



Onaabadin-Giizis
(Snow-Crusted Moon)

TRIBAL OBSERVER

MARCH 2023

Working Together For Our Future

www.sagchip.org/tribalobserver

Volume 25 | Issue 3



Soaring Eagle concerts

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Project Venture students join in celebration with awards ceremony at Seventh Generation

JOSEPH V. SOWMICK

Public Relations Manager

On Jan. 31, the Elijah Elk Cultural Center at Seventh Generation was packed with families for the afternoon 2023 Project Venture Tribal Youth award ceremony.

Dolores Winn, program coordinator for Project Venture, introduced the students as the community celebrated the accomplishments, achievements and success of each of our Tribal youth who have been in the program.

The program started with the spirit of prayer as Tribal Council Chaplain Alice Jo Ricketts said a blessing for the gathering and the food. Seventh Generation cultural representatives assisted by having the Sacred Fire with semaa (tobacco) and sage smudge medicine present.

“We were honored to have many of the Tribal Council members and department administrators come to lend their support for the students. I was moved by the good words shared by Tribal Chief Theresa Peters-Jackson as she spoke of the love of community she saw this afternoon,” Winn said. “My family helped the students and staff with the decorations and we had a fresh homemade

Mexican food Indian taco bar from my mom with fresh tortillas, Spanish rice, beans and homemade salsa.”

Tribal Council Secretary Martha Wemigwans was on site and expressed her gratitude for being a part of the award ceremony.

“I am very humbled to know that our children are our future! This program is very beneficial and I look forward to the next ceremony,” Wemigwans said. “Miigwetch to all the students and their families all for everything you do for our community.”

Winn recognized several community members who were given awards for their service in teaching Project Venture youth cultural skills and indigenous knowledge.

“Seventh Generation Cultural Manager Lee Ann Ruffino was recognized for teaching youth about sacred medicines, how to gather cedar, how to make cedar salve,” Winn said. “She is always welcoming us with open arms whenever we need some support or guidance.”

Ruffino remarked it was an honor to work the Project Venture group over the last few years.

“All of us at Seventh Generation admire Dolores and her dedication to the youth



Observer photo by Natalie Shattuck

Dolores Winn, program coordinator for Project Venture, poses with the students during the Jan. 31 award ceremony for the program (left to right: Winn, Ashani Pelcher, Angelita Martinez, Noelle Collins-Ziviski, Jorge Martinez, Sereniti Cole, Wabigwan Shawnoo, Whisper Mandoka and Angelica Hinmon).

in her group. She was always going way above and beyond to provide the best possible events for our Saginaw Chippewa community youth,” Ruffino said. “The youth have learned so many valuable skills to carry forward onto their pathways of life, with emphasis on not only physical, but the mental, spiritual and emotional as well. The program worked very well in collaborations with tribal departments, incorporating Anishinaabe lifeways and culture into their activities.”

Other Seventh Generation staffers honored with awards included Tonya Jackson for teaching youth traditional

Anishinaabe foods, sewing and cultural crafting; Dan Jackson for supporting Tribal youth through the drum, music and teaching the youth about lacrosse; and Eric Sowmick for teaching the youth about sacred medicines, the sweat lodge, sacred fire and the importance of offering sacred tobacco when reaching out for teachings.

Lupe Gonzalez, extension office coordinator for the Tribal College, was honored for supporting our Tribal youth in events and introducing them to the food sovereignty gardens. SCTC Equity Program Coordinator Kathy Hart for her support in collaboration with our Tribal youth in teaching

hands on STEM skills that will enhance their future.

Environmental Team Manager Troy Techlin received an award for his work with Tribal youth to teach them how to plant trees as Project Venture planted a fruit tree orchard in September 2022.

Natural Resource Specialist Michael McCreery also received an award and mentioned the overall feel of excitement and joyfulness from the participants in the room was a direct reflection of leadership.

“My time with Project Venture participants was of genuine interest in learning

Project Venture | 8

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U.S. Rep. John Moolenaar visits the Saginaw Chippewa Indian Tribe



Observer photo by Matthew Wright

U.S. Congressman John Moolenaar, Second District of Michigan, poses with Tribal Council members during his visit to the Isabella Reservation on Monday, Feb. 13. The visit included tours of the Tribe's Waste Water Treatment and Water Treatment facilities as well as lunch and open discussion with Tribal Council.



Observer photo by Matthew Wright

Director of Utilities Shannon Peters (right), poses for a photo with Congressman Moolenaar (left) during the tour of the water treatment facility.



Lorna Jean Call

March 12, 1941 - January 30, 2023

Lorna Jean Call, age 81, of Mount Pleasant, Mich., passed away on Monday, Jan. 30, 2023, with family by her side.

Lorna was born on March 12, 1941 in Chippewa Township, Mich. to Nelson and Emily (Collins) Kahgegagab.

A graduate of St. Mary's Boarding School for Indian Girls in South Dakota, Lorna went on to Bacone College to study art under W. Richard West Sr. (renowned artist). Lorna became a licensed practical nurse in the early '70s and served as a community health representative for the Saginaw Chippewa community and Michigan Indian tribes.

As a proud member of the Saginaw Chippewa Indian Tribe of Michigan, Lorna served on Tribal Council from the '60s until 2015, including sub-chief for two administrations.

Lorna loved her community, gambling (bingo being number one), going on adventures with Jack, Elvis/gospel, collecting turtles, and spending time with her family, especially her grandchildren.

Lorna is survived by brother, Maynard Kahgegag Sr.; children, Kim Otto McCoy (Michael), Carmen, David, and Michelle Otto; grandchildren, Adam Sawmick, Felicia and Christina Otto, Jesus and Mary De Los Santos, Henry, Alexandria, and Cobmoosa Otto, Charles, Trevor, Noelle Wells (Bobby), Terence (Lauren), and Mesha Isham, Royce Otto-Dayson; step-children, Evan, Tracey Iaizzi, Claire and John Call; step-grandchildren, Adam (Vanessa Calaban) and Raymond Iaizzi; 26 great-grandchildren, and four great-great-grandchildren; and special sister-in-law, Joyce Wilson.

Lorna was preceded in death by her parents; husband of 45 years, John (Jack) Call; sisters, Yvonne Davis, Diana Trepanier, Nelkine Francis, Roxene Judson; brothers, Melvin, Willard, and Douglas; daughter-in-law, Helen (Whiteman) Otto; and granddaughter, Alexandria Sawmick.

Funeral services were held at Charles R. Lux Family Funeral Home, 2300 S. Lincoln Rd., Mt. Pleasant, on Saturday, Feb. 4, 2023, at 12 p.m. with Pastor Thurlow "Sam" McClellan officiating. The family received friends beginning at 11 a.m. until time of the service. A luncheon immediately followed at the Saginaw Chippewa Tribal Gym. Interment will be at a later date. Memorial contributions may be made to the family.



Akiwaande Makwa Z. Sheahan

February 28, 2004 - February 18, 2023

Akiwaande Makwa Z. Sheahan, "Makwa," age 18, of Mount Pleasant, passed away Saturday, Feb. 18, 2023, at his home.

Makwa was born Feb. 28, 2004, in Mt. Pleasant, the son of Carla Jo Bennett.

He had worked for the student program in the maintenance department at the Soaring Eagle Casino & Resort. Makwa was a member of the Saginaw Chippewa Indian Tribe.

He valued his Native American heritage. "Ganawishkodawe," our family firekeeper, took the job upon himself and did his best for anyone that would ask; "Wiidookaagewinini," our helper.

He had played football in high school, enjoyed skateboarding, riding his moped, and gaming.

Makwa is survived by his mother Carla Bennett; brother Eli Bennett (Brittany), sisters Leah Denhof, Ashley Bennett, Amber Sheahan (Nick); special brother Dakota Chatfield; grandfather Marlin Bennett; nieces and nephews Keyana, JJ, Taleah, Danielle, Ashawnii, Kenneth, Eli Jr., Eriyah, Briella; aunts Laura Bennett, Dorothy Christy; uncles Robert Sheahan, and Steve Sheahan.

Makwa was preceded in death by his grandmas Jo Sprague and Barb Toothman; niece Lynnova Rose, aunts Sharon Bennett and Phyllis Sprague.

Funeral services were held at the Tribal Gym on Thursday, Feb. 23, 2023, at 1 p.m. with Rev. Doyle Perry officiating. A luncheon immediately followed at the gym. The family received friends at Clark Family Funeral Chapel on Wednesday from 6 to 8 p.m.

Interment will take place at Denver Township Cemetery in the spring. Memorial contributions may be to the family for Makwa's funeral expenses.



Tracey Lynn Lock (Jackson)

May 23, 1971 - February 11, 2023

Tracey Lynn Lock (Jackson) - of Burton, Mich., age 51, departed this life on Saturday, Feb. 11, 2023 at Hurley Medical Center.

Tracey was born in Flint, Mich. on May 23, 1971, daughter of Glen Jackson and Linda (Spruce) Smith.

Tracey was a proud, active member and elder of the Saginaw Chippewa Indian Tribe. She participated and performed in tribal ceremonies as a young girl. Her heritage always showed in her generous way and kind heartedness.

Education was always a top priority and Tracey had a deep love for learning. She attended Central High School in Flint, Mich. and was a graduate of Baraga High School Class of 1989. After graduation, Tracey furthered her education at Mott Community College, earning a criminal justice degree.

Tracey was employed at Kroger for more than 13 years.

She loved baking and arts and crafts. Tracey also had a love for music and Motown artists, especially the Bee Gees and Prince.

To celebrate her blessed life, Tracey leaves her husband, Darnell Lock of Flint; two step-children, Ethan Donald Patt of Florida and Ebonie Faith Lock of Grand Blanc, Mich.; god-daughter, Amaya Townsend of Flint; best friend, Juliane Townsend of Flint, MI; father, Glen Jackson of Millington, Mich.; mother, Linda (Spruce) Smith of Montrose, Mich.; four siblings, Carl Jackson of Flint, Michelle (Justin) Schollaert of Montrose, Mich., Sabrina (Jesse) Austin of Montrose, and Angela (Blake) Austin of Burton, Mich.; three nephews, Andrew, Matthew and William; four nieces, Hannah, Cheyana, Sierra and Jayden; a host of treasured family, in-laws and friends.

She was preceded in death by her sister, Lisa Jackson; brother, Charles Jackson; grandmothers, Leoda Baker and Virginia Jackson both of Flint; grandfather, "Poppy", Glen Jackson of Flint and her canine kid, Prinedoby Jackson.

A funeral service was held 1 P.M. Friday, Feb. 24, 2023 at Allen Funeral Home, 9136 Davison Road, Davison, MI 48423; Pastor Sarah LaRose-Nettel officiated. Cremation took place following the service. The family received visitors 12-1 P.M. Friday, Feb. 24, 2023 at Allen Funeral Home.

Memorial contributions may be made to St. Joseph's Indian School, 1301 North Main Street, Chamberlain, SD 57325, www.stjo.org, in Tracey's memory. The family would like to extend a very sincere thank you to the nurses and staff of Hurley Medical Center and Flint DaVita Dialysis.



Paul James Johnson

November 6, 1946 - February 21, 2023

Paul James Johnson, 76, of Haslett, Mich., passed away on Tuesday, Feb. 21, 2023, in Lansing, Michigan.

Paul was born in Bay City, Mich. to Helen Stevens and William Johnson on Nov. 6, 1946.

In his younger years, Paul was a high school All-American at Bay City Central. He received a full scholarship to play both offense and defense for the University of Michigan where he earned an All-Big 10 Honorable Mention during his sophomore year. While there, he earned a bachelor's in biology as well as two master's in education and social work. He coached Michigan football for one year with Bump Elliott and two years with Bo Schembechler.

In his 20s he sued the University of Michigan for the free education treaty rights granted to Chippewa, Ottawa, and Pottawatomie children in the Fort Meigs Treaty in exchange for the land that provided the beginnings of the University. Since that lawsuit, more than 6,000 Native students have received free tuition and since graduated from various colleges across Michigan.

After leaving coaching, Paul worked for 25 years at the Michigan Education Association, educating Native and non-Native teachers and students alike, later working as the planning consultant on efforts for the Saginaw Chippewa Tribe of Michigan such as the Ziibiwing Cultural Center and the Andahwod Senior Care Center.

He was a respected singer and drummer with the Three Fires Drum, along with Mouz Pamp, George Thomas, Ben Bearskin Jr.

He enjoyed playing golf with his good friends at Brookshire Golf Club and watching his sons grow into fine young men. He took great pride that his sons all graduated from college and have become successful in their chosen careers. Paul received many athletic awards and honors but always cherished those gifts and recognition he received from the various Indian communities for whom he worked.

Paul is preceded in death by his aunt, Margaret Wayne, a strong and beautiful woman who dedicated her life to raising him and his brother, Wayne. Paul's brothers include Benjamin Ramirez-Shkwegnaabi, Daniel Borja Ramirez, Jerome Dupont, William Johnson, John Johnson, and Joe Johnson.

Paul is survived by his wife of 46 years, Valorie of Haslett, Mich. Together they were deeply committed to protecting cultural survival by improving educational opportunities and outcomes of native students and communities. Also surviving are his sons, Christopher Paul, Stephen James, Derek Nyagwai and wife Tess, and Dustin Owl. His grandchildren include Skylar Gen, Jaden Rose, Genevieve, Alexander Cash, Chloe Pueo, Harper Memengwa, Kauluwai, and Keolinohokai. Paul was honored to have been the naming sponsor of many young people and has a large network of family and friends with many special sisters, brothers, nieces and nephews that he cherished.

His fierce gentleness, sense of humor and caring ways will be greatly missed by all who knew and loved him. After a life well-lived, he begins his spirit journey.

Visitation was held at Gorsline Runciman Funeral Home - East Lansing Chapel, 1730 East Grand River Avenue, East Lansing, Michigan 48823, on Thursday, Feb. 23, from 4-6 p.m. Funeral service was held at Gorsline Runciman Funeral Home - East Lansing Chapel, Friday, Feb. 24 from 4-6 p.m. sundown with Lorraine "Punkin" Shananaquet and George Martin.

Due to weather conditions, the burial will be at a later date. Memorial donations be made to the Nokomis Learning Center in Okemos, Mich. <http://nokomis.org/donation>



The family of Delmar Jackson Sr.

The family of Delmar Jackson Sr. would like to thank everyone for their support, love, prayers, and comfort during the time of our loss. The love our community showed was something words cannot express. It really showed what an amazing man he was to this community.

Chi-Miigwetch, The Jackson Family

Delmar James Jackson Sr.

September 18, 1941 - February 6, 2023

Delmar James Jackson Sr., age 81, of Mount Pleasant, passed away Monday, Feb. 6, 2023, at My Mid-Michigan Medical Center in Mt. Pleasant.

Delmar was born Sept. 18, 1941, in Delwin, Mich., the son of Simon and Cecilia (Elk) Jackson. He was a proud member of Saginaw Chippewa Indian Tribe.

Delmar served the Saginaw Chippewa Indian Tribe for 37 years, as a maintenance supervisor and retired as a Council member. To date, he was the longest serving Council member. Earlier in his career, he worked for 10 years for the state complex in Lansing.

Delmar married Julia Gott on Sept. 15, 1978, in Stanton. He loved his family most, enjoyed camping, bowling, fishing, hunting, and basket weaving. He and Julia were foster parents to many children throughout the years.

Delmar is survived by his wife Julia Jackson; children Delmar (Mary) Jackson Jr., Darryl (Theresa) Jackson, Angel Jackson, Salina Jackson, Daniel Jackson, and Tonya (Steven) Antoine, adopted son Jeffrow Roland; all of Mount Pleasant, 28 grandchildren, 38 great-grandchildren; two great-great-grandchildren and one on the way; brothers Alvin Jackson and David Jackson; and many, many nieces and nephews.

Delmar was preceded in death by his parents; son Simon Jackson Sr., grandsons Justin Bennett, Jessie Tackett, Matthew Jackson; great-grandson Kyle Anthony; sisters Lucille Hawkins, Elsie Compo, Patricia Keshick, Catherine Jackson; brother DeJay Elk; niece Michelle Jackson; and nephews Elmer Keshick Jr., Joseph Compo Jr., James Compo and Peter Compo.

Funeral services were held at the Tribal Gym on Thursday, Feb. 9, 2023, at 2 p.m. with Rev. Doyle Perry and Pastor Sam McClellan officiating. A luncheon immediately followed in the gym. The family received friends beginning at 1 p.m. until the time of the service. Memorial contributions may be made to the family.



Alyssa Lynn Acuna

April 29, 2000 - February 8, 2023

Alyssa Lynn Acuna, age 22, of Mount Pleasant, passed away Wednesday, Feb. 8, 2023.

Alyssa was born April 29, 2000, in Mt. Pleasant, the daughter of Sabrina Floyd and Wayne Acuna. She was a member of Saginaw Chippewa Indian Tribe.

Alyssa attended the Saginaw Chippewa Academy, West Intermediate, Mt. Pleasant High School, and Oasis. She played volleyball, soccer, and participated in Girls on the Run.

Alyssa spent much of her younger years living with her Uncle Mike and Aunt Mary. She loved them dearly. She adored her Aunt Mary and treasured wonderful memories with cousins Monica, Michael, and Derrick. Growing up she enjoyed spending time with her cousin Maciah at her Uncle Kenny's house. The girls were inseparable growing up and could always be seen laughing and having fun on the rez.

Alyssa later moved in with her Uncle Bernie and Aunt Bonnie. She brought a lot of laughter and shared a lot of love in their home. She definitely had a knack for making people laugh especially joking around with Uncle Bernie and cousin Carli.

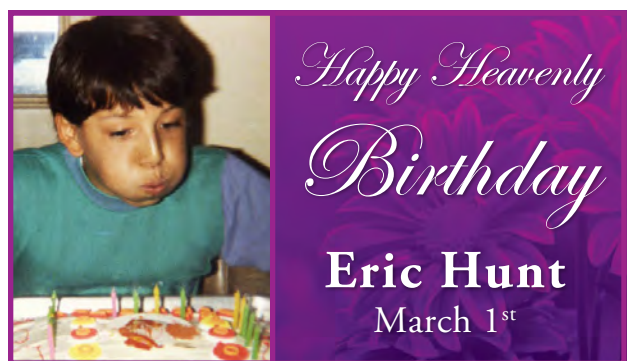
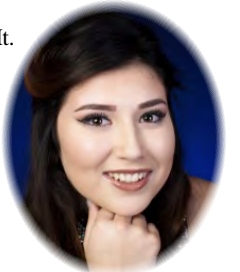
Alyssa had a close bond with her Godmother Trish, Tahlia and Delilah, who were always there to support, love, and lift her up wherever she resided. Alyssa worked as a summer youth worker for the Tribe and enjoyed learning new skills and making new friends. She loved children, especially time spent with her niece and nephew.

She liked fun trips, listening to her all-time favorite music artists, getting her nails done and but most of all she loved visiting friends and family. She always surrounded herself with her friends and family, which is where she felt most comfortable and loved. Alyssa leaves behind a lot of beautiful memories to share and treasure.

Alyssa is survived by her father Wayne Acuna; Godmother Trish Alonzo; brothers Keezhig (Makayla) Floyd, Fred Highley, Paxtin Acuna; niece and nephew Jupiter and Oliver; special aunts and uncles Mike and Mary Floyd and Bernie and Bonnie Sprague; Uncles: Kenny Sprague, Casey Floyd and Austin Floyd; Uncle Clinton and Aunt Seryna Acuna, maternal grandmother Darlene Highley; and paternal grandmother Selene (Roger) Moore, and many loving cousins, friends, and great aunts and uncles.

Alyssa was preceded in death by her mother Sabrina Floyd; uncle Jimmy Floyd; grandfathers Fredrick Floyd Jr. and John Acuna; and great-grandmother Goldie (Collins) Stanton.

Funeral services were held at Clark Family Funeral Chapel on Sunday, Feb. 12, 2023, at 2 p.m. with Rev. Doyle Perry officiating. Interment followed at Woodland Cemetery. Following the burial, a luncheon took place at Reflections Reception Center. The family received friends on Sunday beginning at 1 p.m. until the time of the service. Memorial contributions may be made to the family.





Attention Tribal Members Tribal Council Regular Session Meetings are held at 9 a.m.

Regular Tribal Council Sessions

- ▶ First Tuesday of each month at 9 a.m.
- ▶ Inside the Council Chambers of the Black Elk Government Complex
- Meetings are open to Tribal Members
- Anyone wanting to be added can call (989) 775-4004

Regular Council Session Dates

- March 7 • April 4 • May 2

2023 Annual Reports are now being accepted

Deadline: Thursday, May 4, 2023 by 5 p.m.

**Tribal Clerk's Office hours:
Monday – Friday, 8 a.m. - 5 p.m.**

Notarization is required

- Forms available by mail, email and at www.sagchip.org
- No postdated forms, emails or faxes accepted

**Your 2023 Annual Report MUST be filed before/
with submitting a Tribal Loan Application.**

**For more information, please contact:
The Tribal Clerk's Office at 989.775.4051**



College Rental Assistance

The Saginaw Chippewa Housing Department is offering rental assistance to Native American college students that meet the following criteria:

- 18 years old or older and financially independent of their parents
- Must be a duly enrolled member of any Native Tribe that has been identified on the most current Federal Register listing of "Indian Entities Recognized by and Eligible to Receive Services from the U.S. BIA (86 FR 7554 (Jan. 29, 2021))"
- Household is low-income as determined by HUD's definition: <https://www.huduser.gov/portal/datasets/il.html>
- Enrolled in an accredited post-secondary college or university pursuing a 2 year (or higher) degree or certificate
- The university or college and the rental unit must be located within the Lower Peninsula of the state of Michigan



▶ **All rental assistance is paid directly to the landlord**

▶ **Applications and more information can be found at:** <http://www.sagchip.org/housing/>

**For more information, please contact:
Housing at 989-775-4538**

Election Timeline 2023 Primary & General Elections

Aug. 7 - Sept. 1 | Candidate Packets available at the Tribal Clerk's Office

Sept. 1 | **Petition Deadline** for Candidates to turn in Petitions

Sept. 8 | **Last day to register** to vote for the Primary Election

Sept. 12 | **Deadline for Candidates to meet all aspects of the qualifications** to be placed on the final list of Candidates

Sept. 13 | **Final Candidate List Posted**

Sept. 19 | **Absentee Ballots** for Primary Election available in the office and mailed

Oct. 6 | **Last day to register** to vote for the General Election

Oct. 9 | Certification of voting machines (5:15 p.m.)

Oct. 10 | **Primary Election Day**
Polls will be open from 8 a.m. until 8 p.m.

Oct. 11 | **Primary Election Results and Candidates List Posted**

Oct. 17 | **Absentee Ballots** for General Election available in the office and mailed

Nov. 6 | Certification of voting machines (5:15 p.m.)

Nov. 7 | **General Election Day**
Polls will be open from 8 a.m. until 8 p.m.

Nov. 8 | **General Election Results Posted**

**For more information, please contact:
Tribal Clerk's Office at 989.775.4054**

COVID-19 & Flu Vaccination Clinics

**March 1 & April 5, 2023
Nimkee Public Health**

By appointment only

To schedule an appointment call:
989-775-4695 or 989-775-4629



2023

SCIT GOLF Membership

Memberships on sale now

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

Memberships cost \$250 each

- Memberships and cart raffle tickets available for purchase at the Tribal Operations Accounting window in the Black Elk Complex.
- Payment plans available.

Participating courses:

- Pleasant Hills Golf Club
- Firefly Golf Links
- Maple Creek Golf Club
- Eagle Glen Golf Club
- PohlCat Golf Course

Cart Membership Raffle (optional)

Drawing: Monday, April 3, 2023 at 12 p.m.

- Win a cart at your favorite course. (*Limit may only win once*)
- One cart membership available at each course.
- Tickets: One for \$5, or five for \$20



Mno Doodaadsadaa "Let's be Good to Ourselves"

Teen Fashion Show
Theme: Healthy Relationships

Tuesday, March 14, 2023
6-9 p.m. | SECR Ballrooms

- Youth will be gifted the skirt or apparel for participating in the event
- After the Fashion show we will have a drum and dance social.

For more information:

989-775-4400 or BHVictimServices@sagchip.org



Inter-Tribal Council of Michigan & Michigan Tribal Prevention Coalition
Needs your help!

This survey is designed to gain insight on perceptions of drug misuse, current prevention services, strengths & barriers to prevention services & identify training needs in our communities!

Complete brief survey using provided link -or- QR code

Participant incentives included upon survey completion!

www.surveymonkey.com/r/NYT722L

**ALL QUESTIONS PLEASE CONTACT:
CJDOIN@ITCMI.ORG**




January 2023 Perfect Attendance

Pullen: Daniel Otter Robe, Kyle Klein, Blake McClain, Gabriella Nixon, Logan Lehman, Bob Pego, KJ Quigno-Ready, Hayden Sineway and Jett Sprague.

Vowles: Serenity Stevens and Joaquin Cyrle.

Renaissance: Kamerynn Shaw, Ronnie Ekdahl, Eliana Pope, Lily Roth, Anistynn Shaw, John Pattison, Jaxon Rodriguez, Michael Ekdahl, Ayden McDonald-Jackson, Angela Peck, Jacob Wilson, Juliana Contreras, Bryson Roth, Neveah Alaniz and Dexter Henry.

Shepherd: Ziibii Conley, Declan DeFeyer, Deborah Jackson, Ellery Lawson, Erhan Pigeon, Peyton Polzin, Elijah Quigno, Jonathan Cogswell, Akiwande Howard, Jayden Jack.-Taylor, Waaseya Lamberston, Lillian Loonsfoot, Jared Myers, Jacoby Polzin, Aiden Raphael, Benjamin San.-Hinmon, Aubreyanna Stevens, Angelica Hin.-Sanchez, Nellie Howard, Layla Pigeon and Jayla Trepanier.

Tribal Council

Chief
Theresa Peters-Jackson | District One

Sub-Chief
Jennifer L. Wassegijig | District One

Treasurer
Gayle Ruhl | District One

Secretary
Martha Wemigwans | District One

Sergeant-at-Arms
David Merrill Jr. | District One

Chaplain
Alice Jo Ricketts | District One

Council Member
Diana Quigno-Grundahl | District One

Council Member
Frank J. Cloutier | District Three

Council Member
Luke Sprague | District One

Council Member
Mary Quigno | District One

Council Member
Ron Nelson | District Two

Council Member
Samantha Chippeway | District One

Rez Pets

"It's Raining Cats and Dogs!"



Attention Tribal Members and employees, please submit a photo of your pet(s) to show them off in the April 2023 Tribal Observer. Households with two or more pets, please submit one group photo!

Email your photos to Observer@sagchip.org or turn them in to the Tribal Observer office located inside the Black Elk Government Complex.

Please include:
Owner's name(s), name of pet, age and breed

Deadline: Friday, March 17



ZIIBWING CENTER

of Anishinabe Culture & Lifeways

Collections Committee Vacancies

Attention Tribal Members
The Ziibwing Center is seeking interested individuals to serve on its Collections Committee.

The Ziibwing Center is a distinctive treasure created to provide an enriched, diversified and culturally relevant educational experience. This promotes the society's belief that the culture, diversity and spirit of the Saginaw Chippewa Indian Tribe of Michigan and other Great Lakes Anishinabek must be recognized, perpetuated, communicated and supported.

Interested members need to:

- Meet every second Wednesday of the month from 1-2 p.m.
- Implement the ZCS's purpose to enlighten and educate tribal and community members and all other people of the world to the culture, heritage, history and goals of the Saginaw Chippewa Indian Tribe of Michigan.

For more information, contact and send letters of interest to:

William Johnson, Curator/Operations Manager

Email: WJohnson@sagchip.org **Mail:** ZC Collections Committee
c/o William Johnson
6650 E. Broadway
Mt. Pleasant, MI 48858

Phone: 989.775.4730

The 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.

Minaadendamooing – 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.



Aki Nomaage – The teacher is Earth

Master Rain Gardener

"Train the Trainer (teachers)"

Five Sessions
April 25 & May 2, 9, 16 & 23
5:30 - 7 p.m.
Tribal Housing Conference Room
2451 Nish Na Be Anong, Mt. Pleasant, MI

We will teach you everything we know about how to build a rain garden. Then you can design your own. You will be a community expert on rain gardens!


Registration required, open to first 30 who register.

For more information:
989.775.4467 or MMCreery@sagchip.org




Check out the
Tribal Observer
ONLINE

www.sagchip.org/tribalobserver



Attention Tribal Members:
Find the latest information by creating an account and logging into sagchip.org in the Tribal Members only section.

To create an account, go to:
www.sagchip.org/user/signup.aspx

TRIBAL OBSERVER

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

- To contact Tribal Observer staff, please call 989-775-4096 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
7500 Soaring Eagle Blvd.
Mt. Pleasant, MI 48858

Subscription rates are \$30 per year.

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

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



Tribal Observer Advertising

To place an advertisement, please contact the Tribal Observer at 989-775-4096 or Observer@sagchip.org 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 \$250. 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. Make checks out to SCIT.

Name: _____
Address: _____
City: _____ State: _____ Zip: _____

Please mail form to:
Tribal Observer
7500 Soaring Eagle Blvd.
Mt. Pleasant, MI 48858

Contact Information:
• Phone: 989-775-4096
• Email: Observer@Sagchip.org
www.Sagchip.org/TribalObserver




39th Annual Saginaw Chippewa POWWOW
Mnadendamadaa Waanezhwebak "Honoring our Future"

Save the date!
July 28, 29 & 30, 2023
Saginaw Chippewa Tribal Campground
7525 E. Tomah Rd., Mt. Pleasant, MI 48858

For more information, please contact:
SCIT Powwow Committee at 989.775.4000
or PowwowCommittee@Sagchip.org

Saginaw Chippewa Indian Tribe of Michigan

HONORING SAGANING TRADITIONAL POWWOW

June 10 & 11, 2023
Powwow Grounds — 2750 Worth Rd. Standish, MI
Next to the Saganing Eagles Landing Casino & Hotel,
and the Saganing Tribal Center



Questions and special requests, please contact:
Saginaw Chippewa Powwow Committee
989.775.4000 | powwowcommittee@sagchip.org

Saganing Powwow

Golf Outing Fundraiser

Friday, June 9, 2023
Tee time: 10 a.m. shotgun start

Pine River Golf Club
2244 Pine River Rd., Standish, MI 48658


- Format: four player scramble
- Entry: \$80 per player *Includes cart, green fee, skins, lunch and awards banquet
- Prizes for: longest drive, closest to pin, and longest putt
- Mulligans: \$5 each, limit two per player
- Raffles

Sponsors:

- Saganing Powwow Committee
- Saganing Eagles Landing Marketing
- Frank Cloutier Extraordinaire

Pre-registration:
Please email your team name and players to:
Powwowcommittee@sagchip.org

**All proceeds benefit the 2023 Saganing Powwow*



Nimkee Fitness

24/7 ACCESS

PAPERWORK REQUIRED: Current and new members are to fill out new membership and liability forms, along with signing an access expectation sheet.

ACCESS GIVEN BY: Employees will receive access through their employee badge and non-employee Nimkee eligible patients will be given a key fob.

ACCESS PROHIBITED: It is prohibited to enter the facility after business hours without filling out the 24/7 access paperwork. Those who give access or those who enter without going through the proper procedures of filling out the access paperwork will be subject to suspension or removal.

STAFF AVAILABLE: Fitness staff will be available from 8 a.m. - 5 p.m., Monday through Friday to assist with the access paperwork.

PLEASE NOTE: The Nimkee Fitness Center will be monitored 24/7 by surveillance to help ensure safety and proper use of the Fitness Center.

Yoga Class | Wednesdays at 5:15 p.m.

For more information, please contact:
Nimkee Fitness at 989.775.4690

Conservation Committee Seats

The Planning Department is soliciting letters of interests for adult Tribal Members interested in serving on the Saginaw Chippewa Conservation Committee for a Tribal Council appointed two year term. Per Ordinance 11, section 102, subdivision 2 and the approved Ordinance 11 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
7500 Soaring Eagle Boulevard
Mt. Pleasant, MI 48858
dseal@sagchip.org



Letters of interests will be received until all vacancies are filled.

Tribal Member

RÉSUMÉ Development

Available through Human Resources

Any Tribal Members needing assistance in creating or updating their resume are encouraged to contact Betsey Alonzo to set up an appointment at the following:

Betsey M. Alonzo
Balonzo@sagchip.org | 989-775-5643

Hazardous Tree Removal PROGRAM

Purpose: Provide financial assistance to members of the Saginaw Chippewa Indian Tribe to mitigate dangers or threats to their primary residence posed by hazard trees.

Requirements:

- Must be a SCIT Member
- Must be at least 18 years of age
- Must be the homeowner residing at the affected property



Applications and guidelines are available online at:

- ▶ <http://www.sagchip.org/pdf/forms/Housing/Hazard-Tree-Application-10.13.22.pdf>
- ▶ www.sagchip.org/forms.aspx

For more information, please contact:
Housing at 989-775-4595



Community Representative ONE VACANCY

SCIT Elder Representative ONE VACANCY

Seeking letters of interest from SCIT Members who are interested in helping the Data Governance Board (DGB) serve its mission.

The mission of the Data Governance Board is to protect the Tribal community and assert data sovereignty. The Board will respect, preserve, develop, and share Tribal information, knowledge, and practices in alignment with the overall vision of the Saginaw Chippewa Indian Tribe of Michigan.

Preferred qualities include:

- Interest in data and research
- Knowledge of Tribal programming (governmental and/or gaming sides)
- Ability to occasionally facilitate DGB meetings and take minutes

Letters of interest can be sent to DataGovernanceBoard@sagchip.org

- Must commit to attendance at regular meetings, currently DGB meets virtually every week (due to COVID safety protocols).
- This is a Tribal Council appointed Board and there is one current vacancy for community representative and one vacancy for SCIT elder representative.

Monday Night MASTERS

Monday nights: May 8 - Aug. 21

- 14 weeks of league play
- Championship – Cash night week 14
- Two-person scramble league

Location: PohlCat Golf Course
Tee Times: 5:30 - 6:30 p.m.

Team Information

- Co-ed (can be any mix)
- Players must be ages 18+
- Max of 14 teams (first 14 paid registrations)
- League will be handicapped



Two person teams are required with one player being one of the following:

- SCIT Tribal Member
- Tribal employee (SECR, Migizi, Tribal Ops, SELC)
- SCIT descendant
- Member of another Tribe

Registration open now!
Deadline: Friday, April 21, 2023 at noon

League fees: \$360

- ▶ **\$300 for full season per player**
 - Covers cart fee and banquet
 - Must pay full season
- ▶ **\$60 for cash payouts**
 - Not due until the end of July
 - For end of season payouts
- ▶ **SCIT cart-course membership: \$450**



For more information, please contact:

- **Allex Leureaux**
989.775.4121 | AlLeureaux@sagchip.org
- **Or email: Recreation@Sagchip.org**

ENTERTAINMENT



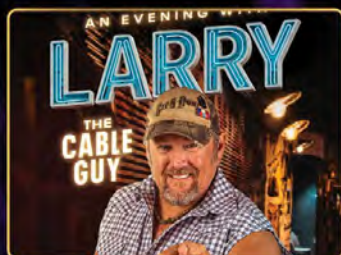
Skillet & Theory of a Deadman

Saturday, March 4
7:00 p.m.
Entertainment Hall
SOLD OUT!



REO Speedwagon

Saturday, March 25
8:00 p.m.
Entertainment Hall
SOLD OUT!



An Evening with Larry The Cable Guy

Friday, March 10
8:00 p.m.
Entertainment Hall
SOLD OUT!



Jordan Davis

Friday, April 7
8:00 p.m.
Entertainment Hall
Tickets: \$44, \$54, \$72, \$78



Vodka Pasta Dine & Drink Series

Saturday, March 11
7:00 p.m.
Entertainment Hall
Tickets: \$75 GA | \$125 VIP



Maxwell

Friday, April 14
8:00 p.m.
Entertainment Hall
Tickets: \$69, \$89, \$102, \$109



Kool & The Gang

Saturday, March 18
8:00 p.m.
Entertainment Hall
Tickets: \$40, \$50, \$66, \$74



Alice Cooper

Friday, April 28
8:00 p.m.
Entertainment Hall
Tickets: \$44, \$54, \$72, \$78

Tickets can be purchased at the Soaring Eagle Casino & Resort and Saganing Eagles Landing Box Offices from 9AM-10PM. Tribal Members must present Member ID at the Box Office upon purchase.

BINGO



\$100,000

IN PRIZES & PAYOUTS!

SATURDAY, MARCH 18
MAIN SESSION AT 3:00 P.M.

Purchase session to receive a drawing entry for a chance to win exciting prizes such as **Overnight Stays, Concert Tickets, Spa Vouchers, Gift Baskets & More!**

PLUS

Upon pre-purchase of session packet, guests will also receive

Complimentary Sweatshirt and a Nacho Supreme!

MUST PURCHASE MAIN SESSION TO QUALIFY FOR DRAWINGS & GIVEAWAYS. NO LATE OWL SESSION TODAY.

 **SOARING EAGLE**
CASINO & RESORT®

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

Must be 18 to game. Must be an ACCESS Loyalty Club Member to participate in promotions. Management reserves all rights.



Saginaw Chippewa Tribal College biology class competes to cut waste

ALAN GAMBLE & THE SCTC BIO105 CLASS

As a service-learning project, the Tribal College's Introduction to Biology (BIO105) students are currently engaged in "Campus Race to Zero Waste." In so doing, the class represents the second tribal nation ever to participate in the National Wildlife Federation program.

The group of seven students and their instructor have modest goals, primarily to benchmark how much the college and Saginaw Chippewa Academy diverts from the Northern Oaks landfill and explore opportunities to increase recycling and composting.



The class is building on two recent pilot collaborations between Central Sustainability, Andahwod and SCA. Recycling Coordinator Kevin Chamberlain and FRTEP Extension Agent Jennie Queen-Baker are also providing guidance and support.

On Feb. 6, the class partnered with Central Sustainability to conduct a waste audit at SCA.



Courtesy of Ellery Lawson

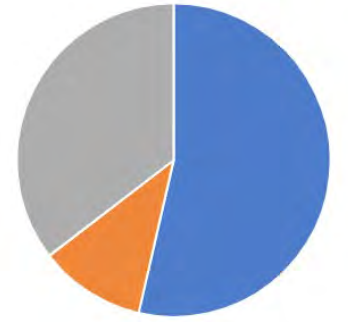
Some students of SCTC's Introduction to Biology class are photographed, left to right: Calli Sowmick, Alan Gamble, Waba Griffin, Tamara Lawson and Judy Webkamigad.

Of nine bags totaling 90 pounds, it was found over half (48 pounds) was compostable with another 10 pounds recyclable. Thus, a strong potential exists to renew the composting program which last year (2021-22) diverted 2012.2 pounds from the landfill and was made into compost.

In addition to weekly weighing and reporting of recyclables and compostables, the biology class is organizing a "Green Week" on campus April 16-22 which will include an electronics waste collection, Regalia Swap & Repair Workshop, and a variety of small suggestions we can do to live with more earth mindfulness and wisdom.

SCA waste audit results

Feb. 6, 2023



■ Compostable
■ Recyclable
■ Trashable

March 2023 Tribal Elder Birthdays

- | | |
|--|--|
| 1) Edith Murdoch
James Schneider
Verna Mc Ewan | 9) Marsha Gibson
Theodore Kowalski
Robert Stanton
Russell Stevens
Kelly Hawkins |
| 2) Janice Hill
Arthur Miller Jr.
Daphane Eggleston | 10) Maynard Sharp |
| 3) Angela Bennett
Winona Hancock
David Joseph
Susan Pretzer
Terri Verga-Nassif
Barbara Walraven
William Walraven | 11) Michael Jackson
Jolene Quinlan
Clifton Chippewa II
Bernadette Reyes
Stephen Walraven
Darwin Ziehmer |
| 4) Elizabeth Cabay
Judith Bennett | 12) Julia Wixson |
| 5) Wanda Brodie
Nancy Chippewa
Kenneth Vasquez
Teresa Bailey
Terri Cummings
Herbert Robinson Sr.
Clifford Saboo Jr.
Sandra Tabako | 13) Sherry Bame
Douglas Snyder |
| 6) Jessie Glover
Diane Morley
Roland Jackson Jr. | 14) Ronald Judson Jr.
Linda Davis |
| 7) Daniel Cloutier
Danny Stevens | 15) Alice Ricketts
Coy McCollum
Michael Watson |
| 8) Margaret Rosario
Michelle Eddy
Timothy Stevens
Lorraine Walker | 16) Fredrick Bailey Jr. |
| | 17) LeeAnn Ruffino
Joseph Kowalski
Patrick Smith
Merton Flory |
| | 18) Marion Williams
Thomas Bates
Rhonda Dutton
Wanda Wallace |
| | 19) Rita Redman |

- | | | |
|--|---|---|
| Janice Roach
Carmen Deaton | Lisa Zangara | 27) John Miller Sr. |
| 20) Etta Ayling
James Cates | 24) Kevin Jenkins
Larry Bearden
Karen Mills | 28) Thelma Henry-Shipman
Dawn Hunt
Kelly Huyser |
| 21) Elaine Kraska | 25) Naomi Staggs
Joseph Chamberlain
Carolyn Crawford
Constance Pallett | 29) Brian Wray
Craig Waynee
Sabrina Karras |
| 22) Kim Aasved
Kim Ambs
Paige Vanderlooven | 26) Timothy Bennett
Paul Bird
Clifford Chamberlain | 30) Janet Barnhart
Esther Chatfield |
| 23) Rickie Burnham
Harry Jackson | | 31) John Rhodes |

Homeowners Assistance Funds program (HAF)

The Saginaw Chippewa Indian Tribe's Housing Department is now taking applications from eligible homeowners. This application is for hardships occurring from 1/21/2020 to present.

Need assistance keeping your home?

- If the total household income is below 150 percent of the Area Median Income
- If the household has experienced financial hardship due to COVID-19
- If the household has incurred INCREASED costs due to COVID-19
- If the household is experiencing mortgage delinquency, foreclosure, escrow shortages, or property tax arrears
- If the household is experiencing utility shut offs or account delinquencies
- If the household is located in one of the following counties: Arenac, Gladwin, Gratiot, Isabella, Mecosta, Midland, Osceola, and Montcalm.
- Is a SCIT members anywhere in U.S.



SCIT-SCHD Housing can help with:

- Mortgage payments, property tax payments, homeowners insurance premiums, utility arrears, water/sewer, and trash removal, internet services
- New appliances and equipment necessary to maintain the habitability of the structure
- Lot rents, condo fees, or land contract payments
- Home repairs to enable one to stay housed

Applications are available:

- **Online:** Application is available at <https://portal.laserfiche.com/k8554/forms/HAF> or by scanning the QR code to the right.
- **In person:** Make an appointment by calling (989) 775-4538
- **The SCIT Housing Office located at:**
2451 NishNaBeAnong Drive, Mount Pleasant, MI
Monday – Friday 8 a.m. - 5 p.m.

SCAN FOR APPLICATION



The Saginaw Chippewa Indian Tribe of Michigan Housing Department COVID-19 Homeowner Assistance Fund Policy (HAF Policy) is established by action of the Tribal Council of the Saginaw Chippewa Indian Tribe of Michigan on August, 24, 2022. This HAF Policy shall govern the Saginaw Chippewa Indian Tribe's Housing Department (SCHD) HAF Program and the administration and management of Homeowners Assistance Funds received from the U.S. Department of Treasury pursuant to Section 3206 of the American Rescue Plan Act of 2021, P.L. No. 117-2 (March 11, 2021)

SAGINAW CHIPPEWA ROUND DANCE

Friday, March 10, 2023

Eagles Nest Tribal Gym

7070 E. Broadway, Mt. Pleasant, MI

- Doors open: 5:30 p.m.
- Prayer and feast: 6:30 p.m.
- Round Dance: 7:30 p.m.

For more information:
989-775-4453



StrongHearts Native Helpline responds to gun violence

STRONGHEARTS NATIVE HELPLINE

(EAGAN, Minn., Feb. 17, 2023) – Less than two full months into 2023, our country has already experienced more than 70 incidences of gun violence. Michigan State University is the latest to experience a mass shooting in a school setting.

StrongHearts Native Helpline stands with the victims and survivors of gun

violence, their family and friends, as they process their horrific experience.

“When we think about survivors of trauma from the standpoint of domestic and sexual violence, we know that these experiences take time and effort to heal,” said CEO Lori Jump, StrongHearts Native Helpline. “Likewise, gun violence has become a constant source of trauma in America turning our schools, shopping centers and our homes into a battleground.”

Jump explained survivors of trauma need mental health

services for post-traumatic stress disorder (PTSD) that is more often than not unavailable in poor communities where gun violence is prevalent.

“There is a dire need for health professionals to mobilize and respond to the increasing number of gun violence cases that plagues our country,” Jump said.

StrongHearts Native Helpline supports common sense legislation to ensure the safety of all citizens in the United States. We understand that gun violence is not a stand-alone issue.

America’s mental health system is broken and fails to meet the most basic needs of its citizens.

StrongHearts Native Helpline supports the Strengthening Protections for Domestic Violence and Stalking Survivors Act (www.klobuchar.senate.gov), recently introduced by Senator Klobuchar (MN) and Representatives Dingell (MI) and Fitzpatrick (PA) and implore our elected representatives to take swift action to improve the safety of our citizens.

StrongHearts Native Helpline is a 24/7 culturally-appropriate



STRONGHEARTS
Native Helpline

helpline for Native Americans impacted by domestic and sexual violence. For support and advocacy, call or text: 1-844-762-8483 or chat online at strongheartshelpline.org.

Project Venture

continued from front page

more about rain gardens as they helped me water the plants at Seventh Generation - Mishikenh 'turtle' project, McCreery said. “I explained how the earth and water are healed by the plants roots system are much deeper than grass roots. Those roots we see in the students are coming from the family members who are supporting them today.”

Ashley O’Neil, STEM facilitator for Central Michigan University, was recognized for encouraging the love of STEM in Tribal youth and connecting them with exciting

opportunities for their future at CMU.

O’Neil offered her keynote remarks to students and families followed by an honor song from the Onion Creek Drum.

Anna Winters, Peer 360 tribal coordinator, was also one of the award recipients.

“I have been lucky enough to see the effort Dolores puts into the Project Venture program and the transformation of the youth involved in this program has been beyond amazing. Dolores 100 percent believes in the program and the kids,” said Winters. “By doing so she provides them with a

safe space to be able to grow, learn, trust, and believe in themselves. I hope the Project Venture program continues to thrive, so that other youth may have the opportunity to realize their potential to contribute in a good way to their community as well!”

Kim Hinmon, mother of student Angelica Hinmon, informs her daughter has been in the program since 2019 when she was 12 years old.

“(Angelica) has really benefited from participating in Project Venture Tribal youth program. She has gained confidence in trying new things. Project Venture has given

(her) many opportunities to teach others and push her creative skills,” Hinmon said. “Dolores has been an amazing advocate and cheerleader for all the youth in her program.”

Angelica’s favorite part of Project Venture was learning paddle board lessons. “Project Venture made me go out and learn practical skills.”

Margaret Kopke, mother of Sereniti Cole, mentions her daughter has been in the program since 2022.

“Sereniti has progressed tremendously being in Project Venture. She has grown more independent and her leadership skills are phenomenal,”

Kopke said. “She takes the lead on anything Dolores has to give the kids!”

Ashani Pelcher, a 15-year-old Shepherd High School student, joined Project Venture in 2022 and said, “Being in Project Venture, I love how we get to try new things and gets me out of my comfort zone.”

Shepherd Middle School student Noelle Collins Ziviski said, “In Project Venture, I love going out and learning to do something new every week and talking with others. I’m really excited about the digital storytelling. I just love telling stories to others... it’s so fun!”



GRAND ENTRIES
Saturday 3/18 at 1:00 P.M. and 7:00 P.M.
Sunday at 3/19 12:00 P.M.
Doors open to public at 11:00 A.M.

ADMISSION
General Entry (11+) - \$7
Children (10 & under) - Free
SCIT members (with I.D.) - Free
CMU students (with I.D.) - Free

DIGNITARIES
Emcee: Paul Syrette
Host Drum: Crazy Spirit
Head Vetern: Walker Stonefish
Arena Director: Melissa Isaac
Head Dance Judge: Waskwane Stonefish
Head Singing Judge: Kwake Hale

March 18-19, 2023

John G. Kulhavi Events Center | McQuirk Arena
300 E. Broomfield Road | Mt. Pleasant, MI 48859

PRIZES

Drum Contest
1st - \$4,000 | 2nd - \$3,000 | 3rd - \$2,000

Teen Dance Contest (12-17)
1st - \$200 | 2nd - \$150 | 3rd - \$100

Golden Age Dance Contest (50+)
1st - \$400 | 2nd - \$300 | 3rd - \$200

Youth Dance Contest (6-11)
1st - \$100 | 2nd - \$75 | 3rd - \$50

Adult Dance Contest (18-49)
1st - \$400 | 2nd - \$300 | 3rd - \$200

\$10 REGISTRATION PER DANCER
\$100 REGISTRATION PER DRUM



@CMUNativeAmPgrm nap@cmich.edu





Saganing Outreach Center hosts Eagle Feather Teaching

JOSEPH V. SOWMICK
Public Relations Manager

On Feb. 16, good food and good medicine were shared as the Saganing Outreach Center hosted an Eagle Feather Teaching.

Saganing Outreach Services Representative Shirley Houle coordinated the effort with Behavioral Health and the ceremony was similar to the Eagle Feather lodge teachings that happen every Wednesday from 1:30 to 3 p.m. at 2800 South Shepherd Rd. in Mount Pleasant.

"It surely was an honor and blessing to have a Tribal elder

share eagle feather teachings with Saganing," Houle said. "Our community talking circle shared individually with a lot of their strength and love and it touched my heart that everyone felt supported and safe to lift off whatever burdens they may have been carrying."

"We began with a smudge and language teaching and to know the strength of the medicine and the support given to one another was truly beautiful," Houle said.

Houle shared how the eagle feather bundle "represents the pure love that comes from the Creator."

"I loved how we were able to see the Creator's love for myself

and others with a reminder to walk the center feather stem path with courage, honor and strength," Houle said. "We talked about how to live with accountability for myself, my family, Mother Earth, and my communities with kindness and keep that vision of that good path of life that Creator blessed us all with."

Tears of gratitude and joy were shared and the Saganing community gave their heartfelt miigwetch to the staff that prepared the home cooked meal that included fry bread.

Tim Nelson, Saganing outreach services manager, mentioned his family had an opportunity to share with the community and said he "could



Observer photo by Joseph Sowmick

An Eagle Feather Teaching is held at the Saganing Outreach Center on Feb. 16.

feel the healing during the ceremony."

"After my mother talked at the circle, she was able to go home with the strength to tell my dad it was OK to walk on," Nelson said. "It was the first time she accepted his

condition and we were surrounded with family to help us in our time of need."

The healing power of the Eagle Feather Teachings was well received and plans are in the works to have another talking circle in the spring.

Gov. Whitmer honors first responders, 9-1-1 dispatchers, and medical professionals following Michigan State University shooting

**MICHIGAN
EXECUTIVE OFFICE OF
THE GOVERNOR**

LANSING, Mich. — On Wednesday, Feb. 22, Gov. Gretchen Whitmer announced that she will be delivering tributes to 25 law enforcement agencies, 9-1-1 dispatchers and the medical professionals at Sparrow Hospital in

Lansing that responded to the Michigan State University shooting. First responders acted to secure Michigan State's campus and save lives while medical professionals are working to treat the five students who were injured in last month's shooting.

"I want to thank the first responders for their swift actions to keep people safe and save lives," said Gov. Whitmer. "Officers answered

the call from hours away and put their lives on the line to secure campus and so many off-duty nurses and doctors showed up to Sparrow to volunteer that they had to turn people away. These Michiganders are the best of us and their heroism deserves recognition. Together, we will support the MSU community and tackle gun violence, which is a top public safety and public health priority.

I look forward to working with our first responders and health care professionals to pursue commonsense reform and save lives."

On Monday, Feb. 13, a gunman opened fire at Michigan State University killing three students and injuring five others.

"In the midst of a horrific campus shooting last week, first responders and medical professionals took action

to secure campus, tend to the injured, and keep people safe," said Lt. Gov. Gilchrist. "We honor our first responders for their decisive action that ultimately saved lives while our state mourns alongside the families whose lives are forever changed from last week's shooting. We must continue to support the Spartan community with the resources and support it needs during this difficult time."

Anishinaabemowin CROSSWORD



Word Bank

- Paam-sen
- Nban •
- Nii-min
- Niim-daa
- Ge-bi-zan
- Ge-biz-a-daa
- Mweb-shki-gek
- Paam-gwa-zhwen
- Ba-gwash-knin
- Paam-se-daa

Across

- 4: Let's dance
- 7: Go canoeing
- 8: Bike
- 10: Let's swim

Down

- 1: Sleep
- 2: Swim
- 3: Jump
- 5: Let's go for a walk
- 6: Dance
- 9: Go for a walk

Healthy Activities

©2023, Anishinaabe Language Revitalization Department, Saginaw Chippewa Indian Tribe of Michigan

- Down**
- 1. Sleep (nban)
 - 2. Swim (paamgwa-zhwen)
 - 3. Jump (bagwashknin)
 - 5. Let's go for a walk (paamse-daa)
 - 6. Dance (nii-min)
 - 9. Go for a walk (paamsen)

- Across**
- 4. Let's dance (niiim-daa)
 - 7. Go canoeing (paamgwa-zhwen)
 - 8. Bike (mwebshki-gek)
 - 10. Let's swim (gebizadaa)

Answers



Art continues to fly in Mount Pleasant Festival of Banners

ART REACH OF MID MICHIGAN

ART REACH

Of Mid Michigan

For over a decade, Mount Pleasant residents, schools and businesses have come together to create colorful displays for our community and visitors to enjoy during Art Reach of Mid Michigan's Festival of Banners. This year's theme is to capture why artists meet in Mount Pleasant.

Artists of all ages and skill levels are encouraged to help create this year's public art exhibit. Participants 18 and under or 65 and older are waived of the \$30 submission fee.

Art Reach is available to assist in creating banners

with the option to have your original banner design traced, complete paint kits available upon request, and the return of Community Paint Days.

Art Reach will be available at Jameson Hall located at 5142 Bud Street in Mt.

Pleasant on March 14 to 16 and 21 to 23 from 4 to 8 p.m. and March 18 and 25 from 9 a.m. to 3 p.m. providing a place to paint your banners.

Banners will be limited to one per family and accepted for participation on a first-come, first-basis due to this year's limited quantity.

Artists are asked to complete their banners by April 14.

Banners will fly from May until November enriching

Isabella County along downtown Mount Pleasant, Pickard Street in Union Township, the Village of Shepherd, and in McLaren Central Michigan.

Individuals and businesses interested in adding art to the community can pick up a submission form at our location downtown Mt. Pleasant. For more information or to download a submission form, please visit www.artreachcenter.org/festival-of-banners.



ZIIBIWING CENTER

of Anishinabe Culture & Lifeways

6650 E. Broadway, Mt. Pleasant, MI 48858 | Phone: 989.775.4750 | www.sagchip.org/ziibiwing

Annual Report (October 2021 - September 2022)

The Ziibiwing Center is a distinctive treasure created to provide an enriched, diversified, and culturally relevant educational experience, which promotes the Society's belief that the culture, diversity, and spirit of the Saginaw Chippewa Indian Tribe of Michigan and other Great Lakes Anishinabek must be recognized, perpetuated, communicated, and supported.

Accomplishments

- 6,764 visitors came to experience all Ziibiwing has to offer. An additional 2,092 people received educational services at 27 different offsite bookings by our staff
- Ziibiwing hosted 1,441 people at 101 different special events and cultural programs for the Tribal community and the general public
- Ziibiwing provided 70 tours for 1,230 guests. There were 19 tours (404 guests) for colleges and universities, 28 tours (551 guests) for K-12, 16 adult tours for 207 guests, and 7 complimentary SCIT, Migizi, and SECR orientation tours for 68 guests
- Ziibiwing maintains 7 Tribal Cemeteries, including Baseline Cemetery (Isabella & Union Townships, Isabella County), Flint Stone Street Cemetery (Flint Township, Genesee County), Mission Creek Cemetery (Union Township, Isabella County), Nibokaan Cemetery (Chippewa Township, Isabella County), Nippinsing Cemetery (Isabella Township, Isabella County), Nottawa Cemetery (Nottawa Township, Isabella County), Swartz Creek Cemetery (Gaines Township, Genesee County), in addition to the Ziibiwing Center's 3-acre lawn (14.41 acres per week)
- Repatriated and reburied the physical remains of the following Native American individuals and funerary belongings: 1 ancestor from Michigan State Police – Lansing Post, 124 ancestors and 449 associated funerary belongings from Michigan State University, and 4 plus ancestors from a private lot in Oscoda Michigan. The ancestors and their belongings were reburied in the Nibokaan Cemetery on August 25, 2022 by the Saginaw Chippewa Indian Tribe of Michigan in partnership with the Michigan Anishinabek Cultural Preservation & Repatriation Alliance
- Ziibiwing conducted NAGPRA consultations with Beloit College (Logan Museum of Anthropology), Boston University, Bryn Mawr College, Detroit Institute of Arts, Grand Rapids Public Museum, Indiana University, Kent State University, Mercyhurst University, Michigan History Center, Michigan State Police – Lansing Post, Michigan State University, Mukwonago Community Library, Ohio History Connection, University of Michigan, University of Wisconsin (Madison, Milwaukee, and Oshkosh Campuses), and Wichita State University
- Marcella Hadden, Tribal Historic Preservation Officer completed 135 cultural resource reviews. These reviews

are required under Section 106 of the National Historic Preservation Act and protect the cultural resources/traditional cultural properties of the Saginaw Chippewa Indian Tribe of Michigan

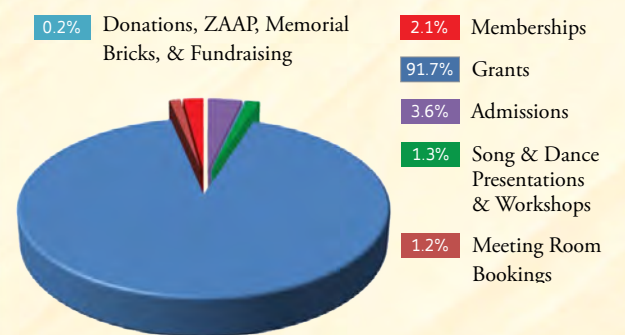
- The SCIT THPO hosted 2 Artist-in-Residence Programs with Glenna Jenkins & Alice Jo Ricketts and continues to work with Christian Nakarado, Architect on the Mt. Pleasant Indian Industrial Boarding School Schematic Design Project
- Awarded 4 of 4 grants submitted: Mount Pleasant Area Community Foundation Grant, NATHPO Protecting Native Places Fund, National Park Service FY2021 Tribal Historic Preservation Office Grant, and the Vaden Foundation Grant for a total of \$127,953
- There were 14,661 individual contacts made by our team, including physical visits, phone calls, and emails. Ziibiwing also maintains a social media presence on Facebook
- The Research Center served 1,756 patrons, both internal and external, via phone, email, and in-person visits
- The Ziibiwing Center's Board of Directors formalized their By-Laws which were approved by Tribal Council on June 29, 2022 through Resolution No. 22-129
- Anita Heard (Research Center Coordinator) serves on the Saginaw Chippewa Data Governance Board and is a member of the Society of American Archivists
- William Johnson (Curator and Operations Manager) serves on the Michigan Anishinabek Cultural Preservation & Repatriation Alliance (MACPRA), serving his third consecutive 4-year term as Chairman and the University of Michigan's Advisory Committee on Culturally Unidentifiable Human Remains under NAGPRA (since 2011)
- Nathaniel Lambertson (Funding & Development Specialist) serves on the Anishinabe Language Revitalization Committee
- Noelle Wells (Administrative Assistant II) serves on the Saginaw Chippewa Indian Tribe of Michigan's Pow-Wow Committee
- Ziibiwing's Gift Shop increased sales while decreasing inventory which increased inventory turns. They also increased the number of Native vendors and Native made products carried in the shop
- Ziibiwing used grant funds to hire two Mukurtu Community Specialists and one CLIR Digitization Specialist
- Installation of replacement air-cooled chiller to preserve precious archives, art, and artifacts

Our Year

The Board of Directors for the Ziibiwing Cultural Society/Ziibiwing Center of Anishinabe Culture & Lifeways is proud to recognize the many accomplishments of this organization and its staff within our Annual Report. Despite the continuing global pandemic, Ziibiwing continues to adapt and find new ways to accomplish the goals of its mission statement and maintain its relationship with the Tribal community by continuing to offer online presentations and social media outreach. This period also saw the return of NativeFest, Indian Car Bingo, Anishinabe Santa, and Honoring, Healing & Remembering at the Mt. Pleasant Indian Industrial Boarding School. The Ziibiwing Cultural Society continues in its quest to be a vital and progressive organization for the Tribe. We would like to take a moment to express our continuing gratitude to those who support us in our very important work and want to send our deepest condolences to the many families who suffered personal losses this year.

Financials

External Revenue Total: \$361,163



Your Support

Your continued support is vital to us as it provides essential funding for:

- Discounted admission for military personnel, school children, college students, and educators
- Funding for outreach programs which take our teachings and collections into schools throughout Michigan
- Preservation of our artifacts and collections, ensuring that our culture will be preserved for future generations
- Maintenance and promotion of our exhibits so that our heritage and culture can be enjoyed by everyone
- Repatriation and reverential reinterment of Anishinabek ancestors and their belongings

Our Members

- Burke, Charlie & Peggy
- Chen, Lily & Jessica Yan
- Cross, Dr. Suzanne
- Francis-Hapner, Zachary & Kayla
- Gilbert, Marke & Rebecca
- Grills, Gary & Susan
- Henry, Tom
- King, Glenn
- McBride, Stephen & Barbara
- Michener, Dr. David & Wil Strickland
- Naveaux, Ralph J.
- Paquin, Ronald & Molly
- Parish, Nurya
- Peters, Alstyn & Maria
- Reinert, Gerald
- Saab, Kahlil & Ann
- Sheperdigian, Barbara & Ara
- Slasinski, Michael & Barbara
- Stevens, Paul & Evonna
- Stiner, Dr. Lester
- Thurston, James & Patricia
- Waieiss, Elizabeth
- Wickerham, Floyd & Sue
- Young, Lisa



Anthrax, Black Label Society headline thrilling night of metal at Soaring Eagle

MATTHEW WRIGHT

Staff Writer

For metal aficionados, there was no better place to be on Saturday, Jan. 28 than the Soaring Eagle Casino & Resort. The trio of Anthrax, Black Label Society and Exodus combines for one thrilling, high-energy heavy metal spectacle.

Headlining the night was Anthrax. The band pioneered the emergence of thrash metal alongside some of the biggest acts on the scene, including

Metallica, Slayer and Megadeth. Anticipation built within the crowd, with a lengthy video presentation prior to Anthrax taking the stage. The video featured a montage of celebrities and musicians paying homage to the band, and celebrating their 40th anniversary.

Anthrax came on to the stage, wasting no time and cranking the energy straight up with the hard hitting songs “Among the Living,” “Caught in a Mosh” and “Madhouse.”

The band kept the vigorous tempo with “Metal Thrasing

Mad,” “Keep It in the Family” and “I Am the Law.”

Next up were the heavy, chugging riffs of “In the End” followed by “Only.”

Peppered in amongst the band’s own hits, were a trio of covers including Trust’s “Antisocial,” Joe Jackson’s “Got the Time” and Public Enemy’s “Bring the Noise.”

Anthrax closed out the night with their ever-popular song, “Indians.” A song which was inspired by lead singer Joey Belladonna’s Native American heritage.

Founded by former Ozzy Osbourne lead guitarist Zakk Wylde, Black Label Society has gained notoriety for their guitar fueled, head banging metal hits.

The band took to the stage before Anthrax, beginning with



Observer photo by Matthew Wright

Anthrax bassist Frank Bello (left), lead singer Joey Belladonna (right) and drummer Charlie Benante (center, back) perform during the Jan. 28 concert at the Soaring Eagle Casino & Resort.



Observer photo by Matthew Wright

Black Label Society drummer Jeff Fabb (left) and front man Zakk Wylde (right) perform their hit song “Destroy & Conquer.”



Observer photo by Matthew Wright

Members of Exodus perform “A Lesson in Violence.”

their hits songs “Funeral Bell,” “The Beginning... At Last” and “Destroy & Conquer.”

Fans were treated to a plethora of this, spanning the bands entire 25 year career. This included “Destruction Overdrive,” “Heart of Darkness,” “A Love Unreal” and “You Made Me

Want to Live.”

The metal-infused ballad “In This River” was followed by “Trampled Down Below” and “Set You Free.”

Black Label Society ended the set with a trio of hits with “Fire It Up,” “Suicide Messiah” and “Stillborn.”

Opening the night was American thrash metal band Exodus.

The band performed a nine-piece set which included many of their greatest hits.

This included “A Lesson in Violence,” “Blood In, Blood Out,” “Bonded by Blood,” “The Toxic Waltz” and “Strike of the Beast.”

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Pizza Paradise is available Now- March 23, 2023. This rate cannot be combined with any other coupon, offer or discount and excludes group or negotiated pricing. Room upgrades are not included. This rate may be subject to blackout dates and holiday/event pricing. Management reserves the right to change or discontinue offer without notice.

*Number of waterpark passes are based on the registered number of guests in the room.

Kids Just Want To Have Fun!



Country music superstar Chris Young makes his return to the Soaring Eagle stage

NATALIE SHATTUCK

Editor

Country music superstar Chris Young made his return to the Soaring Eagle Casino & Resort on Saturday, Feb. 4. This performance was held indoors in the Entertainment Hall and began at about 8:15 p.m.

With a backing band joining him on stage, the show got started with Young's hits, "One of Them Nights," "Hangin' On," "Lonely Eyes," "Looking For You," "Voices," and the song that Young joked fans had changed the title of, "Gettin' You Home (The Black Dress Song)."

Young mentioned when he was first signed to RCA as a

new recording artist, plaques of awards from his heroes filled the RCA Record's halls and he said he felt intimidated.

He mentioned the next song he was going to perform, "I'm Coming Over," earned him a plaque on that RCA wall next to his hero – American country music singer Keith Whitley.

Young and his band continued with performances of "You," the Brooks and Dunn hit "Neon Moon," "Neon" and "Raised on Country."

Next, Young talked about his love for his dog, Porter, a German Shepherd.

"My dog got sponsored (on Instagram) during the pandemic," Young said. "My dog was making more money than me in the pandemic."

Young then performed one of the first live premieres of his new single, "All Dogs Go To Heaven."

The country hits kept coming with "Losing Sleep," "I Can Take It From There" and "I'd Love to Lay You Down," a Conway Twitty cover, as Young asked who in the audience knew who Conway Twitty was.

His single "Drowning" was written about one of his best friends who passed away.

"It took a few years but I finally wrote a song to do him justice," he said of his friend.

The night of country music came to a close with "At the End of the Bar," "Famous Friends" and an encore of "Aw Naw."



Observer photo by Natalie Shattuck

Country music superstar Chris Young performs at the Soaring Eagle Casino & Resort on Saturday, Feb. 4.

Soaring Eagle hosts Puddle of Mudd and Hinder for grunge-fueled rock show

MATTHEW WRIGHT

Staff Writer

The Soaring Eagle Casino & Resort hosted the hard-hitting, grunge rock duo of Puddle of Mudd and Hinder on Saturday, Jan. 21.

American Rock band Puddle of Mudd headlined the night.

The band began with the

heavy guitar riffs of "Out of My Head," followed by "Psycho," "Stoned" and "Abrasive."

Fans cheered as the first lines of the acoustic melody of "Drift & Die" rang out. This was followed by the hits songs "Famous," "Livin' on Borrowed Time" and "Away From Me."

The hits continued with the angst fueled "Nobody Told Me," leading to "Spin You Around," "Uh Oh," "We Don't

Have to Look Back Now" and "Spaceship."

Next up was a three-part encore, beginning with performances of the humorous single "She Hates Me" and the sentimental "Blurry."

To close out the night, Puddle of the Mudd performed a mash-up of their hit song "Control" and Black Sabbath's classic "War Pigs."

Opening for Puddle of Mudd

was American rock band Hinder. Known for their raucous, grunge-infused rock, the band gained immediate notoriety after the release of their 2005 album "Extreme Behavior."

The music began with a trio of Hinder's hit songs "Up All Night," "How Long" and "Intoxicated."

Hinder continued with "What Ya Gonna Do," "Use Me" and "King of the Letdown."

Many fan favorites were performed that night, including "Without You," "2 Sides of Me," "Bring Me Back To Life" and "All American Nightmare."

Fans sang along to the lyrics of the emotional ballad "Better Than Me."

A highlight of the night featured a cover of the Eagles' hit



Observer photo by Matthew Wright

Puddle of Mudd front man Wes Scantlin performs "Psycho" during the Jan. 21 concert at the Soaring Eagle Casino & Resort.

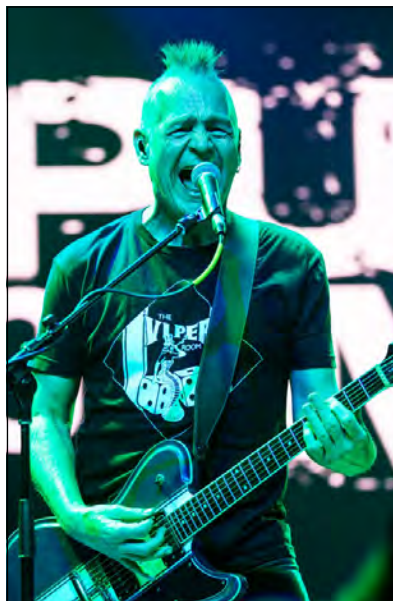
song "Life in the Fast Lane."

To close out their set, Hinder performed two of their biggest hits with the ballad "Lips of an Angel" and the catchy lyrics of "Get Stoned."



Observer photo by Matthew Wright

Hinder lead singer Marshal Dutton (left) and guitarist Mark King perform "How Long."



Observer photo by Matthew Wright

Puddle of Mudd guitarist Matt Fuller

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🐾 Adopt a Pet 🐾

Buddy - Sponsored adoption fee!

Buddy is a 1-year-old male American Bulldog mix. Buddy is a sweet, energetic boy. He is always ready to play outside on a nice day. He is a curious pup who isn't afraid of new things. He would be a great adventure buddy and loves being social. Buddy is a kind, clever, extroverted pup waiting for his forever home. He was been with HATS since September 2022. Buddy's adoption fee has been sponsored.

Edwardo

Edwardo is a 6-year-old Domestic Shorthair mix. Edwardo is FIV+ but don't worry, it doesn't stop him from stealing hearts. He is a big, gentle kitty and he is quite the conversationalist. FIV is a manageable autoimmune disorder. With yearly vet check-ups and keeping up to date on vaccines. Cats with FIV can live long and happy lives.

Humane Animal Treatment Society

1105 S. Isabella Rd., Mt. Pleasant, MI 48858 Hatsweb.org

Phone: 989.775.0830 Email: hats.publicrelations@gmail.com

*Building is currently closed to walk-in visitors. Adoption visits must be scheduled ahead.



Early screening essential to colorectal cancer prevention and increasing cure rate

CENTRAL MICHIGAN DISTRICT HEALTH DEPARTMENT

Central Michigan District Health Department (CMDHD) wants to ensure the public knows that colorectal cancer is preventable with early detection. Colorectal cancer is the third most common cancer diagnosed in the United States, with a lifetime risk of about one in 23 for those assigned male at birth and one in 26 for those assigned female at birth.

The American Cancer Society estimates there will be 106,970 new cases of colon cancer and 46,050 cases of rectal cancer diagnosed in the United States in 2023. It is

estimated that colorectal cancers will cause about 52,550 deaths during 2023.

The death rate from colorectal cancer has been dropping since the mid-1980s, mainly because more people are getting screened and changing their lifestyle-related risk factors.

From 2011 through 2019, incidence rates dropped by about 1 percent each year. This downward trend is mostly in older adults. In people younger than 50, rates have been increasing by 1 to 2 percent a year since the mid-1990s. The reason for this remains unclear.

Colorectal polyps are being found earlier by screening and removed before they can develop into cancers or are being found when the disease

is easier to treat. In addition, treatment for colorectal cancer has improved over the last few decades. As a result, there are now more than 1.5 million survivors of colorectal cancer in the United States.

There are often no symptoms when colorectal cancer is first developing, which means it can only be detected through regular early screening.

Being over age 50, having a family history of colorectal cancer, having a history of colon polyps or inflammatory bowel disease, and having a history of certain cancers are all factors that create a higher risk for colorectal cancer.

All individuals of average risk for colorectal cancer should have regular colorectal cancer screenings, starting

at the age of 50. Your doctor may recommend earlier screening if you have one or more risk factors. Call your medical care provider and ask about their recommendations for screening.

Other factors, such as obesity, long-term eating of red meat or processed meat, tobacco use, low vitamin D levels, and moderate alcohol use can increase risks of colorectal cancer. Lifestyle modifications, such as eating fruits, vegetables, and high fiber foods, exercising regularly, not smoking, limiting your alcohol consumption, and maintaining a healthy body weight have been reported to decrease the risks of colorectal cancer.

If you have been diagnosed with colorectal cancer, your



Central Michigan District Health Department
Promoting Healthy Families, Healthy Communities

cancer care team will discuss your treatment options with you. There are several options for treating colorectal cancer, but the most successful option starts with catching it early by participating in prevention screenings.

Sources: <https://www.cancer.org/cancer/colon-rectal-cancer/about/key-statistics.html>
<https://www.mayoclinic.org/diseases-conditions/colon-cancer/symptoms-causes/syc-20353669>

Build to Health Program: The hot topic of protein

JADEN HARMAN
Fitness Coordinator



Protein can be a hot topic and is one we get a lot of questions on when it comes to helping make progress at Nimkee Fitness. There are varying opinions on how much carbohydrates and fat needed in our diets but we all can agree that higher amounts of protein can have its health benefits. Here are some of the common questions and why protein can be an important key foundation to focus on when you are looking to “Build to Health.”

How much do I need?

- The World Health Organization recommends 0.83 grams/kilogram of body weight or multiply your weight in pounds by .36 to get the amount for grams of protein. A 165-pound person would need 60 grams protein/day.

- If you are active or consistently lifting weights you will probably need substantially more to support and maximize muscle growth. Anywhere from 0.7 to 1.2 gram/pound body weight could be recommended to optimize results of muscle growth for some serious weight lifters. A 165-pound person would need 115-195 grams protein/day.

- For weight loss it has been shown to be helpful to have a somewhat higher protein

intake as well. If overweight, your weight is adjusted to calculate your protein needs to avoid overestimating.

- With aging, unless contraindicated due to health conditions, it is recommended that adults should ideally consume protein in the range of 1.2–1.6/kg of body weight daily, to prevent age-related muscle loss or sarcopenia.

Can I harm my body if I eat too much protein?

A healthy younger person should be fine, if consuming a high protein diet for a short time.

For most adults, taking in 200 grams of protein every day is not necessary. In fact, eating 200 grams of protein/day could be unsafe for a large percentage of the adult population. Long-term excess protein intake can cause kidney and liver problems, cardiovascular disease, blood vessel disorders, diabetes, and even death.

If you want to maintain a high protein diet:

- Ask your doctor if you have any health conditions

(such as kidney disease) that might make such a diet risky

- Get your protein from healthy sources such as low-fat dairy products, fish, nuts and beans, lean chicken and turkey; avoid highly processed protein foods.

- Spread your protein consumption throughout the day

- Choose a well-balanced diet that includes lots of vegetables, fruits, and fiber; the Mediterranean diet or the DASH diet are good starting points.

When should I eat it?

- You should try to focus on consuming protein at your three meals (this will help you feel full and prevent you from receiving calories from other foods). Start with a high protein breakfast.

- A good rule of thumb is 20-30 grams per meal.

- As far as consuming protein before or after workouts, it can be beneficial to have a source of protein before the workout and after the workout. Many have followed the “power hour” concept, where you eat protein along with a carbohydrate to help absorption within an hour after the workout. But research has shown that just as long you have protein in a pre and post workout meal within four to six hours of each other the amount of protein synthesis and muscle building assistance is just as good. The only case that it should be sooner after a workout is if you were fasting prior to the workout.

How much can be absorbed at once?

- All protein can be absorbed but the question is how much will be utilized for functional purposes in our body. If there is too much consumed in one sitting, then there is a good chance some will be excreted

from the body. So stick with 20-30 grams protein/meal.

- As mentioned above, it’s best to spread your protein intake throughout the day, whether in three meals or snacks rather than in one sitting for optimal absorption.

What about protein shakes and/or replacements?

- These can be helpful when

on the go or for meal replacement and can have a lower calorie content.

- Try to limit these to one meal and try to incorporate other nutritious and natural foods for other meals

- Shakes can often have fillers that can lack good nutrition content. Do your research and find one that satisfies.



Purpose: To help you be intentional about implementing some key foundations to your health in your daily life.

Outlook: For the next seven months you will have the opportunity to plug into “Build to Health.” Each month you will get a fresh start to pursue key foundations in your health.

Program Details:

- Choose as many foundations as you want per month. Obtain one or all seven of the foundation in the month! Make your own goal! We encourage you to try to pick habits that that you aren’t already doing.
- Fulfill the requirements of your chosen goal for three out four weeks in the month. Inquire with Jaden about personalizing your goal for any of the “health foundations.”
- If you participate two months or more. You must pick at least one new “health foundation.”
- Log sheets – Each month a new log sheet will be sent out. Turn your log sheet into Nimkee Fitness prior to the Wednesday of

"Build to Health" 7 Foundations

- Sleep
- Steps/Cardio
- Strength Training
- Protein
- Fiber
- Water
- Relax/Self Care

*See log sheets for requirements and details of each (Pick-up log sheet up at Nimkee Fitness or request a log sheet from Jaden)

Prizes

- Each month two \$50 gift will be drawn from the finishers. Choose from Dicks, Amazon or Mobile
- Complete two months and win a “Build to Health” T-shirt

For more information, contact:

Jaden Harman at 989-775-4694 or JHarman@sagchip.org



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MARCH 2023 | Tribal Community Event Planner

COVID-19 & Flu Vaccination Clinics

March 1, April 5

- Nimkee Public Health
- By appointment only
- 989-775-4695 or 989-775-4629
- COVID-19 vaccine and boosters for 6 months and up
- Influenza vaccine for 6 months and up

Nenaandawe'iwijig

Traditional Healing with Joe Syrette

March 1, 2 | 8 a.m. - 5 p.m.

- Behavioral Health
- **Schedule an appointment: 989-775-4850 or DePeterson@sagchip.org**
- Teachings, spiritual guidance, traditional healing, Anishinaabe names, colors, clans and more.

Eagle Feather Teachings

March 1, 8, 15, 22, 29 | 1:30 - 3 p.m.

- Behavioral Health Lodge
- **SWinchell@sagchip.org or 989-775-4887**
- With Tribal Elder Joseph Sowmick

Community Sewing Nights

March 2, 16, 23, 30 | 5 - 8 p.m.

- Seventh Generation
- **TJackson@sagchip.org or 989-775-4780**

Euchre Nights at Andahwod

March 2, 9, 16, 23, 30 | 5 - 7 p.m.

- Andahwod CCC & ES

Auricular Acupuncture

March 2, 9, 16, 23, 30 | 4 - 6 p.m.

- Behavioral Health
- 989-775-4850

Spirit Bear Meeting AA Talking Circle

March 4, 11, 18, 25 | 3:30 - 6 p.m.

- Andahwod South Birch Lodge
- 989-944-1937

Sewing Club at Andahwod

March 6, 13, 20, 27 | 3:30 - 6 p.m.

- Andahwod Craft Room
- **DePelcher@sagchip.org or 989-775-4339**
- Masks required in building

Community Coffee Break

March 6, 13, 20, 27 | 2:30 p.m.

- Andahwod
- 989-775-4300

Language Bingo

March 7 | 1 - 3 p.m.

- Andahwod
- 989-775-4300

Elders Breakfast

March 8, 22 | 9 - 10 a.m.

- Andahwod
- 989-775-4300
- SCIT Elders: free
- Dine in only: \$6
- To go: \$8

Saginaw Chippewa Round Dance

March 10 | Doors open at 5:30 p.m.

- Eagles Nest Tribal Gym
- 989-775-4453
- Prayer and feast: 6:30 p.m.
- Round Dance: 7:30 p.m.

Living Skills Classes

March 9, 23 & April 6, 20 | 1 - 2 p.m.

- Seventh Generation
- Open to the public
- **SJohnson@sagchip.org or 989-775-4852**
- March 9: Interpersonal Skills
- March 23: Budgeting
- April 6: Healthy Relationships
- April 20: Making Decisions
- Shkiziwin (Empower Us): Join us for an hour of laughter and fun as we learn skills to communicate successfully with others, create a budgets for success, build healthy relationships and make decisions to aid in personal growth and practical guidance in our four week series.
- Community service for those in need of hours
- Bring a snack to pass

SCTC STEAM Meeting

March 21 | 12 - 1 p.m.

- SCTC East Building, Room 6
- 989-775-4827 or **khart@sagchip.edu**
- SCTC STEAM Student Organization invites you to join them and be a part of the team

Mno Doodaadsaadaa

Teen Healthy Relationships Fashion Show

March 14 | 6 - 9 p.m.

- SECR Ballrooms
- 989-775-4400 or **BHVictimServices@sagchip.org**
- Drum and dance social after fashion show

SCIT Elder Birthday Bingo & Potluck

March 25 | 12 - 3 p.m.

- Andahwod
- 989-775-4300

MARCH 2023 | Tribal Community Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Sat./Sun.
 <p>Check out the Tribal Observer ONLINE</p> <p>www.sagchip.org/tribalobserver</p>		1 Drop In Basketball 5:30-8:30 p.m. Tribal Gym	2 Recovery on the Rez 6-7 p.m. B. Health	3 Fireside on the Rez 11:30 a.m. B. Health Bingo with Friends 1-3 p.m. Andahwod	4 Fireside on the Rez 6 p.m. B. Health
	6 Recovery Group 1-2 p.m. B. Health	7 Regular Council Session 9 a.m. - 12 p.m. Recovery on the Rez 2-3 p.m. Zoom Soap Making Workshop 5-8 p.m. Andahwod	8 Elders Breakfast 9-10 a.m. B. Health Drop In Basketball 5:30-8:30 p.m. Tribal Gym	9 Sacred Fire Lunch 12-1 p.m. 7th Gen Recovery on the Rez 6 p.m. B. Health Traditional Game Night 6-8 p.m. 7th Gen	10 Fireside on the Rez 11:30 a.m. B. Health
13 Recovery Group 1-2 p.m. B. Health	14 PI Day Celebration 12-1 p.m. SCTC Recovery on the Rez 2 - 3 p.m. Zoom	15 Drop In Basketball 5:30-8:30 p.m. Tribal Gym	16 Recovery on the Rez 6 p.m. B. Health	17 Tribal Observer Deadline Fireside on the Rez 11:30 a.m. B. Health Pancake Fundraiser 8 a.m. 7th Gen	18 Fireside on the Rez 6 p.m. B. Health
20 Recovery Group 1-2 p.m. B. Health Name That Tune 2:30 - 3:30 p.m. Andahwod Sugar Making Workshop 5 p.m. 7th Gen	21 Recovery on the Rez 2-3 p.m. Zoom	22 Elders Breakfast 9-10 a.m. B. Health Drop In Basketball 5:30-8:30 p.m. Tribal Gym Spring Feast 6 p.m. 7th Gen	23 Sacred Fire Lunch 12-1 p.m. 7th Gen Traditional Storytelling 12-1 p.m. Saganing Recovery on the Rez 6 p.m. B. Health	24 Fireside on the Rez 11:30 a.m. B. Health	19 25 Fireside on the Rez 6 p.m. B. Health
27 Recovery Group 1-2 p.m. B. Health	28 Recovery on the Rez 2-3 p.m. Zoom	29 Drop In Basketball 5:30-8:30 p.m. Tribal Gym	30 Recovery on the Rez 6 p.m. B. Health	31 Fireside on the Rez 11:30 a.m. B. Health	26 <ul style="list-style-type: none"> ● SECR Payroll ● SCIT Per Capita ● SCIT Payroll ● Curbside Recycling



Observer Classifieds: To place your ad, call the Tribal Observer at 989-775-4096, email observer@sagchip.org, call to make an appointment in the Observer offices in the Black Elk Building or mail to Tribal Observer, Attn.: Classified, 7500 Soaring Eagle Blvd., 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 |
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100 Employment

Tribal Operations

Water Operator II

Open to the public. High school diploma or GED. Must be at least 18 years of age. Three years of water operator or related experience. A math test will be required and administered prior to interview. Training in hydraulics, physics, biology, science, or related field will help in learning this field. Must have mechanical skills, not limited to automotive, such as pumps, or shaft driven equipment. Must possess good communication and diagnostic skills. Desired qualifications: Education and experience in advance mathematics, basic chemistry, laboratory and computer skills.

Water Operator III

Open to the public. High school diploma or GED. Must be at least 18 years of age. Five years of water operator or related experience. A math test will be required and administered prior to interview. Training in hydraulics, physics, biology, science, or related field will help in learning this field. Must have mechanical skills, not limited to automotive, such as pumps, or shaft driven equipment.

Waste Water Operator II

Open to the public. High school diploma or GED. Three years' experience in wastewater/water field or directly related experience in plumbing or mechanical plant operations. Must be willing to take classes in microbiology, advanced math and beginning algebra courses. Must have an aptitude for operating and maintaining water treatment and waste water treatment mechanical equipment and be skilled in the operation, repair and maintenance of mechanical, lab equipment and electrical equipment.

Waste Water Operator III

Open to the public. High school diploma or GED. Five years' experience in wastewater/water field or directly related experience in plumbing or mechanical plant operations. Must be willing to take classes in microbiology, advanced math and beginning algebra courses. Must have an aptitude for operating and maintaining water treatment and waste water treatment mechanical equipment and be skilled in the operation, repair and maintenance of mechanical, lab equipment and electrical equipment.

Paraprofessional

Open to the public. High school diploma or GED. Pass a state or local exam or complete at least two years of study at an institution of higher

education (60 semester hours). Experience working with children in a school setting preferred.

Bus Driver

Open to the public. High school diploma or GED. Must be at least 21 years of age. Must have a valid Michigan Commercial Driver's License with proper designation.

Community Project Manager - AWARE

Open to the public. Bachelor's degree in education, social work, counseling, or human services related field. Experience in project management, communications and working with school systems and community collaborations and partnerships.

Senior Associate General Counsel

Open to the public. Juris Doctor from an ABA accredited law school. Member of a State Bar Association and in good standing. Four years of experience as a practicing attorney; minimum of three years consecutive experience working full-time for an Indian tribe or Indian organization in the practice of law, including Indian law and tribal court, and closely related fields dealing with tribal interests. Experience in managing complex legal issues.

Dietary Line Cook

Open to the public. High school diploma or GED. Minimum one year of cooking experience in a commercial kitchen. Culinary education and/or training.

Dietary Cook Aide

Open to the public. High school diploma or GED. Minimum of 90 days commercial kitchen experience. Residential facility kitchen experience.

Police Officer

Open to the public. High school diploma or GED. Must be a U.S. citizen and at least 21 years of age. Must be able to pass departmental fitness evaluation. Must not have criminal history that would prevent applicant from acquiring any certification or qualification required. Must be able to pass drug screening.

Certified Nursing Assistant

Open to the public. High school diploma or GED. One year nursing experience preferred. Experience with older adults preferred. State of Michigan Certified Nursing Assistant. Must be able to obtain HIPAA certification within five business days from date of hire. Must be able to obtain BLS Certification within probationary period. Must have a valid Michigan Driver's License and must be able to obtain and

maintain a Tribal Driver's License and qualify for coverage by SCIT auto liability insurance carrier.

Case Worker

Open to the public. Bachelor's degree in social services or human services. Must be able to effectively communicate and have good computer skills. Two years social services, families' first worker, or family preservation experience. Full licensure (LBSW) or limited licensed individuals (LLBSW) must obtain licensure within two years from date of hire.

Resident Care Manager

Open to the public. Registered Nurse. Bachelor's degree in nursing preferred. Three years long term care experience. One year in a supervisory capacity. Experience and knowledge of services to assisted living services, adult foster care services and homes for the elderly. Must be able to effectively communicate with residents and all members of the health care team.

Secondary Language Immersion Specialist

Open to the public. High school diploma or GED. Must have basic Anishinaabe language skills. Excellent communication and group leadership skills. Desired qualifications: associate degree. Fluent Anishinaabe speaker. Two years teaching Anishinaabemowin. Early childhood teaching experience. Proficient with Microsoft Office programs.

Anishinaabe Culture & Language Teacher

Open to the public. High school diploma or GED. Must have knowledge and be willing to share original Anishinaabe cultural teachings. Experience working with school age children. Bachelor's degree in related field. Proficiency in speaking the Ojibwe language.

Anishinabe Language Apprentice

Open to the public. High school diploma or GED. Excellent communication and group leadership skills. Desired qualifications: associate degree. Proficient with Microsoft Office programs.

SCTC Tutor

Open to the public. At least 60 completed credits towards a college degree with an overall GPA of 3.0 or above. Strong mathematics background/ability to demonstrate competence in SCTC MTH 230, MTH 120, or equivalent highly preferred.

General Labor Pool

Open to SCIT Members only. Must be at least 18 years of age. Evening, overnight, holiday and/or weekend work may be required.

Clerical Pool

Open to SCIT Members only. High school diploma or GED. Must be at least 18 years of age. Clerical experience is a plus.

Soaring Eagle

Line Cook

Open to the public. Must be at least 18 years of age. Six months of restaurant cooking experience with increasing levels of responsibility, or six months of SECR internal culinary training.

Steward FT

In-house (only SCIT members and current employees.) Must be at least 18 years of age. Kitchen cleaning experience.

Steward PT

Open to the public. Must be at least 18 years of age. Kitchen cleaning experience.

Senior Accounts Receivable Clerk

Open to the public. High school diploma or GED. Must be at least 18 years of age. Two years of previous accounts receivable experience, preferably in a high volume environment.

Night Auditor

Open to the public. High school diploma or GED. Must be at least 18 years of age. One year customer service experience and cash handling experience. Must be able to pass a typing test of at least 20 words per minute. Hotel Front Office Operations experience.

Massage Therapist

Open to the public. High school diploma or GED. Must be at least 18 years of age. Michigan massage certification with 600 total hours required for massage certification.

F&B Custodial Worker

Open to the public. Must be at least 18 years of age. Kitchen cleaning experience.

Culinary Supervisor

Open to the public. Three years of restaurant or banquet cooking experience. Three years of restaurant or banquet cooking experience with increasing levels of responsibility.

Building Maintenance Apprentice

Must be at least 18 years of age. Must be a Saginaw Chippewa Tribal Member. Must have a valid Michigan driver's license.

Pastry Sous Chef

Open to the public. High school diploma or GED. Must be at least 18 years of age. Culinary degree from an ACF accredited school preferred. Three years kitchen experience in a quality operation specializing in food production.

Kitchen Equipment Tech

Open to the public. High school diploma or GED. Must be at least 18 years of age. Three

years of experience in commercial food equipment repair.

Saginaw

F&B Attendant

Open to the public. Must be at least 18 years of age. Cash handling, banking, or accounting experience.

Technical Services Technician II

Open to the public. Bachelor's degree in information technology, computer science, or related field or three years IT support desk experience with one of the following certifications: Microsoft Certified Desktop Support Technician Certification, Comp TIA A+ Certification, Comp TIA N+ Certification. Experience with Windows Server and Desktop OS and Microsoft Office Suite.

Line Cook

Open to the public. Must be at least 18 years of age. Six months of restaurant cooking experience with increasing levels of responsibility, or six months of Saginaw internal Culinary training.

F&B Cashier

Open to the public. Must be at least 18 years of age. Must be able to operate a POS.

Police Officer

Open to the public. High school diploma or GED. Must be a U.S. citizen and at least 21 years of age. Must be able to pass departmental fitness evaluation. Must not have criminal history that would prevent applicant from acquiring any certification or qualification required. Must be able to pass drug screening.

Sous Chef

Open to the public. Must be 18 years of age. High school diploma or GED. Culinary degree from an American Culinary Federation accredited school preferred.

F&B Custodial Worker

Open to the public. Must be at least 18 years of age. Kitchen cleaning experience.

Waitstaff FT

Open to the public. Must be at least 18 years of age. Restaurant server experience.

F&B Supervisor

Open to the public. Must be at least 18 years of age. High school diploma or GED. Three years food and beverage experience. Associate's degree. Two years supervisory experience in the hospitality field. Experience with the proper service of liquor, beer, and wine.

Finance Cashier PT

Open to the public. Must be at least 18 years of age. Six months cash handling or cashiering experience.

Positions Now Available!

Apply today at www.migiziedc.com

Summons and Complaint Notices

NOTICE TO CREDITORS IN THE MATTER OF THE ESTATE OF CHARMAINE MARJORIE SHAWANA:

The Saginaw Chippewa Tribal Court 6954 East Broadway Road, Mount Pleasant, MI 48858 (989) 775-4800. The estate of Charmaine Marjorie Shawana: The decedent, Charmaine Shawana, who lived at 7520 Ogemaw Dr., Mount Pleasant, MI 48858. Date of Death: March 29, 2022. Personal representative: Guadalupe Gonzalez, 902 E. Broadway St., Mount Pleasant, MI 48858. Notice to Creditors: Creditors of the decedent are notified that all claims against the estate will be forever barred unless presented to the personal representative within 4 months after the date of publication of this notice.

MARCH PROMOTIONS



Win a share of \$100,000 in prizes!

Saturdays in March

Every half hour from 6:00 p.m. - 11:00 p.m., 11 winners will have a chance to make a shot from all 3 floor markings to receive up to \$2,750 Premium Play. On the final Saturday at 11:30 p.m. the top winners will compete in a free throw showdown for up to **\$15,000 in cash!**

ACCESS Club members will receive one (1) entry for every 300 points earned on their ACCESS Club card from 12:00 a.m. February 24th, 2023 until 10:55 p.m. on March 25th, 2023.



**MARCH 14 - APRIL 3
5:00 P.M. - 7:00 P.M. EACH DAY**

In celebration for the NCAA March Madness Sweet 16, we will be holding daily drawings at 5pm, 6pm & 7pm where two lucky winners will win \$1,000 Premium Play!



**FRIDAYS, MARCH 3 & 10
10:00 A.M. - 10:00 P.M.**

Earn 1,000 points on your ACCESS Club card from 10:00 a.m. - 10:00 p.m. to receive up to \$300 in Premium Play. Amount awarded is based on ACCESS card level.



**EVERY FRIDAY
12:00 P.M. - 9:00 P.M.**

You could win \$500 in table chips when playing poker on Fridays from 12:00 p.m. - 9:00 p.m.



**WEDNESDAYS, MARCH 8, 22 & 29
8:00 A.M. - 11:59 P.M.**

ACCESS Cardholders who qualify will receive bonus Premium Play Wednesdays from 8:00 a.m. - 11:59 p.m.



Win a share of \$55,000 in Prizes!

Fridays & Saturday in March

Hourly drawings from 3:00 p.m. - 10:00 p.m. to spend 60 seconds in the Cash Cube to grab over **\$6,000 in cash!** Catch the lucky Leprechaun and get \$500 in Premium Play!

ACCESS Club members will receive one (1) entry for every 200 points earned on their ACCESS Club card from February 24th at 12:00 a.m. - March 31th, 2023 at 9:55 p.m. Additional restrictions may apply.



**MONDAYS
4:00 A.M. - 11:59 P.M.**

Mondays in March Access Club members that earn 1,000 points can earn up to \$50 in Premium Play by swiping their card at one of the kiosks from 4:00 a.m. to 11:59 p.m. and playing a basketball themed game.



**SUNDAYS, MARCH 5, 12 & 19
8:00 A.M. - 11:59 P.M.**

Earn 1,000 points on your ACCESS card from 8:00 a.m. - 11:59 p.m. to claim a retro gaming prize. While supplies last.



**TUESDAYS
8:00 A.M. - 11:59 P.M.**

ACCESS Cardholders who qualify will receive bonus Premium Play every Tuesday from 8:00 a.m. - 11:59 p.m.



**SUNDAY, MARCH 26
10:00 A.M. - 11:59 P.M.**

Qualified ACCESS Club members may claim a VISA Gift Card on the date above from 10:00 a.m.-11:59 p.m. Restrictions apply.

soaringeaglecasino.com Mt. Pleasant, MI | 1.888.7.EAGLE.7

Must be 18 to game. Must be an ACCESS Loyalty Club Member to participate in promotions. Management reserves all rights.