
Tribal Observer

FEBRUARY 1987

THE SAGINAW CHIPPEWA INDIAN TRIBE



FROM THE OFFICE OF TRIBAL ENROLLMENT

The Tribal Enrollment office will be accepting membership applications.

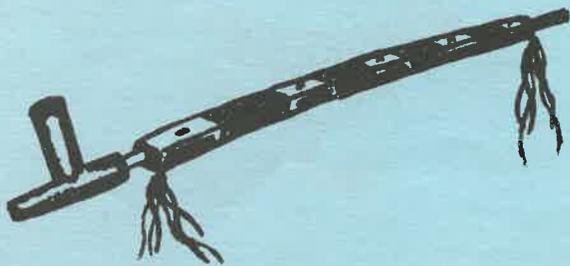
If you qualify for membership you may become a member by making an application with the Tribal Enrollment clerk on or before May 4, 1988.

Each application must be accompanied by documentation that supports the statements made in the application and must be sent to:

ATTN: Tribal Enrollment Clerk
Tribal Enrollment Office
Saginaw Chippewa Tribe of Michigan
7070 E. Broadway
Mt. Pleasant, MI 48858
Phone: (517) 772-5700

Thank you for your cooperation.

Kim Chamberlain, Tribal Enrollment Clerk



IMPORTANT!!

If you remember the I.H.B. Contract was extended six (6) months from September 30, 1986 to March 31, 1987, which means it is again important that all bills be brought in by April 15, 1987. This is so we can close our books. Please try not to bring in bills later than this date because they may not get paid. Let us know if you have any bills pending insurance payments. Another reminder, dental services have been limited to emergencies only until April 1, 1987 (no foolin').

Thank you, Indian Health Board



SAGINAW CHIPPEWA HOUSING AUTHORITY

INTRODUCING!!

Recertification - reexaminations and tenants files are being updated at the request of the Office of Indian Programs (HUD Office in Chicago, IL). We hope to put the majority of rent updates into effect March 1, 1987. Mary Floyd is gathering the appropriate information and we appreciate each tenants cooperation thus far. Mary has been hired by the Indian Jobs Training and Assistance Program as my assistant. One thing I did want to stress is that HUD guidelines require gross incomes to be used and a copy of a check stub in each file. Rent payments have been from 25% to 30% of a monthly income.

Maintenance - Stanley Sineway is recently hired by the Housing Board. He is working a 30 hour a week position as I am in order to stretch funds further. Stan is available after hours for emergencies only. He can be reached during office hours at 773-4000 or after office hours at 773-2559.

Thank you also for your cooperation in the yearly inspections. This is the only way we can prioritize the repairs needed on the houses and also put in for modernization funding.

Chuck Benz, partially retiring, will be working with lift and water systems only. I would like to thank Chuck at this time for the 15 years he has put in with the Saginaw Chippewa Housing Authority. The Housing Authority has been very dependent on him as is especially grateful for his cooperation during the Housing Authority's harder times. I know at times funds were just not available to do repairs as Chuck would have liked. Megwetch Chuck, for hanging in there!!

Patty Heron, Director

KIM CHAMBERLAIN

Kim just recently started working for the Tribe as Tribal Enrollment Clerk. She will be in charge of enrolling new members, certification, any correspondence that passes through the enrollment office and any other duties assigned to her by the Research Specialist (Judy Floyd).

LORI HALL

Lori is the new Secretary - Receptionist for the Ojibway Substance Abuse Program. She will be in charge of the phones, paperwork, typing, and filing. Lori was hired on January 26th as a temporary employee for the program.

TAMMY MACKEY

Tammy is the Tribe's new Physical Fitness Recreation Specialist. She was hired to design and implement fitness and recreational activities for the community. She will also be in charge of supervising the Fitness Center when it opens. Tammy runs a fine Aerobics Class on Mondays at 11:30 a.m. and 4:30 p.m., Wednesdays at 11:30 a.m. and 4:30 p.m., and Fridays at 11:30 a.m.

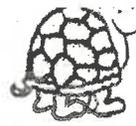
We would like to welcome Kim, Lori, and Tammy to the Saginaw Chippewa Tribal Staff. We are always happy to welcome a new friend on board!



"WHICH WAY DID HE GO?"



GOOD HEALTH-LONG LIFE



HEALTH PROMOTION/
DISEASE PREVENTION
NEWSLETTER

♥♥♥♥♥ FEBRUARY ♥♥♥♥♥

HEART HEALTH MONTH

When we think of the month of February, a certain day comes to mind, Valentines Day. Hearts are plastered everywhere, children and adults exchange valentines, give boxes of candy, etc. It only seems appropriate in this month of hearts, that February is the American Heart Association's Heart Health month. It is also the first topic in our LOVE-LIFE series that will feature a different topic each month. The LOVE-LIFE program concentrates on taking charge of your lifestyle by identifying and eliminating risk factors. Risk factors are habits or lifestyle behaviors that can promote disease or early death.

Each month this newsletter will feature an article like the one below.

GETTING TO THE HEART OF THE MATTER

Oh no! Here it comes again, another lecture on heart disease. Time to turn off to the message and light up another smoke...or put your feet up and get comfortable for another evening snooze...or stuff more salt laden, calorie filled junk food down your throat. You can worry about all that heart rubbish tomorrow.

Just maybe, though, it's time to take a look at your lifestyle and make the necessary changes-while you still have a lifestyle to change.

Every year more than 1 million Americans die of cardiovascular (heart and circulatory system) disease. That makes it America's leading killer, claiming more lives than all other causes of death combined.

Millions of dollars and years of research have gone into finding ways to improve heart health. The ultimate answer is fairly simple. If you don't take care of your heart, chances are it isn't going to take care of you.

Don't try to kid yourself into believing that heart disease is an ailment for the very aged. One out of every four people who die from heart attacks are not yet old enough to retire from their jobs. Many heart attack victims are in their prime with unwrinkled faces, growing children and dreams to fulfill. Many are just like you.

Heart disease is a term that covers a variety of illnesses such as heart attack, stroke, high blood pressure, hardening of the arteries, blockage of blood vessels and birth defects.

There are some risks of cardiovascular disease that medicine has not yet learned to control. For instance, men have a greater risk of suffering heart attacks than do women.



HEART OF THE MATTER (cont.)

Black Americans have about a 45 percent greater chance of developing high blood pressure than do White Americans. A tendency for developing heart and circulation problems may be inherited.

But there are plenty of things you can do to help safeguard yourself against cardiovascular problems.

1) Stop smoking! Remember, a pack of cigarettes is nothing but a pack of trouble for your heart, arteries and lungs. One-pack-a-day smokers double their chances of having a heart attack. The more you smoke, the greater the risk!

2) Watch what you eat! Cholesterol is not just a myth dreamed up by margarine manufacturers. It can be found in many foods including fatty meats, egg yolks, butter, organ meats and shrimp. If cholesterol is allowed to build up in the body, it can block arteries!

3) Watch how much you eat! The more weight you carry around the harder your heart has to work. Generally speaking, overweight people have a better chance of developing cardiovascular problems than do people of average weight.

4) Identify and control high blood pressure (hypertension) and diabetes! Both of these diseases increase the risk of heart disease. Unfortunately, many people can have high blood pressure or diabetes for years and never know it! But the damage is being done all the time.

5) Exercise regularly! Everyday your heart beats 100,000 times and pumps 4,200 gallons of blood. Your heart's health can be improved by sensible strenuous exercise. Jogging, brisk walking, swimming and cycling are all excellent forms of heart exercise!

NEXT MONTHS LOVE-LIFE TOPIC IS
DIET & NUTRITION!!!!!!

INTRODUCING TAMMY MACKEY, PHYSICAL FITNESS/RECREATION SPECIALIST!

Tammy Mackey was hired as an Exercise Specialist for the Health Promotion/Disease Prevention Program. Tammy will be planning, organizing, and conducting Fitness and Recreation classes and programs for all ages.

Tammy is a graduate of both Western Michigan University (Kalamazoo) and Michigan State University, where she studied Exercise Physiology. She is originally from East Lansing, but now resides in Alma. If you have any questions concerning exercise programs or if you would like to get involved in an exercise program, please contact Tammy at the Nimkee Clinic.

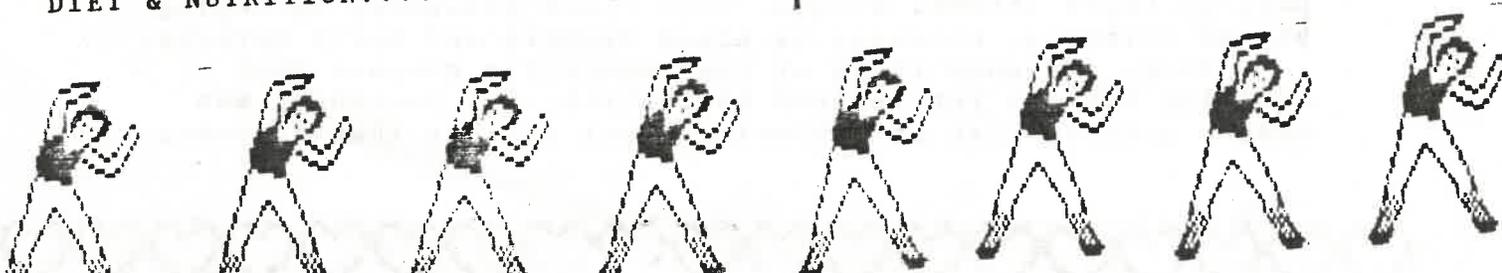
VOLUNTEERS NEEDED!

The Health Promotion/Disease Prevention Program is still looking for individuals from the age of 10 years and older interested in taking charge of their lifestyle through Physical Fitness, Weight Loss/Control, Stress Management, Smoking Cessation, etc. If you are willing to make a 12 month commitment to our program, please contact John A. Frisch, M.A., Health Educator or Tammy Mackey, Fitness Specialist at the Nimkee Clinic.

AEROBICS OFFERED!!!

Are you looking for a fun way to lose those extra pounds and to get into shape, but you just don't know where to start? Join the aerobic class held at the Tribal Center, Mon. & Wed. at 4:30pm and Fri. at 11:30am. This is a beginners class, and it is open to anyone 10 years and older. For more information, contact Tammy Mackey, Fitness Specialist, Nimkee Clinic

THE FITNESS CENTER WILL BE OPENING SOON!! FOR MORE INFORMATION CALL 772-3767



SCHOOL UPDATE

West Intermediate

Total student population at West Intermediate is Twenty-two (22) Native Americans. Top four students for this semester marking period are:

Valerie Wassegijig	2.771
Amanda George	2.771
Tonia Leureaux	2.742
Mike Kashata	2.728

Student Sarah Shomin works in the school store called the Tiger Den. Mike Kashata plays on the 7th grade basketball team and finally, Amanda George is a office cadet in the counseling office.

MT. PLEASANT HIGH SCHOOL

A total of thirty-nine (39) Native American students attend Mt. Pleasant High School. The top four students for this semester marking period are:

Mary Alice Perez	2.883
Noel Peters	2.733
Chris Lerma	2.683
Fred Cantu	2.460

Office aids for second semester are:

Ellarine Casner	Library
Cathy Johnson	Library
Tracy Johnson	Mr. Furgeson's office
Heather Nolan	North Assist. Principal
Warren Pelcher	Library
Lisa Wixon	Main Office

Right now tenants who owe back rent are not being allowed back into the Housing Authority units until all back rent is paid in full. This is not only Housing policy but was first put into effect by a Tribal Council Resolution because of the effects larger TARs can have on the whole Tribe. This is true not only of our operation, but of all Indian Housing Authorities monitored by the Office of Indian Programs (OIP-a 23 state area). Mainly because OIP provides support in alot of different areas besides housing.

For tenants that have moved out still owing rent, all records are being kept and notices will be coming out with balances owed. Please make every attempt possible to begin paying on your accounts. For anybody owing back rent this may become a factor effecting whether or not you can become eligible for future housing programs coming through the Tribe or the Housing Authority.

Finally, Trailer Court people, a few households still haven't contacted me regarding payment of lot rent. These people will be turned over to Tribal Court for payment or will be evicted after February 15, 1987. Please see me as soon as possible to avoid the situation.

Thanks again tenants, for your cooperation in paying rent on a regular basis. In return we are working toward upgrading the units and meeting your housing needs.

Patty Heron, Director



A wise old owl sat in an oak,
the more he saw the less he spoke,
the less he spoke the more he heard
why can't we all be like that wise old bird.

Anonymous

WHAT IS AN INDIAN?

During the course of a normal working day, I answer many questions from non-Indians concerning Indians. The questions are varied and in some cases poorly stated; but usually they add up to one question: What is an Indian?

There are those that think they know what an Indian is. They say that he is a person who doesn't work but gets a monthly check from the government.

Others say he is lazy; doesn't want to work; therefore, he deserves what he gets.

Still others say that he is a man who got a raw deal from the government and therefore, he deserves everything he can get from the government.

Also, many say that he is a drunkard, will never amount to anything; so therefore, the government should terminate him and let him make his own way in the white man's world.

Myself? I don't see the Indian in the same light as many of these people.

I see the Indian as a group of people, all different in their ways and yet hold together by a common bond called culture.

I see the Indian as a group, who when fighting for what was rightfully theirs, were branded as "savages".

I see the Indian as a group, who fought courageously against overwhelming odds and after giving in and signing peace treaties lived to see the treaties broken one by one.

I see the Indians as a group, who only after one hundred forty years, have done a remarkable job of completely changing their way of life; and in many cases, become leaders in their chosen professions.

I see the Indians as individuals, who when their country was in danger, went to the front voluntarily and gave that last full measure of devotion, not only in the Civil War; but in World War I, World War II, the Korean Conflict, and Vietnam.

I see the Indians as a group of people who are proud and rightfully so because they possess secrets of life that the white man has never discovered.

I see the Indians as a wise group of people; because even in their broken English, they will tell you how important it is to gain an education in this modern world.

I see the Indians as a people, who when they do cross the cultural barrier into the dominant society, became the best at their chosen profession whether it be medicine, law, politics, traders, athletics or fighting for freedom.

And when I think of the Indians in this light, I think of the question: What is an Indian? My chest suddenly expands and I think, "I AM AN INDIAN!"

Reprint by: The Circle
Minneapolis American Indian Center
Minneapolis, MN

A LITTLE MIXED UP

Just a line to say I'm living, that I'm not among the dead. Though I'm getting more forgetful and "mixed up" in the head.

I've got used to my arthritis, to my dentures I'm resigned. I can manage my bifocals, but oh god, I miss my mind.

Sometimes I can't remember, standing at the bottom of the stair, If I must go up for something or if I've just come down from there.

And before the 'fridge so often my poor mind is filled with doubt, Have I just put food away or have I come to take some out?

And there are times when it is dark, with my nitecap on my head. I don't know if I'm retiring or just getting out of bed.

So, if it's my turn to write to you, There's no need for getting sore. I may think that I have written and don't want to be a bore.

Please, remember that I love you and wish that you were near, but now it's nearly mailtime so I must say "Goodbye Dear".

Now I'm standing by the mailbox with a face so very red. Instead of mailing you my letter, I just opened it instead.

Author Unknown



A YOUNG GIRL STILL DWELLS

What do you see, nurse, what do you see? Are you thinking when you look at me—A crabbed old woman, not very wise, Uncertain of habit with far away eyes, Who dribbles her food and makes no reply When you say in a loud voice—"I do wish you'd try."

Who seems not to notice the things that you do. And forever is losing a stocking or shoes, Who resisting or not, lets you do as you will. With bathing and feeding, the long day to fill. Is that what you're thinking, is that what you see? Then open your eyes, nurse. You're not looking at me.

I'll tell you who I am as I sit here so still. As I move at your bidding, eat at your will, I'm a small child of ten with a father and mother, Brothers and sisters who love one another; A young girl of sixteen with wings on her feet, dreaming that soon a love she'll meet; A bride at twenty, my heart gives a leap, Remembering the vows that I promised to keep; At twenty-five now I have young of my own. Who need me to build a secure, happy home.

A woman of thirty, my young now grow fast, Bound together with ties that should last. At forty, my young sons have grown up and gone, But my man's beside me to see I don't mourn. At fifty once more babies play round my knee—Again we know children, my loved one and me. Dark days are upon me, my husband is dead. I look at the future, I shudder with dread. For my young are all rearing young of their own, And I think of the years and the love that I've known.

I'm an old woman now and nature is cruel. 'Tis her jest to make old age look like a fool. The body it crumbles, grace and vigor depart. There is a stone where I once had a heart. But inside this old carcass a young girl still dwells, And now again my bittered heart swells. I remember the joys, I remember the pain. And I'm loving and living life over again. I think of the years, all too few, gone too fast. And accept the stark fact that nothing can last. So open your eyes, nurse, open and see. Not a crabbed old woman, Look closer—see me!

(This poem was written by a woman who died in the geriatric ward of Ashludie Hospital near Dundee, England. It was found among her possessions and so impressed the staff that copies were made and distributed to every nurse who surrounded the woman in her last days. But because it cries for recognition of a common humanity, it could have been written to all of us.)



THE SOCIAL SECURITY NUMBER

A worker's Social Security number is the key to his or her lifetime earnings record, and the worker keeps the same number throughout his or her working lifetime, Donald Hire, Social Security Manager in Mt. Pleasant, said recently.

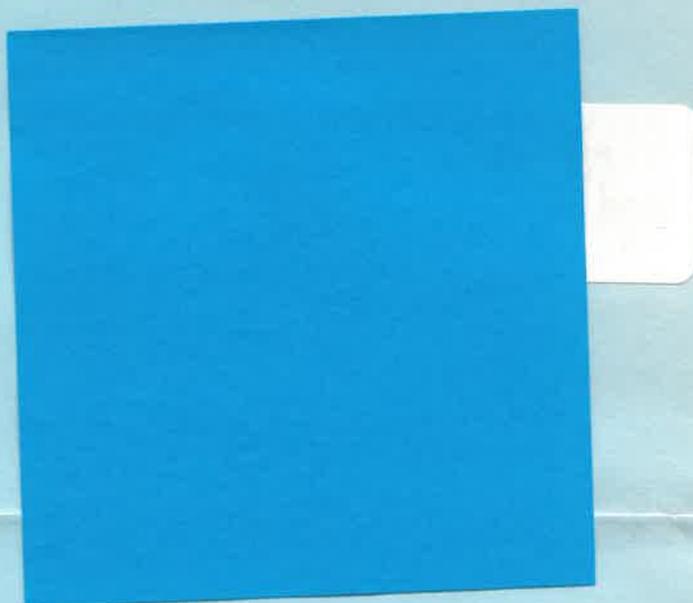
Anyone who finds that his or her Social Security number has been listed incorrectly—as, for example, on a W-2 form—should report this immediately to the employer, Hire said. The Social Security office should also be notified so that the worker's Social Security records can be corrected.

All workers, especially those who change jobs fairly often, would do well to check their Social Security earnings record periodically, every 3 or so years. A free form for this purpose can be obtained from any Social Security office.

The Mt. Pleasant Social Security office is located at 304 W. Michigan. The Telephone number is (517) 773-9924.

Donald L. Hire, District Manager
Social Security Administration

The Saginaw Chippewa Indian Tribe
7070 E. Broadway
Mt. Pleasant, Michigan 48858



TRIBAL OBSERVER STAFF

EDITOR: KIM SAWMICK
SECRETARY: DAWN M. PEREZ

This Newsletter is made possible by
SAGINAW CHIPPEWA TRIBAL BINGO

Graphics: Norman Neyome