Tribal Observer

JANUARY 14, 1992 Volume 3, Issue 17

Notice To Tribal Members From The Tribal Clerk

by APRIL BORTON

The Tribe is in the process of issuing all Tribal Members a picture tribal membership identification card. The cards will be issued to all members 12 years of age and over. These cards are free of charge for the first card issued. If you lose the card, or have an address change or a name change, then it will cost you $5.00 to receive a new card. There is a $2.00 charge for cards issued to children under 12 years of age. (They will only be issued upon parent's request.)

Appointments to have your picture taken can be made with the Tribal Clerk's office by calling (517) 772-5700, Ext. 247. If you are unable to come into the office to have your picture taken, then call the Tribal Clerk's office for details on sending in a picture of yourself.

January 7, 1992 Tribal Council Meeting Held

Petitions Presented By Frank Davis and Brenda Chamberlain

by MARY A. KUNST

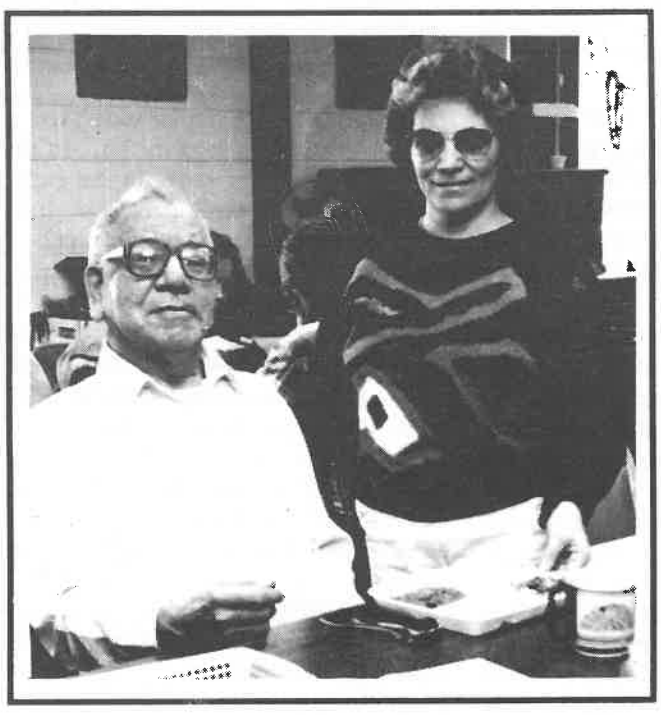
Two petitions were presented before the Tribal Council Tuesday night, January 7, 1992 by Frank Davis and Brenda Chamberlain. Both petitions had over 100 signatures each and were accepted by the Tribal Council.

The first petition that was presented to the Tribal Council by Frank Davis and Brenda Chamberlain called for the removal of Josephine Jackson as Bingo Manager. The second petition called for the removal of the entire Tribal Council with the exception of Council members Tim Davis and Gail George. Legal Counsel was directed to review the petitions to determine whether or not they comply with tribal law.

During the course of the meeting various members of the Community also expressed concerns over the tribe's decision to install gaming machines and raised questions about the Tribe's current management of its Fund Raising activities. Chairman Ron Falcon explained that the Tribal Council is currently in the process of evaluating where it can and should go in the area of gaming. He also stressed that the Tribal Council's decision will reflect the overall will of the Saginaw Chippewa Community. Meetings between current gaming machine lessor Yellow Hammer Company and the Tribal Council and legal staff are currently underway to evaluate the Tribe's legal and economic development options in the gaming area.

Chairman Ron Falcon stressed the Tribe's need to develop an increased source of tribal income and pointed out that an expanded gaming enterprise has the potential of doubling the Tribe's discretionary budget over the course of the next year. While the Tribe does not currently have a final audited income statement on its expanded, gaming enterprise, indications are that this will be the largest single jump in tribal revenues in the history of the Tribe.

During the course of its gaming meetings the Tribal Council has discussed possible uses of gaming revenue including ways that these funds can be used to create new tribal businesses. A community meeting has been called for January 28, 1992 to allow tribal members to ask questions and express their concerns about this issue.



James Pego sits contently while waiting for Alfreda Moses to serve lunch at the Foods With Friends Program at the Saginaw Chippewa Tribal Center. Many tribal member elders participate in this program.

From the Editor:

I would like to mention that I will no longer be covering future Tribal Council meetings on my own. If the Council has something informative for the Tribal Community members, then our Council members will dictate what is to be said and I will oblige.

So, if you want the story, you'll have to attend the Council meetings yourself and hear it with your own ears. I don't want any further accusastions about the Tribal Observer not telling the whole story or coving important issues.

Special Social Security Provisions Help The Homeless

by DONALD L. HIRE

People who provide volunteer services for homeless persons should be aware of a number of special Social Security rules designed to help homeless people qualify for benefits under Social Security programs, Donald Hire, manager of the Mt. Pleasant Social Security office said today. "As winter approaches, it becomes even more important that we reach those people who might be eligible for benefits that could help pay for food, warm clothing and shelter," Hire said.

Some homeless people qualify for retirement, disability, and survivors benefits under Social Security. Others may be eligible under the Supplemental Security Income (SSI) program, which makes monthly payments to people 65 and older, or blind, or with disabilities. Administered by Social Security, both programs pay benefits to people who suffer a physical or mental disability that is expected to prevent them from working a year or more or to result in death.

"If you know any homeless people you think should apply for help from Social Security, you should have them come to the nearest Social Security office," Hire said. "We can take an application and see that they get any help they may qualify for."

Social Security will also send representatives to shelters and other places where homeless people gather to take applications for benefits. If the homeless person qualifies, his or her checks could be sent to the shelter or some other place they designate. Also, an emergency advance payment may be made to persons in need based on the strong likelihood that they will qualify for SSI payments.

Individuals living in a public shelter for the homeless may be eligible for up to 6 months of SSI benefits in any 9 month period. This is an exception to the general rule that SSI payments are not made to recipients living in public institutions and is designed to help homeless persons plan for more permanent arrangements.

An interested person may serve as a representative payee for a homeless person unable to handle his or her affairs, Hire said. Representatives are required to see that the payments are used to meet the basic needs of the recipient for food, shelter, clothing, and medical attention. They are also required to periodically account for their use of the funds.

"People who want more information on how to help the homeless should contact the nearest Social Security office," Hire said.

Help Your Heart

American Heart Association

Be Winter Wise—Exercise

Hibernation can be a heart hazard.

In fact, physical inactivity—especially coupled with extra eating during winter holiday months—can lead to obesity and high blood cholesterol, which are risk factors for heart disease.

So one word of winter wisdom: Exercise.

Exercise alone can't prevent or cure a heart attack or stroke. But it can help reduce your risk of developing them and improve your chance of surviving them. It can help decrease your blood pressure, weight and triglyceride level. And it can increase your level of high-density lipoproteins, known as "good" cholesterol, which may carry cholesterol out of blood vessels.

Exercise also can help you feel, look and work better. It can improve your circulation and your ability to breathe. And you can better fight anxiety, stress and depression related to winter weather and holidays.

These are some of the reasons why the American Heart Association suggests you exercise aerobically at least 30 to 60 minutes three times a week. Your workout should be at moderate intensity over a continuous period, though levels vary according to condition and health.

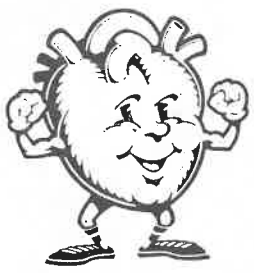
You may want to get a physical checkup before you start working out. Tests can help determine how long, hard and often your workouts should be. You definitely should see a doctor first if you're already at risk for heart disease or you're older than 40 and haven't exercised in recent years.

Warm up for at least five minutes before and cool down for five minutes after each workout. A low-intensity warm-up increases circulation, body temperature and respiration, and stretches muscles, tendons and tissues. A low-intensity cool-down safely brings your heart rate back to normal.

Aerobic, or dynamic, exercises include bicycling, jogging, swimming, even walking. These kind of exercises work large muscle groups and help you get in shape by raising blood flow to the working muscles for an extended time.

So don't let Old Man Winter put your physical activity on ice.

When it's cold outside, an indoor health club or gym can be an ideal refuge. Most include swimming pools, tracks and aerobic equipment such as treadmills and stationary bicycles.



But you don't need fancy gyms to work out. Just be creative.

For example, you can exercise in your garage or in a room in your house. If you live in a small apartment, ask your manager to let you use the clubhouse for an aerobic exercise class. You can skate at a rink. Walk in a mall. Or walk the stairs at work.

Indoors, you can use almost any size room to do exercises such as push-ups and sit-ups. You can jog in place or jump rope while watching television or listening to music. And you can rent or buy VCR exercise tapes or follow fitness programs on television.

Outdoors, remember to dress properly. Wear several layers of clothing rather than one heavy layer. Cover your face. And put on a hood or hat.

Indoors or outdoors, cold or hot, don't forget these AHA tips:

- Work out only when you feel well.
- Wait at least two hours after eating before exercising hard.
- Adjust to the weather; for example, summer weather can cause you to overheat and strong winds, snow, freezing rain and cold temperatures can take away your body's heat.
- Slow down for hills to avoid working too hard.
- Be aware of symptoms such as discomfort in the upper body, bones and joints, and fainting and shortness of breath while exercising.
- Watch for signs of overdoing it such as inability to finish, nausea and trouble sleeping.
- Start slowly and progress gradually.

In short, bundle up, but don't hibernate. Exercise for your heart's sake.

©1991, American Heart Association

HELP YOUR HEART RECIPES

American Heart Association

Green Beans Almondine

The secret in this recipe is in the oregano. It's best if it's fresh.

1 lb.	fresh green beans		Freshly ground black pepper to taste
1 tsp.	acceptable* margarine	3 tbsp.	sliced almonds
1 tbsp.	chopped fresh oregano or 1 tsp. dried oregano		

Trim and slice green beans into 2-inch sections. In non-stick skillet, heat margarine over medium-high heat. Add green beans and sauté 2 to 3 minutes, stirring constantly so beans cook evenly. Add oregano and pepper, saute 20 to 30 seconds. Beans should be tender-crisp. Sprinkle with almonds and serve immediately.

* Select margarines that have no more than 2 gms. of saturated fat per tablespoon.

This Help Your Heart Recipe is from the *American Heart Association Low-Fat, Low-Cholesterol Cookbook*. Copyright 1989 by the American Heart Association Inc. Published by Times Books (a division of Random House Inc.), New York.

Green Beans Almondine
Nutritional Analysis per Serving

47	Calories	2 g	Monounsaturated Fat
2 g	Protein	0 mg	Cholesterol
3 g	Total Fat	5 g	Carbohydrates
0 g	Saturated Fat	9 mg	Sodium
1 g	Polyunsaturated Fat		

Nimkee Memorial Wellness Center Announcements

CPR Certification Classes Available

On Wednesday, January 15, 1992 from Noon to 5:00 p.m. in the Fitness Center Conference Room, there will be a CPR Certification class being held.

This class meets all requirements of the American Heart Association for participants to become certified in CPR (cardiopulmonary resuscitation) life-saving techniques for adults, children, and infants. There is a limited number who can participate, so if you are interested in attending please call the Nimkee Wellness Center to register.

WIC (Women, Infants, Children Food Supplement Program)

January WIC Clinics will be held on the following dates (by appointment only):

Monday, January 13	9:00 a.m. - 4:00 p.m.
Tuesday, January 14	9:00 a.m. - 4:00 p.m.
Tuesday, January 24	9:00 a.m. - 4:00 p.m.

AIDS Awareness For Youth

On Friday, February 7, 1992 from 3:30 p.m. - 5:00 p.m. in the Tribal Center Senior's Room, there will be an AIDS Awareness session held. It is for youth ages 9 and up.

This is the third of five total sessions of this program for this school year. The program is to provide important information to our youth about AIDS/HIV infection, and how they can protect themselves. The programs include special, fun filled events, and free snacks are provided.

There is a special prize for those who attend all 5 sessions! For more information contact Twila Schrot, LPN or Sue Siler, Health Educator at 772-3767.

HIV Counseling/Testing Services

Private, confidential counseling and anonymous testing for HIV (the AIDS Virus) is available at the Nimkee Wellness Center. We also provide premarriage HIV counseling to meet state marriage license requirements at no charge.

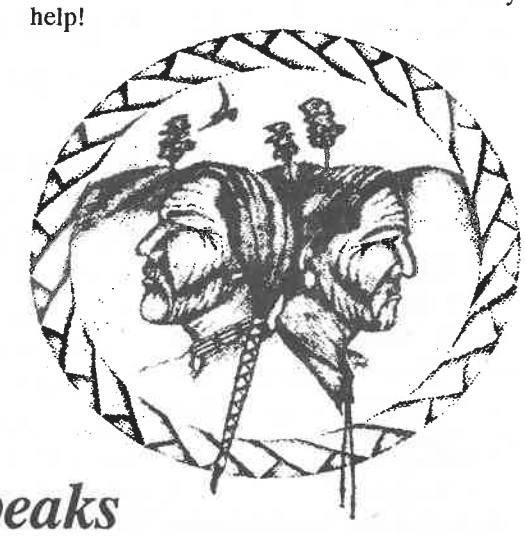
For more information, or to schedule a confidential appointment with a certified HIV counselor, please call the Nimkee Wellness Center at 772-3767.

Attention All Users Of Oral Contraceptives

The Wellness Center Pharmacy now has Oral Contraceptive (Birth Control Pills) in stock.

Please come to the Nimkee Pharmacy for refills in the future. By using your own pharmacy, the Tribe will save a great deal of money.

Pills stocked-Ortho Novum 1/35, Ortho Novum 1/50, and Ortho Novum 777. Thanks for your help!



Native American Speaks

The celebration of the holiday, Christmas, New Years, Thanksgiving and the others, have all been introduced into the Indian's world. Through the many of hundred of years, he has grown to accept them because of his partial assimilation into the society of today. The holidays and all the merriment, revelry, and spiritual aspects have all grown into his culture. Be that as it may, many Indian families enjoy the customs and ways introduced by their white brothers so Christmas is something special to them because they have learned to accept it.

Christmas was a custom introduced from the many missionaries of the various denominations. The Indians had to be converted to theses religious persuasions of the strange customs.

To the Indian, to live off the land and earth was something special. His calendar was the moon that rose every 28 days. Each phase of the moon was of importance in his life. It has many special meanings; Sugar moon, planting moon, harvest moon. His very existence revolved around Brother Moon. So not only did it affect his life but also the animals of the forests.

The moon and the bright star at Christmas time meant another thing to him, because in days of old before the advent of the white man and Christianity he had his own religion. The moon with the bright star was a warrior who had ventured too far out in search of it, when it was not shining and got lost; that will be another story.

In a sense the Indian had his own form of Christmas, but it wasn't mentioned as that because again Christmas was unheard of in those days. It is called the Give Away. When an honored guest came to the village, he was treated with respect and a big feast was held and pow wow held with the many dances for the distinguished visitor. Gifts were given to him from the chiefs or headman, and many times these were prized possessions. They were identified as friends who lived as they did, so it was an honor to have them in their village. This custom goes on yet today among Indian people, they will give you things but it isn't thought of to give them money in return. It is a gift, a token of friendship. One cannot buy friendship, so no exchange of money, just acceptance of the gift and an appreciation of such; this custom goes on no matter what time of the year it is.

A custom the Indian adopted along with the New Year was that when the New Year rolled in, it was customary to go outside with your gun at midnight and fire it. I can remember yet, in my younger days, going out with my father at midnight and listening to the guns being fired from the various parts of town where the Indians lived. Later on this custom was stopped because the local officers were running in too many directions at one time to reprimand the Indians, but many Indians today in isolated areas still cling to that custom.

Another ritual was to visit other Indian families on New Years day. You would be greeted at the door, invited in to sit down to eat, chat for awhile, then move on to the next house. One I remember distinctly, came every year from Peshawbetown, an Indian settlement near Suttons Bay. Every year like clockwork he would bring them news of friends of that area. My mother and father would greet him, invite him in to sit and visit. He would bring them news of friends of that area. They would talk in Indian and I would grasp bits of the conversation of what Indian I knew. He would stay at my adopted grandmother See-son's house for a few days, then move on only to return on the next New Years.

The New Year to the Indian wasn't recognized or even celebrated on January 1st. In the Indian world, the new year starts in the early days of March, the time of the Sugar Moon. It is the time when the sap starts to flow, the days begin to get longer and warmer and the new life in the tree is starting. This was his new year. It was the beginning of the whole cycle of life again for 13 more moons. Now Brother Sun and the warm rains from the South could again replenish the food from the earth. This was the life of the Indian of old. He was happy in such life, because he adapted and accepted the way of nature that were put here by the Great Spirit. He respected everything that was here, because they all had a purpose one way or other.

The Indian of today now joins his white brothers in their many holidays and celebrations. One cannot go back into time. Only memories of a people long gone now have arisen as the new Indians of today strive to hang on to a fading culture. Yet they are torn by the dominant culture and its new ways of laws and dictation, but if the Indian of today wants to exist in this day of steel and the fast pace of life, he must be part of it and join the crowd.

Tribal Education Department

Stories And Poems To Remember

by ELIZABETH BANKS

For over a year, I have been submitting my stories and poems written by students enrolled in classes offered through the Tribal Education Department. It is my hope that these written works have been enjoyed by all.

It has been such a pleasure to work with all the people enrolled in the High School completion and college classes. I look forward to next semester's classes, beginning Tuesday, January 21, 1992.

"Dear Grandma"

by SARAH JOHNSON

Have you ever noticed an old woman sitting quietly alone somewhere? Maybe you have seen her at a relative's house, or going along in the back seat of a car with just the top part of her little grey hair showing. Perhaps she is like my grandmother--tiny, little woman with a stooped back and walks with slow, lurching movements and is hesitant at moments.

Her tan face is etched in tiny river valleys of wrinkles, going across from the corner of her inset brown eyes, up toward the temples, and a few running across the forehead. She smiles with plump, little cheeks and has a grey fog of short hair around her head.

I used to enjoy visits up to her house in Northern Michigan. I would stay for days and just feel at home there. Sometimes we would count our change and together walk about a mile to a little country store on the corner. As we walked along, we would become silent in our faraway thoughts. She would talk about her golden days as a young woman, and once mentioned about a blessed event when she hiked to a bigger grocery store 12 miles away and got lucky for a ride all the way back to her home with groceries.

Sometimes we would carry a folded paper bag and walk around the woods near her home. We would search for mushrooms when they were in season. She would gaze around and begin talking about certain herbal plants and how Indians used many different kinds for health medicine years ago.

The best times I liked would be to bed down in the same room and talk the night away. I would listen to endless stories of her past, and some were incidents that had a joke. I would curl up and feel drowsy from her talking. I used to visualize the stories as she told them and fall asleep.

My grandma is a special woman. When I look at her, I see all of life's ingredients embedded in her mind. Her whole being is unique. I see an inner strength like an old oak tree and a soul waiting to be loved in return. I love this grandma.

She is the Chief Pontiac's daughter, and I am going to be part of her heritage.

Granddaughter,
Sarah Johnson

Recognition Goes To Gary Chamberlain

Gary Roger Chamberlain received a letter from the West Intermediate School Principal, Gregory McMillan, to congratulate Gary on his report card. Gary's family is very proud of his progress in school. The letter reads the following:

Dear Gary Chamberlain:

The intent of this letter is to congratulate you on a fine report card. You and your parents should be proud of the fine grades you earned during the first marking period. Earning average or above grades is a tremendous achievement.

Keep up the excellent work. Continue to strive to do and be your very best.

Please let me know if there is anything I can do to help you in the future.

Congratulations,
Mr. McMillan, Principal

THE TRIBAL OBSERVER
7070 East Broadway
Mt. Pleasant, MI 48858

MARY A. KUNST, Managing Editor
LEE BRAUKER, Clip Art
WADE CHAPMAN, Tribal Observer Logo

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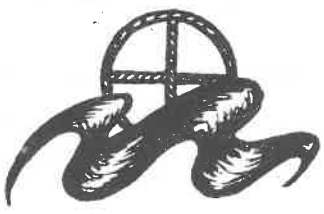
Editorials are the opinions of the writer and not necessarily the entire staff of the TRIBAL OBSERVER, or the Tribal Operations personnel of THE SAGINAW CHIPPEWA INDIAN TRIBE.

Gonzalez Receives Most Improved Player Award

Consuelo Gonzalez received the Most Improved Player Award. She plays for the Mt. Pleasant High School 9th Grade Girls Basketball team. Her aggression landed her the award along with her good attendance in making the after school practices.

Her mother, Charmaine Benz, is very proud of Consuelo's improvement and involvement with the sport. Consuelo's aggression and determination to play basketball next season could send her from JV to Varsity. Stay in there and good luck! Don't quit.



Flandreau Indian School News...

Green Named To First Quarter "B" Honor Roll

Darcie Green, a junior at the Flandreau Indian School, Flandreau, South Dakota, has been named to the first quarter "B" Honor Roll at the Flandreau Indian School.

Darcie is a student tutor in Sacajawea Hall, the Girl's Dorm. She is a member of the Saginaw Chippewa Tribe and the daughter of Mary Green of Mt. Pleasant, Michigan.

Second Semester Applications Being Accepted

The second semester at the Flandreau Indian School will begin on January 30, 1992. Students interested in attending Flandreau Indian School during the second semester are encouraged to send their applications in right away.

The Flandreau Indian School is an Off-Reservation Boarding School operated by the Bureau of Indian Affairs. Class offerings are in the following areas: general course of study, college prep, vocational and special education. A wide variety of clubs, activities, sports and special programs are offered to meet the special needs of the students.

For more information about the school write to the Flandreau Indian School, Flandreau, South Dakota, 57028 or call (605) 997-3773 or 1-800-351-1477 Ext. 448. You should also contact the Tribal Education Department at 772-5700, Ext. 204.

Little Tasha Sprague, daughter of Aaron Sprague and Shelly Jeffrey, sits on Santa Claus' lap as she receives her present at the December 17, 1991 Binoojiinh Montessori School Christmas Party. David May dressed as Santa Claus this year. The Christmas party took place in the Tribal Center Senior's Room. (Picture taken by Mary Kunst)

A Little Corner Of Poems

Featured Student: Nancy Martin

As a child sits...
Wonder which way to go
Who belongs
Where to go
Who is who
Who am I

As a child sits...
Who do I belong to
Where do I belong
Why am I here
How to go there

As a child sits...
Questions answered
Mind in order
Too late for childhood

As a child sits...
Now grown Mother of 9
Wife at 15
Happy as happy can be
Dreams can come true.

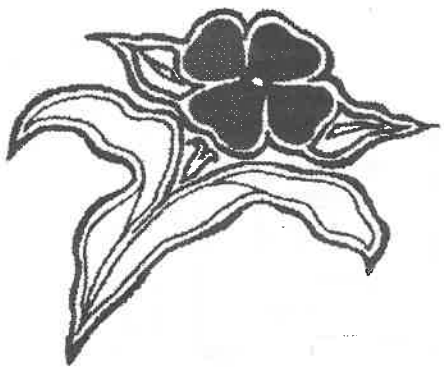
by NANCY MARTIN

Mothers should be thankful
I'm thankful for my family
Our lives and love
Our home and happiness
The father to my children.

Mothers should be thankful
More love than others
Never alone in life
Work harder than some
Never bored.

Mothers should be thankful
For being loved, happiness and
Never being alone.

by NANCY MARTIN



Pow Wow Schedule

February 8 & 9, 1992
Escanaba, Michigan

"GIIWEBIBOON 14th Annual Mid-Winter Pow Wow" Escanaba, Michigan. At the Bay de Noc Community College on US 41 just north of Escanaba. For more info contact Wally Blanc at (906) 428-9373.

February 15 & 16, 1992
Lansing, Michigan

(Tentative Dates), "N.A.I.S.O.'s 11th Annual Michigan State University Pow Wow," East Lansing, Michigan. For more info contact Bea Peters (517) 353-7745.

March 21 & 22, 1992
Ann Arbor, Michigan

"20th Annual University of Michigan Pow Wow" Ann Arbor, Michigan. At the Chrysler Arena. For more info contact Mike Dashner at (313) 763-9044.

April 4 & 5, 1992
Mt. Pleasant, Michigan

"4th Annual Central Michigan University Pow Wow," Mt. Pleasant, Michigan at the Finch Fieldhouse. For more info contact Sandy Stevens at (517) 772-5700 or the Multicultural Center (517) 774-7318.

Schedule of Classes for Spring

Classes begin Tuesday, January 21, 1992 and end Friday, May 8, 1992.

For more information, call the Tribal Ed. Dept. at 772-5700, Ext. 204.

Monday & Tuesday:
10:00 - 12:00 noon
Language Arts (English, Writing) - Adult Ed. Class
Basic Living Skills - Bay Mills Community College Class

1:00 - 3:00 pm
Native American Literature - Bay Mills Community College Class

3:00 - 5:00 pm
G.E.D. Preparation - Adult Education Class

Tuesday Only:
12:00 noon - 3:00 pm
Beginning Ojibwe Language - Bay Mills Community College Class

Wednesday & Thursday:
10:00 - 12:00 noon
U.S. History I & II - Adult Education Class

1:00 - 3:00 pm
Government - Adult Education Class
Environmental Science - Bay Mills Community College Class

3:00 - 5:00 pm
Math - Adult Education Class

Thursday Only:
2:00 - 5:30 pm
Keyboarding I - Adult Education Class

Friday Only:
12:00 noon - 3:00 pm
Advanced Ojibwe Language - Bay Mills Community College

Independent Study:
Science - Adult Education Class

Evening Classes

Monday:
6:00-9:00 pm Word Processing - Bay Mills Class

Tuesday:
6:00-9:00 pm - Keyboarding II - Bay Mills Class

Wednesday:
6:00-9:00 pm Advanced Wordprocessing - Bay Mills Class

Thursday:
6:00-10:00 pm Intro. to Computers - Adult Ed. Class

Shanks Gets An 8 Point Deer
by CAROL SHANKS

I spoke too soon. I did get an 8 point deer. When I saw it, I thought it was at least a 16 point deer.

Now the cleaning and cutting are the hard parts. You have to cut up the middle and pull all the inside stuff out. (YUCK!) I was lucky. My husband, Archie, did those parts. I did the shooting.

Next year, Archie said I have to do it all. I just might not hunt.

PUBLICATION ALERT...

The next publication date is February 7, 1992. Copy deadline is January 30, 1992.

Classified copy deadline is January 30, 1992. 20 Words for $2.00, every 10 words is $1.00 extra.

Please send news flashes to The Tribal Observer or call us at The Saginaw Chippewa Indian Tribe, (517) 772-5700, Ext. 245.

Letters to the Editor should be addressed to Mary A. Kunst, The Tribal Observer, 7070 East Broadway, Mt. Pleasant, MI, 48858.

The staff and students from the Education Department would like to congratulate Melanie Allen, Adult Education teacher, on the birth of her son, Eyra Allen-Lucas. Eyra arrived December 3, 1991, weighing 9 pounds 2 ounces, and measuring 20 1/2 inches long. We look forward to seeing the little one.

BABY

BABY

The Saginaw Chippewa Indian Tribe
Of Michigan

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FAX (517) 772-3508

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