yogurt, nuts, and fresh or dried fruits, and let it sit overnight in the fridge to make muesli.

- Add beans, lentils and tofu to soups, stews and stir-fries.

2. Fill up on plants: Mediterranean diets, anti-inflammatory diets, and diets scoring high on the Healthy Eating Index (indicating a good fit with the Dietary Guidelines for Americans) are all linked to lower risk of colorectal cancer. These eating habits are centered around plant foods, like vegetables, fruits, whole grains, beans, and nuts.

Tips: Look beyond fiber content.

“There are likely a lot of other aspects of diet-microbe interactions besides fiber that are important for cancer risk,” Lampe said.

Many phytochemicals or compounds formed from them seem to support antioxidant, anti-carcinogen, or anti-inflammatory defenses.

- Let vegetables be the star in stir-fries and casseroles.

- Make a modest portion of cereal or yogurt more satisfying by filling at least half the bowl with fruit.

3. Be choosy about meat: When it comes to meat, the greatest colon cancer risk relates to processed meats such as bacon, ham, sausage,

and hot dogs. Limit consumption of meats preserved by smoking, curing, salting or the addition of chemical preservatives to very occasional use only.

Eating too much red meat (beef, lamb, and pork) also raises risk, so AICR recommends holding it to no more than 18 ounces a week.

Tips: Choosing lean meats helps cut calories, but doesn’t remove the colon cancer risk, which seems tied to compounds formed in processing meat and after consuming it, and the effects of meat protein on inflammatory gut bacteria.

- Replace meat with fish or seafood a couple of times per week to boost anti-inflammatory omega-3 fats and other healthful nutrients.

- Add a few more meatless meals to your week.

4. Balance calories in and out: Colon cancer is among the 11 types of cancer linked to overweight and obesity, which promote inflammation and raise cancer-related growth factors and hormones. Physical activity seems to act through weight control



Eat more fiber-rich fruits, vegetables, whole grains, legumes, and nuts to help fight colon cancer.

assistance and more directly to guard against colon cancer.

Tips: Set realistic goals, since even a five to 10 percent weight loss can reduce levels of inflammation and cancer-related hormones.

- If exercise seems overwhelming, set aside two or three 10-15 minute/week blocks for brisk walking.

- Cut 250-500 calories a day by removing sugary drinks or other low-nutrient processed foods (such as cookies and doughnuts) from your diet.

“Any one food is unlikely to significantly cut inflammation. It’s the combination of total choices that is likely protective,” Thomson said.

So as you cut calories, you can shape eating habits that defend against colon cancer on many fronts.

Nimkee Memorial Wellness Center Emergency Room Policy

All bills from the Emergency Room (ER) must be deemed a true emergency. If insurance does not deem it an emergency based on diagnosis code, Purchased Referred Care (PRC) will not process the bill for payment. PRC is the payor of last resort, it’s not guaranteed. The patient will be responsible for the amount of the ER visit.

Listed below are the IHS guidelines:

Priority 1A: All Medical Emergencies, Eye (Acute, painful or visually threat conditions), Dental (control bleeding, airway compromise, severe pain, fractures), Mental Health (immediate danger to self or others, regardless of “voluntary or involuntary status”; includes physical neglect/abuse, sexual assault).

Priority 1B: Acute Illness, Pre-natal/Obstetrics, Diagnostic Testing (Contract Lab, Bone Marrow Biopsy, EEG, Endoscopy, Colonscopy/Sigmoidscopy (diagnostic & screening), Radiologic Testing (MRI, CT, Ultrasound), Health Promotion/Disease Prevention, Immunizations, Mammography (diagnostic), Pap Smears, Gyn Coloposcopy, Area of program specific objectives, Non-Emergency surgery for “high risk categories”, Tubal Ligation (post-partum & high risk), Vasectomy (high risk).

Procedure

1. The claim will be reviewed by PRC Clerk.
2. The PRC Clerk will verify the patient is eligible and followed policy.
3. If Insurance paid based on the Diagnosis code the bill will be submitted for payment.
4. If the Insurance didn’t pay due to the diagnosis code
 - The bill will be denied
 - The PRC Clerk will send a denial in the mail
 - The patient will be able to appeal the decision to: Managed Care team, Health Board and Tribal Council



5K Run & 1 Mile Fun Run/Walk

Registration begins: 5:30 p.m. | Race begins: 6:30 p.m.

Wednesday, June 7, 2017

Seventh Generation Elijah Elk Cultural Center

7957 E. Remus Road, Mt Pleasant, MI 48858

(Northwest side of the Shepherd and Remus roads intersection.)

Registration forms are available online at:

www.sagchip.org/sevengen/events.htm



NIMKEE FITNESS CENTER



Saginaw Chippewa Indian Tribe



Seventh Generation

Individual Fees

- \$15 post marked by June 2
- \$20 after June 2

Family Rate

(Three or more immediate family members)

- \$40 post marked by June 2
- \$45 after June 2

Hand-crafted Cedar Eagle Feather Awards for:

- Top three male and female finishers in 13 different age classifications in the 5K Run.
- Top three one-mile Fun Run/Walk finishers.

NEW Design T-shirts

Will be given to the first 175 registrants.

Full course post-race dinner served to all!



Environmental Nutrition presents: Processed meats, risky business

MATT RUSCIGNO

MPH, RD

(Editor's note: The following article is reprinted, with permission, from the May 2017 Environmental Nutrition. The article has been submitted by Sally Van Cise, nutritionist for Nimkee Public Health.)



Recent research has linked the consumption of processed meat to several types of cancer.

In October 2015, the International Agency for Research on Cancer (IARC), a research organization within the World Health Organization (WHO), released a report linking processed meat to an increased risk of cancer.

The IARC estimated that every 50-gram (1.8-ounce) portion of processed meat eaten daily increases the risk

of colorectal cancer by about 18 percent.

There is also evidence linking processed meat to pancreatic and prostate cancer. This report was compiled by 22 experts from 10 countries and evaluated more than 800 human studies on meat and cancer.

The IARC classified processed meat as a Group 1

Carcinogen, meaning there is convincing evidence that the agent causes cancer. This is in the same category as tobacco smoking and asbestos, but this does not mean that they are equally dangerous, as the classifications merely describe the strength of the scientific evidence.

What are processed meats? Common examples are bacon, deli meats, and hot dogs (see processed meats). These are most often beef and pork products, but they include any meat that has undergone salting, curing, fermenting, smoking, or other processes for enhancing flavor or preserving.

Processed poultry (chicken, turkey, duck) and fish products, such as turkey bacon, smoked chicken and salted fish are some

examples of "white" meats that are considered processed.

Research shows that nitrites, added to meats as preservatives, can combine with amines, breakdown products of protein, to form compounds like nitrosamines, which are known carcinogens. The WHO considers canned meats and meat-based sauces to be processed, though they don't have the same risks associated with preservation.

Take home advice: Based on this evidence, reducing the intake of processed meats would likely reduce the risk of cancer. Replacing these options with legumes, such as dried beans, peas and lentils, removes a potential cancer-causing food from your diet and replaces it with a potential cancer-reducing one.

Processed meats:

The following meats are considered "processed," according to the WHO:

- Bacon
- Beef jerky (or other dried meats)
- Canned meats (*spam, Vienna sausages, salmon pâté*)
- Corned beef
- Deli meat (*ham, bologna, pastrami*)
- Dried, salted, or preserved fish or meat
- Hot dogs
- Meat-based sauces (*beef marinara, gravies, etc.*)
- Sausages (*pork, turkey or chicken*)

Editorial: Exercise and walking for healthy joints

JUDY DAVIS

Nimkee Public Health

Arthritis is inflammation of one or more of your joints and usually worsens with age.

If you have arthritis, you may be afraid to do any type of exercise for fear that you will aggravate your joint pain and stiffness and make your

situation worse, but just the opposite is true. Even moderate exercise can ease your pain.

Exercise is crucial to arthritic patients.

Walking is an excellent exercise for those with arthritis and one of the easiest exercises you can do. It is safe, simple, and costs nothing.

Walking helps with the following:

- Strengthens muscles around your joints and maintains joint flexibility (joints become stiffer and muscles weaken with inactivity.)
- Combats depression, fatigue, and the stress of arthritis.
- Strengthens your heart and reduces the risk of heart disease.
- Lowers the risk of other diseases (diabetes, cancer, etc.)
- Helps you lose weight.
- Helps prevent dementia.
- Tones legs.
- Boosts Vitamin D.
- Controls cholesterol.

- Improves brainpower function (greater amount of oxygen to the brain.)
- Improves balance.
- Gives you energy and helps you to sleep better.
- Adds years to your life.
- Makes you happier.

If you have not been active, start slowly with a leisurely walk around the block. Take your dog for a walk – great motivation for both you and your dog.

In slow increments, work up to 30 minutes a day.

To keep it interesting, vary your walking route. Take

advantage of local parks and walking paths.

During inclement weather, visit the Morey Courts where the Public Health 4x4 Grant has provided free walking for all Tribal Members and employees.

Nimkee Public Health and the Fitness Center are currently collaborating with other Michigan tribes to hold a Tribe to Tribe Walking Challenge for the Michigan Indian Family Olympics this summer. Watch for upcoming details during May, and keep walking.

Purchased Referred Care Referral Policy & Guidelines

The Purchased Referred Care (PRC) Program is for medical/dental care provided away from an IHS or tribal health care facility. PRC is not an entitlement program, an IHS referral does not imply the care will be paid. If IHS is requested to pay, then a patient must meet the residency requirements, notification requirements, medical priority, and use of alternate resources (www.ihs.gov).

Referrals

1. If you are referred by Nimkee Medical or Dental to an outside provider you must take a referral every time.
2. If the outside provider cannot treat you and refers you to another provider, you must take a different referral to your appointment. Call PRC three days in advance to allow the paperwork to be prepared.
3. PRC will not pay for your doctor bills without a referral.
4. Durable Medical Equipment: nebulizer, crutches, etc. must have PRC approval.

Surgery

1. If you need surgery, you must give PRC at least two week notice prior to any surgery.
2. Must notify PRC within 72 hours (three days) if you have had emergency surgery.

After Hours

1. Please call the on-call provider at 989-772-8227 before going to any outside provider, unless it is an absolute emergency.
2. An Emergency Room visit must be reported to PRC within 72 hours (three days) after your visit. **Elders 50 years and older have 30 days to call in to PRC from the date of visit.**

Labs, X-ray & Ultrasounds

1. A referral is not required but you must call and notify the PRC department within 72 hours.
2. If your scheduled appointment changes you must notify the PRC department within 72 hours of any changes made.
3. Without proper notification, PRC will not pay for your bills.

Bills with a referral

1. When you receive any bill(s) after your appointment, they must be brought into the clinic to be dropped off at the front desk window.
2. Bills cannot be older than 18 months from service date for PRC to pay.
3. Credit bureau statements will not be accepted for a bill, the patient must have an itemized bill.

Purchased Referred Care: 989.775.4633, Shelly Bailey: 989.775.4635, Marge Elliott: 989.775.4634, Jean Robinson: 989.775.4636

Nimkee Fitness Center Group Exercise Schedule May 2017

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8 a.m.	Aqua Fit Sharon		Aqua Fit Sharon		Aqua Fit Sharon
12:10 p.m.	Muscle Makin' Monday - Jaden	Suspension Training - Jayme	Warrior Wednesday - Jaden	Fat Blast Jayme	
1:10 p.m.			Turbo Kick Beth		
5:30 p.m.		Yoga Tammy	Belly Dance Deanna	Yoga Tammy	

Nimkee Memorial Wellness Center Optical Policy

Optical Policy

- Patients 18 and under are eligible for an eye exam once a year.
- Patients 50 and older are eligible for an eye exam once a year.
- Patients 19 – 49 are eligible for an eye exam every two years.
- Diabetic Patients must have their blood sugar under control as evidenced by an Hgb A1C of 7.9 or less to be eligible for an annual eye exam. If a diabetic patient has an Hgb A1C greater than 7.9 the Medical Provider may recommend an eye exam for glasses and/or contacts based upon the patient's medical history (Contacts are NOT covered). *Note: Diabetic patients will need an annual dilated eye exam regardless of their Hgb A1C.*
- PRC will pay for a pair of eye glasses costing no more than \$106 and for a pair of bifocals costing no more than \$139; anything over and above these amounts will be the patient's responsibility for the payment.

Procedure

- 1) The patient will call PRC for referral eligibility for an eye exam.
- 2) The patient will call the eye Doctor to schedule the appointment.
- 3) The patient will call PRC within three days of the scheduled appointment with the date and time of the appointment.
- 4) The patient must pick up the referral before the appointment.
- 5) If the patient receives a bill after their eye appointment; it is the patient's responsibility to bring the bill to PRC.

Patients Responsibility

- 1) Contact lenses, tints, scratch coating, anti-reflection coating, extra thin lenses, progressive lenses and digital retinal imaging will be the patients responsibility.
- 2) Anything other than a routine exam, must be pre-approved through PRC, or will be the patient's responsibility.

Eligible Optical Places

ABP Eye Site 1535 E Broomfield Mt Pleasant, MI	Pleasant Optics 500 S Mission4164 Mt Pleasant, MI	Traverse Vision E. Bluegrass Rd. Mt. Pleasant, MI
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Mother's Day BINGO

SUNDAY, MAY 14 | 1:30PM SESSION

WE'RE GIVING AWAY:
4 DESIGNER PURSES!

3 DESIGNER PURSES WITH SOARING EAGLE RESORT PACKAGES!
FIRST 200 LADIES GET CANDY BARS WORTH CASH & BINGO PLAY PRIZES!

Visit www.SoaringEagleCasino.com/Bingo for more session details.

DON'T FORGET!
WIN & SPIN YOUR WAY
TO YOUR SHARE OF
\$30,000
SUPER SATURDAY
MAY 6
3PM SESSION

MEMORIAL DAY BINGO

SUNDAY, MAY 28 | 1:30PM SESSION

PURCHASE A PACKET & GET AN ENTRY TO WIN:



- ★ RIDING MOWER ★
- ★ GAS GRILL ★
- ★ FIRE PITS ★
- ★ 10'X10' OUTDOOR CANOPIES ★
- ★ ROLLING COOLERS & MORE! ★



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BINGO BASH

**SPECIAL
PRE-SALE!**
NOW - JUNE 2

SUPER EARLY BIRD SESSION | 2:30PM
\$10,000 PAYOUT!

MAIN SESSION | 4PM
OVER \$100,000 PAYOUT!

\$250 PACKAGE PRICE!
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Determining eligibility for Veterans Affairs benefits

ISABELLA COUNTY VETERANS AFFAIRS OFFICE

General Eligibility: Eligibility for most Veterans Affairs benefits is based upon discharge from active military service.

Active service means full-time service, as a member of the Army, Navy, Air Force, Marine Corps, Coast Guard, or as a commissioned officer of the Public Health Service, Environmental Science Services Administration, or National Oceanic and Atmospheric Administration or its predecessor, the Coast and Geodetic Survey.

Discharge from active duty service for other than "honorable," such as dishonorable and bad conduct discharges, issued by general court-martial, may ban persons from receiving VA benefits.

Veterans in prison must contact the VA to determine eligibility. VA benefits will not be provided to any Veteran or dependent wanted for an outstanding felony warrant.

Important Documents: In order to expedite benefits delivery, Veterans seeking a VA benefit for the first time must submit a copy of their service discharge form (DD Form 214, DD Form 215, or

for World War II Veterans, a WD form).

eBenefits: Through eBenefits Veterans can apply for benefits, view their disability compensation claim status, access official military personnel documents (e.g., DD Form 214, Certificate of Release or Discharge from Active Duty), transfer entitlement of Post-9/11 GI Bill benefits to eligible dependents (Service members only).

VA eBenefits Contact:

- 1-800-827-1000
- www.ebenefits.va.gov (VA Benefits, 2016)

There are funds to help offset the cost of living in an

assisted living home or a caregiver's home.

These funds are for aid and attendance, for those that need extra care because of aging or disability. An applicant must meet the criteria for this, and a fully developed claim must be submitted.

There are also benefits for the survivors of Veterans. There are other benefits

available too, for more information, go to www.ebenefits.va.gov, or contact:

Isabella County Veterans Affairs Office

- 200 Main St., Rm. 120 Mt. Pleasant, MI 989-317-4093
- veterans@isbellaco.org
- Hours: 8 a.m. - 4:30 p.m.
- (Isbellaco.gov)

March 2017 Andahwod Employee of the Month

ANDAHWOD STAFF

Julie Pego was nominated for the March 2017 Employee of the Month by the Andahwod residents.

Julie has worked at Andahwod since March 2008. She is the case manager for District One elders' services.

Before working for Andahwod, Julie worked for the At-Large Program as a health clerk and then a case manager.

Julie has lived in Mount Pleasant for about 23 years.

She has also lived in Oklahoma, New Mexico, Arizona, and New York before moving to Michigan.

She grew up on several reservations and native communities. Her parents served as the pastor and wife on the Nazarene Native American District.

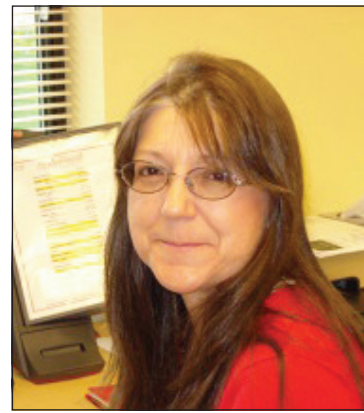
She said she still keeps in touch with the many friends she has made from her childhood.

"I was blessed with wonderful parents who showed me the way to live and I am forever grateful to them and to God for their teaching," she said.

One of her favorite memories is of her grandparents, Jim and Lucy Smith, of Mt. Pleasant. Her grandpa was a great baker that made the best lemon meringue pie.

Her grandparents were both fluent in Ojibwe and when their friends came over, they would all speak in the language. Julie said it was very nice to listen to.

Julie is married to Paul Pego. They have three sons; John, Jason, and David. She also has two granddaughters. Paul and Julie like to sing



Courtesy of Andahwod

Julie Pego, case manager, was nominated as the March 2017 Andahwod Employee of the Month.

together at their church as well as going to garage sales and antique stores.

Julie loves her job because she loves to help people.

"When I have helped an elder or their family with an important issue, it makes for a great day," she said.

Elders Advisory Board Vacancies

Interested elders must meet the following eligibility requirements:

- 50 years and older
- Advocate for Tribal Elders
- District 1 SCIT Member
- Attend meetings regularly

If you meet these requirements and would like to be a part of the EAB, please submit a letter of interest with your name, address and phone number to:

Deadline:
May 28, 2017 at 5 p.m.

Andahwod CCC & ES
2910 S. Leaton Rd.
Mt. Pleasant, MI 48858.

For more information, please call: 989.775.4300 or ask at the Andahwod front office.

MIEA Vacancies

Michigan Indian Elders Association

There are two vacancies and one alternate vacancy.

Interested Elders must meet the following eligibility requirements:

- At least 50 years old
- Advocate for SCIT Elders.
- Attend meetings regularly
- SCIT Member
- Willing to travel.

If you meet these requirements and would like to be a part of the EAB, please mail a letter of interest with your name, address, and phone number to address below or submit a letter to the Andahwod front office:

Andahwod CCC & ES
2910 S. Leaton Rd.
Mt. Pleasant, MI 48858

Deadline:
May 28, 2017 at 5 p.m.

For more information, please call: 989.775.4300 or ask at the Andahwod front office.

MAY 2017 Tribal Elder Birthdays

- | | |
|---|--|
| <p>1 Steven Pego, Phillip Peters Sr., Leo Bennett Sr.</p> <p>2 Robin Francis, Marci Magnell, Gerald Ice, Marlene Sova</p> <p>3 Jacqueline Wemigwans, Melvin Ehas Jr., Mary Fender, Phillip Shenoskey</p> <p>4 Brian Chippeway, William Federico, Frederick Leksche, William Cloutier</p> <p>6 Tony Starkey, Steve Collins, Darrell Coon, David Cyr, Debbie Gose, Kathryn Shanks</p> <p>7 Carol Shanks, Frances Gonzales, Marie Wicks</p> <p>8 Susan Brooks, Marjorie Wehner</p> <p>9 Steven Godbey</p> <p>10 Julie Allred, Bonnie Klatt, Harvey Wright, Susan Yamry</p> <p>11 Samuel DeFoy, Diane Pego, Kimberly Gerard, Troy Hart</p> <p>12 Bonnie Glover, Elaine Shawnoo</p> <p>13 Duane Pelcher Sr., Fredrick Bailey Sr., Gary Henry, MaryAnn Reis, Frank Romer</p> <p>15 Deborah Grills</p> <p>16 Orville Jackson, Linda Cook, Carolyn Estill, David Jackson, Allan Slater Jr., Lena Stempek, Sheila Villarreal</p> | <p>17 John Quigno, Paulette Pashenee, Gary Schneider</p> <p>18 Virginia LaMere, Rose Sawyer</p> <p>19 Judith Banister, Hans Hansen, Helen Peters, Terrance Frank, Ella Powers, George Russell, Kay Wert</p> <p>20 Robert Bennett, Bonnie Cantu,</p> <p>21 April Borton, Damian Fisher, Angel Jackson, Rita Romer, Rose Wassegijig, Bobbie Brown, Julie Whitepigeon</p> <p>22 Volinda Morsey, James Walker, Yvonne Dyer</p> <p>23 Larry Pelcher, Richard Smith Sr., Claudia Spalding, Linda Staples, Steven Waynee</p> <p>24 Marlene Garlick, David Rhodes</p> <p>25 Steven Martin, Shirley Houle, Gary Davis, Murdock Raslich, James Sprague, Carolyn Stolz, Johnny Walker</p> <p>26 Toni Leaux</p> <p>27 Frank Davis, Joseph Garlick</p> <p>28 Gail George</p> <p>29 Anne Peters, Patricia Peters, Rosalie Berry, Robert Fallis</p> <p>30 Richard Moggo, Paul Schramm Jr.</p> <p>31 Karen Siminski</p> |
|---|--|

May 2017 | Andahwod CCC & ES Events

Euchre
Mondays | 6 p.m.

Tai Chi
Thursdays | 1 - 2 p.m.

Jewelry with Kay
May 2 | 1 p.m.

Language Bingo
May 4 | 1 p.m.

Elders Breakfast
May 10 & 24 | 9 a.m.

Bingo with Friends
May 17 | 1 p.m.

Saganing Day Trip
May 16 | Leaving: 9 a.m.
• Returning: 4 p.m.
• Limited Seating

For more information, please call: 989.775.4300
**Activities and events are subject to change.



MAY 2017 EVENT PLANNER

Native Farmers Market Vendor Meeting

May 1 | 4:30 - 6 p.m.
 • Contact: 989.775.4663
 • Location: 7th Generation
 • Please bring a dish to pass.

Prevention Through Art

May 1, 8, 15, 22, 29 | 5 - 8:30 p.m.
 • Contact: 989.775.4818
 • Location: Behavioral Health
 • Native craft class.
 • All materials provided.

Drums Out: Singing for Fun

May 3, 10, 17, 24, 31 | 5 - 7 p.m.
 • Contact: 989.775.4780
 • Location: 7th Generation Blue House
 • Share knowledge around the drum.

Free Auricular (Ear) Acupuncture

May 3, 17 | 11:30 a.m. - 4 p.m.
 • Location: Saganing Tribal Center
 • Contact: 989-775-4895 or 989-775-5810

May 4, 11, 18, 25 | 4 - 6 p.m.

• Location: Behavioral Health
 • Contact: 989-775-4895

Rez Rock: Open Jam Sessions

May 4, 11, 18, 25 | 5:30 - 7 p.m.
 • Location: Eagles Nest Tribal Gym
 • Contact: recreation@sagchip.org

Be W.E.L.L. Challenge Group

May 4 | 12:10 - 1 p.m.
 • Location: Nimkee Public Health Kitchen
 • Contact: 989.775.4696
 • Potluck: Bring a favorite healthy dish.

Donnie Dowd: Traditional Healer

May 4 | 9 a.m. - 5:30 p.m.
 • Location: Behavioral Health
 • Call for an appointment: 989-775-4850

Families Against Narcotics Support Group

May 4 | 7 - 8:30 p.m.
 • Contact: 989.775.4880
 • Tribal Operations Seniors Room

Traditional Sweat Lodge

May 5 | Sweat Lodge teachings and fire lighting: 5 p.m.
 • Location: Behavioral Health
 • Contact: 989-775-4879

Medicine Wheel Teachings

May 11 | 5 - 8 p.m.
 • Location: 7th Generation
 • Contact: 989-775-4780

Teen Dance: Rock Out with your Mocs Out!

May 12 | 8 - 11 p.m.
 • Location: 7th Generation
 • Contact: 989-775-4880
 • Light refreshments, door prizes and games.
 • For teens 13-19 years old.

Menopause and Beyond

May 12 | 12 - 3 p.m.
 • Location: Nimkee Public Health Kitchen
 • Contact: 989-775-4654
 • Presenter: Carol Corbiere

Positive Indian Parenting

May 15 | 10:30 a.m. - 12 p.m. & 6 - 7:30 p.m.
 • Location: Housing Conference Room
 • Contact: 989-775-4991
 • Class topic: Storytelling

Families Against Narcotics Monthly Forum

May 17 | 7 - 9 p.m.
 • Contact: 989.775.4880
 • Ziibiwing Center

Celebration of Community Strength, Resilience, and Justice

May 18 | 12 - 1 p.m.
 • Contact: 989.775.4814
 • Location: Tribal Public Safety Building
 • Memorial and lantern release for National Crime Victims' Rights Week.

Meal Prep 101

May 18 | 11:30 a.m. - 1 p.m.
 • Nimkee Public Health Kitchen
 • Learn how meal prepping can be simple, easy and fun.
 • Please RSVP by contacting one of the presenters:
 - Bear Raphael: 989.775.4690
 - Sally Van Cise: 989.775.4615
 - Sandra Chesebrough: 989.775.4654

Hand Drum Making Class

May 24, 25 | 5 - 8 p.m.
 • Location: 7th Generation
 • Contact: 989-775-4780

SCTC Graduation

May 18 | 6 p.m.
 • Soaring Eagle Entertainment Hall

ALRD Language Classes

M/W/TH | 1:30 - 3:30 p.m. | Drop-in sessions
 T/TH | 6 - 7 p.m.
 W | 12 - 1 p.m.
 • Location: ALRD Office, 7170 Ogemaw Dr.
 • Contact: 989.775.4110

TRIBAL COMMUNITY CALENDAR | MAY 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT./SUN.
1 Drop-in Group B. Health 5 - 7 p.m. Women's Traditions Society B. Health 5 p.m. - 6:30 p.m.	2 Ogitchedaw Meeting Seniors Room 6 p.m. Substance Abuse Meeting B. Health Lodge 6 - 8 p.m. Crafts with Friends 7th Generation 5:30 - 7 p.m.	3 Traditional Teachings Saganing 11 a.m. Talking Circle Andahwod 7 p.m. Open Gym Tribal Gym 6 p.m. - 9 p.m.	4 Talking Circle 7th Generation 3 p.m. - 5 p.m. 12-Step Meditation Group B. Health 7 - 9 p.m. FAN Support Group Tribal Ops Seniors Room 7 p.m.	5 New Spirit Moon Andahwod Conference 1 p.m. AA/NA Spirit Bear Meeting Andahwod Maple Lodge 7 p.m. Drop-in Group B. Health 11:30 a.m. - 1 p.m. T-shirt Making 7th Generation 12 - 2 p.m.	6 Talking Circle Andahwod 10 a.m. 7 New Spirit Support Group B. Health 4 p.m. - 5 p.m.
8 Drop-in Group B. Health 5 - 7 p.m. Women's Traditions Society B. Health 5 p.m. - 6:30 p.m.	9 Substance Abuse Meeting B. Health Lodge 6 - 8 p.m. Crafts with Friends 7th Generation 5:30 - 7 p.m.	10 Drug Drop-off Farmers Market 10 a.m. - 4 p.m. Talking Circle Andahwod 7 p.m. Open Gym Tribal Gym 6 p.m. - 9 p.m. Youth Council Meeting 5 p.m.	11 Anishinaabemowin Sacred Fire Lunch 7th Generation 11 a.m. - 1 p.m. Talking Circle 7th Generation 3 p.m. - 5 p.m. 12-Step Meditation Group B. Health 7 - 9 p.m. Kindergarten Round-up SCA 5 p.m.	12 New Spirit Moon Andahwod Conference 1 p.m. AA/NA Spirit Bear Meeting Andahwod Maple Lodge 7 p.m. Drop-in Group B. Health 11:30 a.m. - 1 p.m.	13 Talking Circle Andahwod 10 a.m. 14 New Spirit Support Group B. Health 4 p.m. - 5 p.m.
15 Tribal Observer Deadline 5 p.m. Drop-in Group B. Health 5 - 7 p.m. Women's Traditions Society B. Health 5 p.m. - 6:30 p.m.	16 Bingo w/Friends Saganing 10:30 a.m. - 2 p.m. Substance Abuse Meeting B. Health Lodge 6 - 8 p.m. Crafts with Friends 7th Generation 5:30 - 7 p.m.	17 Open Gym Tribal Gym 6 p.m. - 9 p.m. Talking Circle Andahwod 7 p.m. Tribal Education Advisory Meeting 9 a.m. FAN Forum Ziibiwing 7 p.m.	18 Talking Circle 7th Generation 3 p.m. - 5 p.m. 12-Step Meditation Group B. Health 7 - 9 p.m. Financial Workshop Housing 12 - 1 p.m.	19 New Spirit Moon Andahwod Conference 1 p.m. AA/NA Spirit Bear Meeting Andahwod Maple Lodge 7 p.m. Drop-in Group B. Health 11:30 a.m. - 1 p.m.	20 Talking Circle Andahwod 10 a.m. 21 New Spirit Support Group B. Health 4 p.m. - 5 p.m.
22 Drop-in Group B. Health 5 - 7 p.m. Women's Traditions Society B. Health 5 p.m. - 6:30 p.m.	23 Substance Abuse Meeting B. Health Lodge 6 - 8 p.m. Crafts with Friends 7th Generation 5:30 - 7 p.m.	24 Open Gym Tribal Gym 6 p.m. - 9 p.m. Talking Circle Andahwod 7 p.m. Hand Drum Workshop 7th Generation 5 - 8 p.m. Youth Council Meeting 5 p.m.	25 Talking Circle 7th Generation 3 p.m. - 5 p.m. 12-Step Meditation Group B. Health 7 - 9 p.m. Anishinaabemowin Sacred Fire Lunch 7th Generation 11 a.m. - 1 p.m. Hand Drum Workshop 7th Generation 5 - 8 p.m.	26 New Spirit Moon Andahwod Conference 1 p.m. AA/NA Spirit Bear Meeting Andahwod Maple Lodge 7 p.m. Drop-in Group B. Health 11:30 a.m. - 1 p.m.	27 Talking Circle Andahwod 10 a.m. 28 New Spirit Support Group B. Health 4 p.m. - 5 p.m.
29 Tribal Ops Closed Memorial Day Women's Traditions Society B. Health 5 - 7 p.m. Drop-in Group B. Health 11:30 a.m. - 1 p.m.	30 Substance Abuse Meeting B. Health Lodge 6 - 8 p.m. Crafts with Friends 7th Generation 5 - 7:30 p.m.	31 Talking Circle Andahwod 7 p.m. Open Gym Tribal Gym 6 p.m. - 9 p.m.	Household Hazardous Waste/Clean Sweep Collection Saturday, May 20 8 a.m. - 12 p.m. Isabella County		● SECR Payroll ● SCIT Per Capita ● SCIT Payroll ● Waste Collection* *Bins must be curbside by 6:30 a.m.



Tribal Observer Classifieds

To place your ad, call the Tribal Observer at 989-775-4010, Email: observer@sagchip.org, visit our office in Tribal Operations or mail to Tribal Observer, Attn.: Classified, 7070 E. Broadway, Mt. Pleasant, MI 48858. Please have all submissions and payment in by deadline. Classified rates are \$10 for 15 words or less, and 75 cents per additional word. Any thumbnail image costs an additional \$15. Apply to job postings online at www.sagchip.org. * Job postings are subject to change daily.

100 Employment	125 Miigwetch
105 Lost and Found	130 Services
110 For Rent	135 Events
115 For Sale	140 Giveaways
120 Announcements	145 Miscellaneous

100 Employment

Tribal Operations

Family Practice Physician

Open to the public. Must be a MD or a DO 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 U.S. Dept. of Justice Drug Enforcement Administration (DEA). Must maintain up-to-date board certification, or be grandfathered to allow SCIT to bill third party payers. 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.

Senior Associate General Counsel

Open to the public. Licensed as active member in good standing by the State Bar of Michigan or must become licensed following the next available bar exam; four or more years experience as a practicing attorney (minimum three or more years experience working for an Indian tribe or Indian organization); knowledgeable about federal Indian law and the history of Indian tribes.

Energy Broker Buyer

Open to the public. Candidate must have a bachelor's degree in electrical technology, statistics, mathematics, or business. Master's degree preferred. A minimum of five years' experience in the analysis, forecast, strategies, and/or purchasing of wholesale power through the de-regulated BES, as well as the tariffs and transportation as related.

Clerical Pool

Open to the public. Must be at least 18 years of age and possess a high school diploma or equivalent. Applicants must have a telephone contact number and be available on short notice for short-term employment.

Secondary Language Immersion Specialist

Open to the public. Must possess required specialized unique skills include demonstrated fluency and knowledge of Anishinabe language acquisition, a clear understanding of immersion philosophy and two years' experience teaching Anishinabemowin with children in a school setting or community setting. Must have a high school diploma or equivalent.

Senior Fiscal Compliance Auditor

Open to the public. Bachelor of Science degree in accounting. Must have completed and passed a governmental accounting class as part of college curriculum. Four years experience in general accounting, with governmental accounting experience preferred.

Anishinabe Language Revitalization Director

Open to the public. Minimum five years specific demonstrated experience developing and working with Anishinabe

nabemowin programs/projects. Knowledge and certification in Native language instruction or bachelor's degree or equivalent combination of education and Anishnabemowin-related experience. Applicant must demonstrate fluency and a strong working knowledge about Anishinabemowin.

Special Education Teacher

Open to the public. Bachelor's degree in special education or education, valid Michigan Elementary Teaching Certificate with special education endorsement. Must be willing to attend training. Prefer minimum of two years teaching experience and working experience with Native Americans.

General Labor Pool

Open to the public. Must have a high school diploma or GED. Must be at least 18 years of age.

Tribal Victim Witness Coordinator

Open to the public. Master's degree in social work or counseling required. Three to five years experience in counseling, social work, or crisis intervention, including experience in victim assistance, volunteer supervision; and must possess license or limited license in counseling or social work with the State of Michigan.

Victim Services Support Technician

Open to the public. High school diploma with two years of directly related experience. Associate degree preferred. Must have basic knowledge of crisis intervention and domestic violence.

Youth Empowerment Aide

Open to the public. High school diploma with college-level math and science and two years working directly with youth. Knowledge of motivational tactics and how to actively engage youth using positive reinforcement.

Accounts Payable Clerk

Open to the public. Two year degree in accounting plus one year experience in accounts payable or three years qualifying experience in accounts payable.

Case Manager

Open to the public. A minimum of a bachelor's degree in social work, psychology, or human services related field with two years of related experience. Previous experience in the domestic violence field highly desired. Knowledge and experience with grant writing and reporting is preferred. Must have basic knowledge of crisis intervention and domestic violence.

Police Officer

Open to the public. Must be a U.S citizen. Must be at least 21 years of age. Must have a high school diploma or equivalent. Associates degree preferred.

Medical Coder

Open to the public. Must have high school diploma with strong working knowledge and expertise in coding services, procedures and diagnosis for medical services in an ambulatory clinic setting. Must pass a certification exam sponsored by the American Academy of Professional Coders (AAPC) or the American Health Information Management Association (AHIMA) within two years of being hired.

Multimedia Programmer

Open to the public. Four year degree in computer science, computer programming languages (preferred) or equivalent work experience.

TAP Development Coordinator

Open to the public. Bachelor's degree in public administration, counseling, social work, social science, or related field required and 3-5 years of related experience.

Dental Clinic Receptionist

Open to the public. At least 18 year of age with a high school diploma or equivalent. Must have one year of experience working in office environment.

Associate General Counsel

Open to the public. Licensed as active member in good standing by the State Bar of Michigan or must become licensed following the next available bar exam; 0-5 years experience as a practicing attorney.

Certified Aide PT

Open to the public. Must have a high school diploma or GED. Must be at least 18 years of age. Must possess and maintain a current, valid Nurse Aide Certification required by the State of Michigan.

Social Services Case Worker

Open to the public. Bachelor's degree in human service related field required. Master's degree preferred.

Business Instructor

Open to the public. Saginaw Chippewa Tribal College. Master's degree required in business identified discipline.

Comm Services Web Store Clerk FT

Open to the public. Must have a high school diploma or GED. Must be at least 18 years of age.

Comm Services Web Store Clerk PT

Open to the public. Must have a high school diploma or GED. Must be at least 18 years of age.

Healing to Wellness Court Case Manager

Open to the public. Bachelor's degree in social work, or human service related field. Working knowledge of substance abuse treatment protocols, the judicial/legal system. Experience related to the appropriate recipient population required.

Warehouse Clerk PT

Open to the public. Must have a high school diploma or GED. Must be at least 18 years of age. One year of warehouse experience preferred.

Summer Youth Worker

Must be a member of the Saginaw Chippewa Indian Tribe and between 14-18 years of age at the time of application.

Applicants must complete an Employment Application and indicate their areas of interest, i.e., maintenance, health, accounting, clerical, substance abuse, woodworking, or other areas available. Attend orientation and trainings scheduled for all workers. Complete trainings specific to department placement. Must comply with Tribal Operations Personnel Policy and policies of the business unit of their placement. The supervisor in the areas assigned will determine duties and responsibilities.

Summer Youth Crew Leader

Open to the public. Must be a Member of the Saginaw Chippewa Indian Tribe and be between 18 and 21 years of age. Must have a high school diploma or equivalent. College students preferred. Must possess a valid Michigan Driver's License and able to obtain a Tribal Driver's License. Assist in summer job placement and supervision for the youth of the Tribe. Serves as a positive role model. Works with Anishinabe workforce developer and Tribal Operations staff, Soaring Eagle Casino & Resort management, and Migizi Economic Development Company in developing appropriate work sites.

SECR

Carpet/Upholstery Cleaner FT

Open to the public. Some carpet and upholstery cleaning experience required. Knowledge of truck mount system a plus.

Line Server PT

Open to the public. Must be at least 18 years of age. Must have a high school diploma or GED.

Housekeeping Manager

Open to the public. Must be at least 18 years of age and have a minimum of two years housekeeping supervisory experience in either hospitality or casino field.

Waitstaff PT

Open to the public. Must have a high school diploma or GED. Must be at least 18 years of age.

Massage Therapist PT

Open to the public. Must have a high school diploma or GED. Must be at least 18 years of age. Must have a valid Michigan massage certification, 600 total hours required for certification.

Inventory Control Warehouse PT

Tribal Members only. High school diploma or equivalent. Must be able to obtain and maintain a Tribal driver's license and Industrial Truck Operator Permit.

Laundry Attendant PT

Open to the public. Must have a high school diploma or GED. Must be at least 18 years of age.

Guest Relations Supervisor

Open to the public. Must be at least 18 years of age. Must have a high school diploma or GED. Minimum of one to three years supervisory experience in a customer service

industry or at least one year of experience working in the Soaring Eagle Player's Club.

Guest Room Attendant PT

Open to the public. Must have a high school diploma or GED. Requires three months housekeeping experience.

Concierge FT

Open to the public. Must have a high school diploma or GED. Must be at least 18 years of age.

Server Assistant PT

Open to the public. Must have a high school diploma or GED. Must be at least 18 years of age.

Bartender PT

Open to the public. Must have a high school diploma or GED. Must be at least 18 years of age.

Finance Cashier PT

Open to the public. Must have a high school diploma or GED. Must be at least 18 years of age.

Entertainment Security Officer PT - Seasonal

Open to the public. Must have a high school diploma or GED. Must be at least 18 years of age.

Entertainment Usher Seasonal

Open to the public. Must have a high school diploma or GED. Must be at least 18 years of age.

Waitstaff PT - Seasonal

Open to the public. Must have a high school diploma or GED. Must be at least 18 years of age.

Bartender - Seasonal

Open to the public. Must have a high school diploma or GED. Must be at least 18 years of age.

Security Officer PT

Open to the public. Must have a high school diploma or GED. Must be at least 18 years of age.

Host/Hostess PT

Open to the public. Must be at least 18 years of age. Must have a high school diploma or GED.

Guest Relations Representative PT

Open to the public. Must be at least 18 years of age. Must have a high school diploma or GED.

Alterations Clerk PT

Open to the public. Must have a high school diploma or GED. Must have knowledge and experience with both regular and serge sewing machines.

Bingo Floorworker PT

Open to the public. Must have a high school diploma or GED. Must be at least 18 years of age.

Housekeeper FT

Open to the public. Must have a high school diploma or GED. Must be at least 18 years of age.

Guest Room Attendant FT

Open to the public. Must have a high school diploma or GED. Must be at least 18 years of age.

Carpenter Supervisor

Open to the public. Must be at least 18 years of age. Must have a high school diploma or GED. Fifth year college or

university program certificate; or two to four years related experience and/or training; or equivalent combination of education and experience.

Inventory Control Warehouse FT

Open to the public. High school diploma or equivalent. Must be able to obtain and maintain a Tribal driver's license and Industrial Truck Operator Permit. One to three years experience in receiving or warehousing. Must have experience on stand up or sit down fork lift or be able to be certified prior to 90-day probationary period is completed. Must be able to work in a labor-intensive environment and must be able to multi task.

Call Center Agent PT

Open to the public. Must have a high school diploma or GED. Must be at least 18 years of age. Must have at least one year work experience that included customer service responsibilities.

Catering Manager

Open to the public. Associates degree in hospitality management, or comparable experience. Three to five years previous experience in a hospitality service position.

Casino Finance Supervisor

Open to the public. Must be at least 18 years of age. Associates degree with one year supervisory experience or high school diploma or equivalent with two years related experience in cage (finance/gaming) operations or banking operations. Must be able to independently manage multiple tasks in a professional manner.

Function Service PT

Open to the public. Must be at least 18 years of age. One year customer service experience and/or the ability to successfully pass in house training.

Table Games Dealer PT

Open to the public. Must be at least 18 years of age. Must have high school diploma or equivalent. Must be able to obtain and maintain a gaming license. Applicants must pay a \$400 fee for training. This fee can be payroll deducted at \$50 per week.

SELC & Saganing

Waitstaff (level 1) PT

Open to the public. Must have a high school diploma or GED. Must be at least 18 years of age.

Players Club Guest Service Representative

Open to the public. Must be at least 18 years of age with high school diploma or equivalent. Six months heavy cash handling or hospitality experience.

Support Services Tech I

Open to the public. Must be at least 18 years of age. Two plus years IT help desk experience or four year IT-related degree.

Finance Cashier

Open to the public. Open to the public. Must have a high school diploma or GED. Must be at least 18 years of age.



Andahwod Elders Services hosts Easter holiday festivities for all ages

NATALIE SHATTUCK

Editor

Andahwod Continuing Care and Elders Services celebrated the Easter holiday season by hosting a couple well-attended events.

On Wednesday, April 12, Andahwod put on an Easter Brunch event containing a silent auction and 50/50 raffle to raise funds for elders.

Tribal Council and the Public Relations staff served the brunch, and the Soaring Eagle Waterpark and Hotel Promotions Department even brought Gizi and Waabooz to visit.

Sheligh Jackson, assistant elders advocate, wished to thank Michelle George, the Tribal College Student Council, Carolyn Folts and Barb Sprague for donating baskets to the cause.

On Good Friday, April 14, children of all ages were seen on Andahwod's lawn for the Easter egg hunt.

"The Elder Services Program, in conjunction with

Dave Merrill of the Parks and Recreation department, 'put all our eggs in one basket' when planning our Easter fun," said Rosalie Maloney, interim senior assisted living administrator.

"A big part of Andahwod's mission is to encourage family and community involvement," Maloney said. "The whole point of having our own assisted living facility is to enable our elders to stay close to their friends and relatives. We put on events and invite people over so our residents get to stay in touch with their friends and family. The Easter hunt was just one of those occasions."

From 3 to 5 p.m., various games took place, including the egg hunt for six different age categories.

The egg hunt brought in nearly 100 participants, 18 of which were aged 50 or older.

Lindsey Sprague, organized sports specialist for the



Observer photo by Natalie Shattuck

Ezekiel Haught (left) and Michael Ekdahl (right) get ready for Andahwod's Easter Egg Hunt on Good Friday, April 14.

Recreation Department, said she enjoyed working the event.

"While I worked registration, it was nice to see all the smiling faces anxiously waiting to get their wristbands so they could start the Easter egg hunt," Sprague said. "Every child had smiles on their faces as they were running toward those eggs and



Observer photo by Natalie Shattuck

One of the age groups runs from the starting line to begin their egg hunt as family members look on.

while playing with the other children. Even the adults were having a good laugh with each other and enjoying the beautiful weather."

There were prizes for all age categories, Maloney said.

"Special visitors Waabooz and Gizi from Soaring Eagle Waterpark joined in for some photo opportunities with the kids," Maloney said. "Staff set out the little plastic eggs filled with treats all over the lawns. Dave instructed the kids to line up and counted down '5, 4, 3, 2, 1' and they were off! There was plenty of candy to go around and no one left disappointed."

Jackson said the occasion was an intergenerational event.

"We had a good turn out; we actually had more than what we thought (would turn out), but that's a good thing," Jackson said. "We hope to do this again in the future and perhaps to get other departments to work with us too."

Maloney said she especially enjoyed seeing young girls dressed in their Easter dresses.

"We had wonderful weather and could not have asked for a better day," she said.

Maloney said she wished to thank the families who attended and looks forward to next year's event.



Observer photo by Natalie Shattuck

The April 14 participants open their eggs to see what prizes they have won.



Observer photo by Natalie Shattuck

Easter egg hunters take time to pose with Soaring Eagle Waterpark mascots, Gizi and Waabooz.



Observer photo by Natalie Shattuck

The Recreation Department provided numerous games for the youth to play in Andahwod's lawn.



Observer photo by Natalie Shattuck

A younger age group lines up to begin the egg hunt for their age category.



Courtesy of Andahwod

(Left to right) Sandra Stevens, Jolene Quinlan, Angela Gonzalez and Marion Williams pose with the waterpark mascots during Andahwod's April 12 Easter Brunch.



Observer photo by Natalie Shattuck

The Easter Egg Hunt champions head to the prize table to collect their sweet winnings.



Courtesy of Andahwod

Tribal Council member Candace Benzinger smiles with Gizi and Waabooz.



Observer photo by Natalie Shattuck

(Back row, left to right) Bree Sprague, Ella B. Fox, Miguel Chippeway and (front) Jett Sprague are all smiles at the afternoon event.



Observer photo by Natalie Shattuck

Parents help their Easter egg hunters look for the winning golden ticket.



Observer photo by Natalie Shattuck

The egg hunt event took place from 3 to 5 p.m. with nearly 100 participants attending.



Observer photo by Natalie Shattuck

Hugs from Gizi and Waabooz make for a good day.



Observer photo by Natalie Shattuck

An overzealous participant waits for the hunt to begin.