

MNO NODEGEWEN HANNAHVILLE

(Something good you hear about in Hannahville)

Issue #12, December 2011



Family Literacy Night

was held Tuesday, November 8th at Hannahville Indian School. There were numerous activities for children to participate in. The FACE program had a station that included a tea party with rhymes and songs, making masks and storytime. Staff from Daycare/Early Head Start and the Language Department also had storytelling stations. In the Library Miss Sue did an amazing job reading "There Was an Old Lady who Swallowed Some Leaves". At the end of the night families took horse-drawn carriage rides while Rachel Fix from the Youth Center read books to them. For those of you who didn't get a chance to take a horse and carriage ride, Strahl's will be back on Tuesday, December 6th for "Soup, Stories, and Santa!" Thank you to all who attended and helped put it on! The Event was a success!



FACE Educator Amy Hall at one of the many storytime sessions offered.



Language Department Staff reading "The Old Blind Couple" in Potawatomi.



Miss Sue putting on a great performance while reading her story in the library.



Participants already enjoying a book they received from the give-away.



Families listening to the story while riding on the carriage.



The horses were very friendly and allowed the children to get close to them.

FEATURED EVENTS THIS MONTH

Tribal Member Christmas Party, December 3rd
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Escanaba Christmas Parade, December 2nd
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"Soup, Stories, and Santa!" December 6th
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School Christmas Program, December 16th
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CHRISTMAS PARTIES

2011

Tribal Member Christmas Party

Saturday, December 3rd

5:00-6:00 Pictures with Santa age 0 - 17

6:00-8:00 Dinner

8:00-10:00 Prizes & 50/50 raffle drawings

Tickets are \$5 per person
(ages 4 & under free)

Purchase tickets at Admin. beginning
11/28/11 & at the door 12/03/11.

LOCATION:

Island Resort & Casino
New Convention Center

*Any questions, feel free to call
Jackie Kang @ 906-723-2601*

2011

H.I.C. Employee Christmas Party

Saturday, December 17th

5:00-6:00 Social Time

6:00-8:00 Dinner

8:00-11:00 Prizes & 50/50 raffle drawings

Tickets are \$10 per person
Purchase tickets at Admin. beginning
12/12/10

& at the door on 12/17/10.

LOCATION:

Island Resort & Casino
New Convention Center

*Any questions, feel free to call
Jackie Kang @ 906-723-2601*



Yes, Casino Employees, There is a Christmas Party!

*You and a guest are cordially invited to the Party to be held in Club 41 on
TUESDAY, DECEMBER 6TH, 2011*

SCHEDULE OF EVENTS

REGISTRATION: 5:00 p.m.

DINNER: Serving dinner from 5:00 p.m. – 8:00 p.m.

EVENTS:

- CHRISTMAS SWEATER- Wear a Christmas sweater and enter into a category of your choice. (Most Festive, Glitziest, Ugliest) A cash prize for each category will be awarded.
- HO, HO, HO, WHO DO YOU KNOW? - Receive a list upon registration and search for different employees who can say "yes" to a list of items. All completed forms will be put into a drawing for a cash prize.
- DOOR PRIZES
- \$50.00 GIFT- Available at the Check Cashing Window at the Cage

MUSIC AND DANCING: 9:00 p.m.

**Please sign sheet on Bulletin Board if you plan on attending and are bringing a guest!*

We look forward to celebrating with you! Thank you!

Local Events



Escanaba Christmas Parade **Friday, December 2nd at 7:00 p.m.**

Contact Bonnie Wenick-Kutz at 789-0900 with any questions.



UP Steam and Gas Christmas in the Village

Friday, December 2nd 1:00 p.m. - 7:00 p.m. and

Saturday, December 3rd 10:00 a.m. - 7:00 p.m. at the UP State Fairgrounds

Tour the historic museum and shops and say hello to Santa and enjoy fresh roasted chestnuts. FREE ADMISSION Please consider bringing non-perishable food items or a new unwrapped toy to help make someone else's Christmas merry. Any questions, call 906-786-2192

Saturday Story Hour

Every Saturday at 1:30 p.m. at the Escanaba Public Library. The program is FREE and for children 4 years and older and will include stories and a craft activity. Although the date has yet to be set, Santa will be at one of the Story Hours in December. Please call 789-7323 with any questions or visit www.escanabalibrary.org

2011 Chamber Shopping Excursion

Destination: Delta County

Jump aboard the 8th Annual Delta County Chamber Christmas Shopping Excursion and tour some of Delta County's finest shops. From the unique downtown districts of Escanaba & Gladstone to the pleasant experiences that await you "Off the Beaten Path", the Delta County Chamber of Commerce is proud to share Delta County's treasures with you this holiday season.

This year's Delta Chamber "Off the Beaten Path" Excursion will be touring on December 3rd, 2011

The full day of holiday shopping fun is just \$25 per person and includes a gourmet lunch at the beautiful Kipling House!

**Call the Chamber for your reservation today at 906-786-2192.
Shop Delta County and leave the driving to us!!**



December Family Circle & REC Night

"Soup, Stories & Santa"

Tuesday, December 6th

5:00-7:00 pm

Dinner served from 5:00-5:45 pm



Come out and enjoy shopping at the Book Fair, a visit with Santa, Christmas literacy activities, and Christmas carols on the horse & carriage ride!

EVERYONE IS WELCOME!

Youth under age 7 must be accompanied & supervised by a responsible adult. Note the change in Rec Night hours: 5:00-7:00. Busses will leave at 7:00! Questions? Please call 466-2952: FACE Ext. 2727, 2719, or 2711; School Library ext. 7737 or 7766 or Youth Services department ext. 7718 or 2708



Events Calendar - December 2011



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 KIDZONE Dance Classes Fit Club 5:30 pm Movie Night 6:30	2 HS Basketball @ Beaver Island	3 Tribal Member Christmas Party Intro. To Film 3:30 pm HS Basketball @ Beaver Island
4	5 KIDZONE Fit Club 5:30 pm Drop-In Beading 6-8 pm	6 KIDZONE Dance Classes HS Basketball @ Ojibwe Charter (girls only) Family Rec. Night 5:00-7:00 pm BEEF STEW Soup, Stories & Santa 	7 KIDZONE Fit Club 5:30 pm Intro. To Film 3:30	8 KIDZONE Dance Classes Fit Club 5:30 pm Movie Night 6:30	9	10 Intro. To Film 3:30 pm
11	12 KIDZONE Fit Club 5:30 pm Drop-In Beading 6-8 pm	13 KIDZONE Dance Classes Hannahville ½ Day Family Rec. Night 5:30-7:30 pm PIZZA Christmas Craft Night 	14 KIDZONE Fit Club 5:30 pm Intro. To Film 3:30	15 KIDZONE Dance Classes Fit Club 5:30 pm Movie Night 6:30	16 HS Basketball @ Paradise	17 HIC Employee Christmas Party HS Basketball @ Paradise Youth Center CLOSED
18	19 KIDZONE Fit Club 5:30 pm Drop-In Beading 6-8 pm	20 KIDZONE Dance Classes Family Rec. Night 5:30-7:30 pm TURKEY & STUFFING Gingerbread Workshop 	21 KIDZONE Fit Club 5:30 pm	22 KIDZONE Dance Classes Fit Club 5:30 pm  Youth Center Christmas Party 6-9 pm	23 NO SCHOOL	24 Youth Center CLOSED
25 Youth Center CLOSED Christmas Day 	26 NO SCHOOL Youth Center CLOSED	27 NO SCHOOL	28 NO SCHOOL	29 NO SCHOOL	30 NO SCHOOL Youth Center CLOSED New Year's Eve 	31 Youth Center CLOSED

All events and activities are for YOUTH (unless designated as a "family" event) and are subject to change; if you have questions about a certain event, activity or program offered through the Youth Services department, please call 466-5397. Youth must be 7 or older to utilize the Youth Center unsupervised. Youth under age 13 are not allowed after 6:30 pm except for special events.

Youth Center Hours of Operation: M-TH 3-10 pm, F-Sat 3-11 pm, Sun 1-9 pm

Youth News

MIGWETHH to all the girls (and women!) who came out for the "Girls Night In" event that was hosted by Hannahville Youth Services on Saturday, November 12th! We hope you enjoyed the food, programs, desserts, and especially spending time with everyone. Special thanks to Kris Blahnik, Jessica McCullough, and Amanda Gunville from the Health Center for their "Healthier You" presentation and also to Adrian Ransfer for helping with set up for the event.



 **Drop-In** 

Beading

...AND MORE!

Mondays from 6-8 p.m. @ the Youth Center



**For students 4th Grade and up.
Adults and community members
are encouraged to attend!!**

**Come join us for another year of
jewelry making and crafting with
friends and family!**

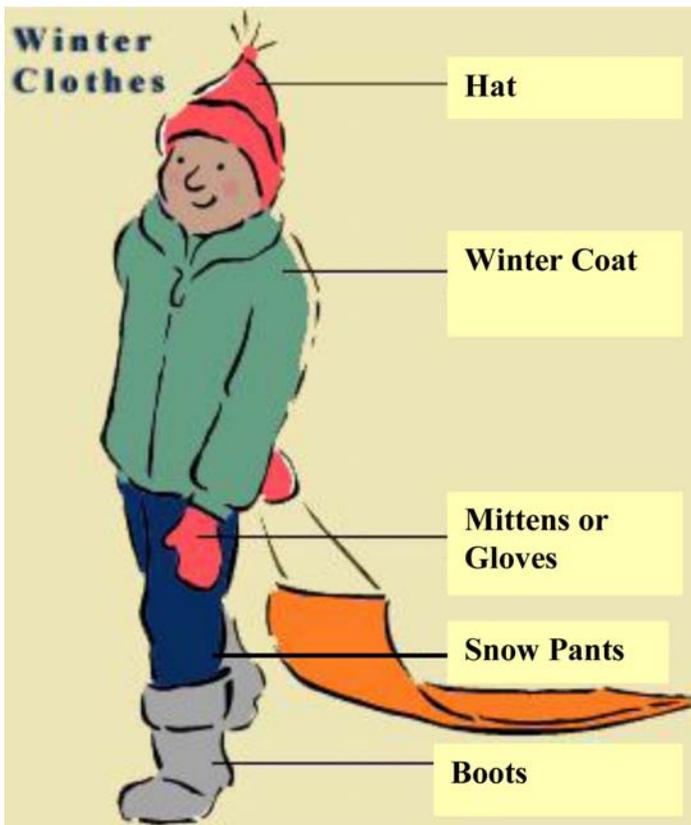


Pictured are the winners of the Lions Club Peace Poster Contest sponsored by Heart of the North Lions Club at Hannahville School. The sixth graders participated in the 24th annual Lions International Peace Poster Contest working on their posters in art class under guidance of art teacher Lynn Moore. Lions Club International is sponsoring the contest to emphasize the importance of world peace to young people everywhere.

The poster was selected by the Heart of the North Lions Club members for its originality, artistic merit, and portrayal of the contest theme, "Children Know Peace." The first place winner will advance to the district level to compete with other winners in the U.P.

In the photo, from left to right are 3rd place winner Aspen Lee, 2nd place Ruby Troxell and 1st place winner Dayson Beaver. They received prizes of \$25 (1st place), \$15 (for 2nd), and \$10 (for 3rd). Thank you to all the participants and Congratulations to the winners!

Student Information



Dear Parents/Guardians:

The cold weather is here! Many of our students are coming to school without their winter gear. Please make sure that your child comes to school each day dressed in their winter clothes, because they do get outdoor recess time each day.

We feel that it is important for students to get fresh air everyday. If they do not have boots or snow pants, they will go outside, but will remain on the sidewalk so they do not get wet.

Thank you!

Rose Potvin, Elementary Principal

Hannahville Indian School/Nah Tah Wahsh
Parents are a child's first teachers!

Give Your Child The Gift of Time

You are the most important person in your child's life, and to become a well-disciplined person, she needs your love, your support, your example and your time. Spending time with your child doesn't mean going on special outings, although those are a nice treat. It means including her in your life. Here are some simple ideas:

- **Make an appointment.** If the demands of your day let time slip away, then schedule time with your child! Block out an hour every evening for a family meal or relaxation time.
- **Do chores as a family.** Have your child work alongside you and you will accomplish several things: You'll teach your child responsibility, you'll gain an extra hand and you'll complete meaningful work—together.



- **Enjoy "downtime" together.** Listen to music your child enjoys. Watch a movie or TV show together. Your child will appreciate your interest. This also provides opportunity for conversation. Ask your child to explain why she likes her favorite show or music.

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Hannahville Indian School/Nah Tah Wahsh
Parents are a child's first teachers!

Guiding Students for School Success

Expect success at homework time

If you *expect* your child to complete homework, she's more likely to do so! Consider your child's responsibilities and skills. Then decide what's reasonable to expect. Here are some common homework expectations:

- **Bring it home.** Your child should have a system for remembering assignments. She might use a take-home folder, for example, or write assignments in a special notebook.
- **Study on weekdays.** It helps to pick a regular homework time and place. Once kids get in the habit of doing homework daily, they're less likely to avoid studying.
- **Turn it in.** Homework should get packed in the proper folder or notebook at night, and then put in the backpack, along with other important papers. This makes mornings much easier!
- **Ask questions.** Stay nearby while your child does homework. Encourage her to tell you if she needs help. Review assignments together to make sure your child understands them.
- **Learn from mistakes.** When the teacher returns homework, look it over together. What did your child do right? (Congratulate her!) What might she do differently next time?
- **Persevere.** Homework can be challenging. Compliment your child's efforts and let the teacher know if homework seems to take too long.



Avoid using rewards to motivate your child

At one time or another, most parents use rewards to motivate their children. And there's no question that reward systems work.



But when the rewards stop, sometimes the good motivation stops, too. That's true whether it comes to behavior or schoolwork.

Researchers have found that when students are motivated by an inner reward, such as pride at getting all their math problems right, they retain what they have learned longer, and they earn higher grades.

Source: C. Brewster and J. Fager, "Increasing Student Engagement and Motivation" Northwest Regional Educational Laboratory, http://educationnorthwest.org/webfm_send/452.

Parenting affects boys, girls differently

An analysis of 69 studies shows that boys who lack parental comfort and support during stressful times are more likely to become:



- **Aggressive.**
- **Destructive.**
- **Disobedient.**

On the other hand, girls tend to turn feelings inward and become:

- **Depressed.**
- **Anxious.**
- **Socially withdrawn.**

So during stressful times, make an extra effort to check in with your child.

Source: R. Nixon, "Bad behavior linked to poor parenting," MSNBC.com, <http://tinyurl.com/3f6x5mm>.

Punishment rarely improves poor behavior in the long run. Because *punishment satisfies the punisher.*



If your child has a misstep, enforce a consequence instead.

If, for instance, she forgets to hand in her permission slip despite being reminded, let her miss the field trip. It's a penalty that relates directly to her actions. And it's more fitting than an angry, "You're grounded!"

Source: Dr. M. Marshall, *Discipline Without Stress, Punishments or Rewards*, Piper Press.

Don't indulge a pouter

If your family exchanges gifts during the holiday season, how do you handle a child who pouts when he doesn't get every item on his list?



He *really* wants everything and you *really* don't want to disappoint him. You want him to be happy. What should you do?

Remember that you are the parent. And as a parent, it's not your job to fulfill your child's every demand. It's your job to raise him to be a decent, caring person—not someone who pouts to get his way!

Turn reading into a happy habit

Reading should be a daily routine, but it shouldn't feel like a chore. To make reading fun, be creative. Try some of these ideas:

- **Read in new spots.** Let your child pick somewhere new—and silly—to read. She might read in the bathtub, for example, or bundled up in the snow.
- **Re-enact stories.** After reading an exciting book, have family members choose parts and act it out. Use costumes and props, too!
- **Have a pajama party.** Put on your PJs and gather books, pillows and blankets. Stay up a little later to read together.



Source: S. Frost, "Super Creative Family Reading Night Ideas-Fun!" ModernMom, www.modernmom.com/article/super-creative-family-reading-night-ideas-fun.

Questions & Answers

Q: We'll be staying with out-of-town relatives during the holidays this year. They're stricter with their child than I am with mine, and I'm worried about how he'll adapt. What should I do?

A: It's smart to start thinking about the upcoming "rule changes" now instead of waiting until you pull up to your relatives' driveway. But rather than worry about your stay, look at it as an opportunity for your child to learn respect.

After all, every time he obeys the new rules, he'll be showing that he respects his relatives and the regulations they've set (even if he doesn't particularly like or appreciate those regulations).

To prepare your child for the visit ahead of time, and hopefully avoid meltdowns or misunderstandings:

- **Know what to expect.** Well before you arrive, talk with your relatives about their daily routine. Is their child's bedtime written in stone? Is screen time monitored? The more you know in advance, the better.
- **Explain the rules in a positive way.** Talk to him about how your relatives' rules are different from yours, not worse. (Criticizing the rules may make it harder for your child to respect them.) "I know we sometimes eat in the family room at home, but Aunt Becky wants us to keep food in the kitchen. That way, nothing will get spilled on her new carpet."
- **Be realistic.** It's the holiday season, and your child is excited. Behavior-wise, he may slip up here or there. It's not the end of the world! Enjoy your family time.



Are you dealing with a dawdler?

Your child took forever to get dressed and missed breakfast—and the school bus—again. Yelling is a bad idea (and it doesn't work), so what should you try next? A game.

Set a kitchen timer and say, "You've got 15 minutes. If you get ready before it beeps, we can all have breakfast together. Go!"

If he is successful, surprise him with his favorite breakfast. If he isn't, add two minutes tomorrow and try again.

Source: "Child Behavior: What Parents Can Do to Change Their Child's Behavior," FamilyDoctor.org, <http://tinyurl.com/43rk22f>.

Make spelling colorful



It's homework time and your child is grumbling

about practicing her spelling words. Here's a fun way you can help:

- **Let her type** them on the computer instead of having her write them in pencil.
- **Choose a large, fun font** and change the color to something splashy. Then, have her type out each word as you say it.

No computer? Have her use two colored markers—one color for vowels and another for consonants.

It might not make her suddenly love spelling. But it could help you avoid at least one homework-related headache!

Source: J.S. Schumm, Ph.D., *How to Help Your Child with Homework*, Free Spirit Publishing.

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Guiding Students for School Success

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December
2011

Hannahville Indian School Nah Tah Wahsh PSA

Phone: 466-2952

Superintendent: Tom Miller
High School Principal: Bill Boda

Elementary Principal: Rose Potvin
Discipline/Special Ed Coordinator:
Brendan Williams

Mark Your Calendar Upcoming Dates and Events

SCHOOL SCHEDULE:

- Dec 5-8 Book Fair in Library - Library will be closed
- Dec 6 Soup, Stories, & Santa (w/Rec Night) 5-7pm
- Dec 7 Hat Day (pre-register for \$1 in library)
- Dec 8 Grand Breakfast 7:45-8:15am
- Dec 8 School Board Meeting in Conference Room . 3:00pm
- Dec 13 PTSA dinner 5:00/meeting 5:30pm
- Dec 13 1/2 day - Students released at Noon
- Dec 15-16 Santa's Secret Mall in Library - Library will be closed
- Dec 16 Christmas program in gym 1:00pm
- Dec 23-Jan 2 NO SCHOOL - Christmas vacation

GRAND BREAKFAST

Dec 8, 7:45-8:15am in Conference Room
Grandparents are invited to breakfast with their students.

HAT DAY Dec 7th

Pre-register in the Library to wear an approved hat for the day.
Cost is \$1 per hat per student.
Proceeds will buy new books for the library.



Kitchen is done serving breakfast at 8:12am.
All students need to be in class at 8:15am.



Merry
Christmas



All students grades K-5 need to bring JACKETS, hats, + mittens every day. They have outside recess and may also go outside for other classes.



Hannahville Eagles Sports Schedule Basketball

High School Girls' & Boys'

- Dec 2-3 @Beaver Island Fri: 6pm/8pm, Sat: 8:30am/10:00am
- Dec 6 @Ojibwe Charter Tue 3:30pm
- Dec 16-17 @Paradise Fri: 6pm/8pm, Sat: 8:30am/10:00am

DECEMBER 2011 Calendar of Events

All Times Eastern
www.islandresortandcasino.com



Lounge Entertainment

Club Four One
8:30pm-1:30am ET

December 1-3	Bear Creek
December 7-10	Phil Vaught
December 14-17	Passion
December 20-23	Marshall Star
December 26-31	2nd Hand Band

Sun	Mon	Tue	Wed	Thu	Fri	Sat
BINGO EVENING SESSIONS: Sunday - Saturday Doors Open 4:00 pm Early Birds 6:30 pm Regular Session 7:00 pm MATINEE SESSION: Sunday Only Doors Open 10:30 am Early Birds 12:30 pm Regular Session 1:00 pm Electronics Available Every Day.		SENIOR DAYS Wednesdays in December Seniors WIN Cash <i>Equal to Your Age!</i> 	Throughout December <i>Island Club members can earn points for a Free Holiday Trinket Box</i> Collect All 3! 	1 WSOP Super Satellite Poker Tournament 6:30 pm Bingo - Regular	2 Poker Tournament 6:30 pm Slots & Slices Slot Tournament 5:00 - 8:00 pm Bingo - Table Buddy	3 Poker Tournament 5:00 pm Bingo - Regular
	4 Comedy Night Bingo - Monitor AM / Regular PM MIDWEST POKER CHALLENGE 5:00 pm	5 Tag Team Slot Tournament 5:30 pm Bingo - Regular	6 Bingo - Buy 1 Pack Get 1 Free	7 No-Limit Hold 'Em Double-Flop Poker Tournament 6:30 pm Bingo - Regular	8 WSOP Super Satellite Poker Tournament 6:30 pm Bingo - Table Buddy	9 Poker Tournament 6:30 pm Slots & Slices Slot Tournament 5:00 - 8:00 pm Bingo - Regular
11 Comedy Night Bingo - Regular AM / Monitor PM MIDWEST POKER CHALLENGE 5:00 pm	12 Slot Tournament 5:30 pm Bingo - Table Buddy	13 Bingo - Regular	14 No-Limit Hold 'Em Double-Flop Poker Tourn. 6:30 pm FREE SENIOR CITIZEN'S SLOT TOURNAMENT 11:30 am Bingo - Regular, ELF Bingo	15 WSOP Super Satellite Poker Tournament 6:30 pm Bingo - Regular	16 Poker Tournament 6:30 pm Bingo - Odd Ball WYNONNA <i>A Classic Christmas</i> 8:00 PM	17 Poker Tournament 5:00 pm Bingo - Regular
18 Comedy Night Bingo - Monitor AM / Regular PM MIDWEST POKER CHALLENGE 5:00 pm WYNONNA 3:00 pm	19 Slot Tournament 5:30 pm Bingo - Regular	20 Bingo - Odd Ball Party-Pit 11 am - 2 pm	21 No-Limit Hold 'Em Double-Flop Poker Tournament 6:30 pm Bingo - Regular	22 WSOP Super Satellite Poker Tournament 6:30 pm Bingo - Table Buddy	23 Poker Tournament 6:30 pm Slots & Slices Slot Tournament 5:00 - 8:00 pm Bingo - Regular	24 CHRISTMAS EVE NO Poker Tournament NO Bingo
25 Merry Christmas NO Comedy Bingo - No Bingo AM / Monitor PM NO Poker	26 Slot Tournament 5:30 pm Bingo - Table Buddy	27 Bingo - Regular ISLAND RUMBLE SLOT TOURNAMENT 1:00-3:00 pm & 5:00-7:00 pm	28 No-Limit Hold 'Em Double-Flop Poker Tournament 6:30 pm Bingo - Odd Ball	29 WSOP Super Satellite Poker Tournament 6:30 pm TWISTED THURSDAY SLOT TOURNAMENT 6:00 pm Bingo - Regular	30 Poker Tournament 6:30 pm Slots & Slices Slot Tournament 5:00 - 8:00 pm Bingo - Customer Appreciation	31 NEW YEAR'S EVE Poker Tournament 5:00 pm Bingo - Regular, FREE Dauber Late Nite Session After Regular

New Year's Eve

On the Gaming Floor & Bingo

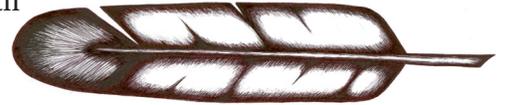
Late-night snacks, champagne & party favors. Prizes will be given away in random drawings 6:00pm-2:00am.

This calendar is subject to change at management's discretion. Must be 18 years of age or older.

Community Health

REACH for HEALTH “Weight Loss Challenge”

Hannahville Department of Health and Human Services
Community Health



On January 1, 2012, we are starting a weight loss challenge for Tribal members and spouses of Tribal members of the Hannahville Indian Community.

This is a 17 week couple challenge which will end on April 30, 2011. This does not mean you have to have your husband or wife as your partner, but you do have to have a partner. The prize for the team with highest percentage of weight loss at the end of the 17 weeks is **\$1,000**. The prize of \$1,000 is a large sum of money, so we will be setting some rules that need to be followed throughout this challenge to be eligible to win the prize at the end.

If you have any medical considerations or concerns, you will need to get medical clearance from your physician prior to January 1st, which is the start date of this challenge.

You must sign up by December 9, 2011.

For challenge rules and to sign up contact either:

Tracy L. Sagataw @ 723-2565 or Erin Davis @ 723-2534

LET US HEAR FROM YOU!

Hannahville Indian Community's Wellness Advisor Council

wants the ideas and input from our Community.

If you have ideas or thoughts on ways to increase the Health and Wellness of Hannahville please let us know.

You can email or send you ideas to:

Kris Blahnik

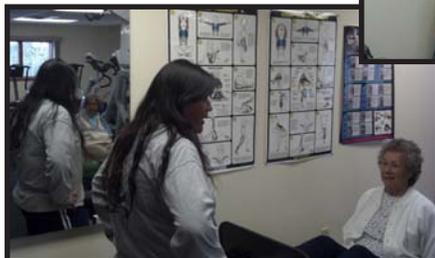
N15019 Hannahville B-1 Rd

Wilson MI 49896

kris.blahnik@hichealth.org

or just drop it off at the Health Center.

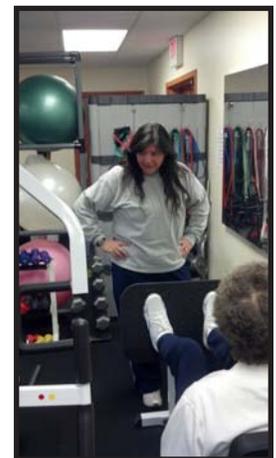
Hannahville Indian Community's Wellness Advisor Council
is funded under the REACH MNO grant.



SPOTLIGHT ON HEALTH

Tracy Sagataw
You Were Caught
Doing Something
Healthy!!

Tracy is a Hannahville Tribal Member who works in the Fitness Center and is a Certified Personal Trainer!



Spot Light on Health is brought to you by:
the Hannahville Indian Community's Wellness Advisor Council and is funded under the REACH MNO grant.

Community Health

Watch for our New Program **"WARRIORS OF WELLNESS"**
Brought to you by: REACH for Wellness, Hannahville Health Center



Starting Jan 1, 2012

All health and wellness programs from the Hannahville Health Center will have Wellness Bucks implemented for participation.

Native Americans and persons living in their household who attend will receive and can save their bucks to shop at our Wellness Store.

More information forthcoming!

Well-ness (wel-nis) n The condition of good physical, mental and spiritual health, esp. when maintained by proper diet and exercise. Webster's Dictionary "Example moves the world more than doctrine." - Henry Miller

We may have arrived at this point for a host of reasons, however when we like what we see in the examples of others, we become attracted to their actions. It is human nature to observe others and imitate behaviors that seem rewarding. We did it when we were young. Unfortunately, we often decided to imitate unhealthy habits along with healthy ones. In fact, most of us realize this only after years of unhealthy imitations. We now have opportunities to imitate behaviors that are physically, mentally and spiritually rewarding.

Offering good examples of behavior to others is rewarding in many ways. It helps us stay committed to the progress, and it becomes a valued habit, one that's guaranteed to carry us more securely into the days ahead. Remember saving up for that 10 speed bike? Remember weeding the garden? Remember sweating into humid summer evening completing mowing, raking and securing our equipment away? Remember the rewards of looking back at that effort? That sense of accomplishment when complimented on our nice bicycle, gardens, yard and sense of security knowing that our possessions are stored. Well the rewards of our efforts are far too numerous to list here however, it is our wish to "spotlight" those healthy examples that many of us are familiar with and perhaps from time to time discover new ones that we might want to try ourselves!

In an effort to foster "wellness", a collection of individuals along with some Health Center Employees have volunteered to promote, coordinate and highlight activities that foster "wellness". The rewards? Good physical, mental and spiritual health. A better sense of self results in a better community. A better community results in a better quality of life that we all seek regardless of motives. We hope you will look forward to re-discovering healthy habits, perhaps being reminded of past healthy habits we have stopped exhibiting and tryin'em out again! Perhaps you may even try a new behavior or activity and discover that you enjoy it! Good health & good rewards to you is our wish!

New Year's Eve Sobriety Pow wow

When: Saturday,
December 31, 2011

Location: Chi Mukwa
Recreation Center,
2 Ice Circle, Sault Ste. Marie,
MI 49783

For more information
contact Jackie Minton,
Office: 906-635-6050, 203-4977
or 440-5915.

Employee Wellness Program

Just a friendly reminder.....

If you have completed the flu shot, the first bi-monthly program, wellness events, health fair, HRA'S and still have the coupons in your workbook please drop them off in the *Wellness Office Collection Box or at the Wellness Office. Thank you!!!

Wellness Office Collection Box Locations:

School Building: In the main office on the wall next to the counter
Administration Building: Under our wellness board
Health Department Building: Under our wellness board
Casino: On the wall outside the Wellness Office

Health Risk Appraisals

can be scheduled by calling the Wellness Office at 723-2038. Please note that there is an HRA questionnaire that must be completed prior to your scheduled appointment. If the questionnaire is not completed prior to your appointment, your Health Risk Appraisal will have to be rescheduled! Health Risk Appraisals take approximately 30 minutes to complete and are worth 20 Wellness Points.

Please like us on FaceBook and find out what's new with the Wellness Program

FB Page: **Hannahville Indian Community Wellness Office**



Bulb Beading and Spoon Making Class

Wednesday, December
14th

At the Heritage Center
12:00 pm –3:00pm

Everyone can make an
ornament, sign up to



Everyone can have lunch
and receive some edu-
cation on Cancer.

You must register ahead
of time to ensure we
have enough material.



Body, Mind, Spirit

Call Kris Blahnik to sign up by December 7th to sign up
753-2530

Well-Ed Sessions will begin in December. More information regarding dates and times will follow in November! Be sure to check the "Wellness Boards" in your building and your "Weekly Tips" for updates!

APPROVED WELLNESS EVENT:

Santa Boogie 5K at Menominee Catholic Central. Starts at 10:00 a.m. Fees: donation of non-perishable goods or monetary donation or St. Vincent DePaul or Salvation Army food pantries. Contact Dan Paul with any questions at (906) 428-4457. This event will have a sign up sheet, please make sure you sign it to receive your points!

Breastfeeding Support Group:

Open to any pregnant or breastfeeding mothers. It will be held every 1st Wednesday of the month at 3:00PM at the School Resource Room. Call Erin Davis at 723-2534 or Mandi at 723-2544.

BRINGING A PET INTO YOUR HOME



Whether you choose to add a puppy, a kitten, a parakeet, or a rabbit to your home, you are not only adding enjoyment to your household, but you are adding the responsibility of another mouth to feed and care for. Bringing in a pet to your home is like adding a child as they cannot, and never will, be able to meet their needs by themselves. They are entirely dependent on you for food, water, shelter, warmth, love, safety, security, exercise (mental and physical) and their health.



Cold Weather Tip: Any dog that is kept outside should have straw for the bottom of their dog house. Don't use blankets as they hold moisture and will freeze. Always have the dog house turned so the opening is *away* from the cold, North winds.

With that, having a pet in your home can be extremely rewarding knowing you have a friend who loves you unconditionally, a love with no strings attached. At the same

time, having a pet can be a challenge if one of the above needs is left out. A dog with a total lack of exercise will find something else to do - that could be chewing on furniture or getting into garbage. A cat with a dirty litter box will find a cleaner place to do its business and could create unpleasant issues down the road.

Fast, Fun Animal Facts

- ⇒ Dogs have superior hearing compared to humans. They are capable of hearing sounds at **four** times the distance.
- ⇒ Cats have powerful night vision, allowing them to see at light levels **six times** lower than what a human needs in order to see.
- ⇒ More than **half** of the world's rabbits live in North America.

When choosing an animal to care for, research what will fit your life style. If you are not home too much, you probably won't have time to give

a large, energetic dog the exercise it will require to keep him, and you, happy. There are many resources on the internet. One example is www.aspca.org, look under the Pet Care tab. If you are interested in a specific breed, run the breed name in the search engine. Doing research can save a lot of headaches for both you and the animal.



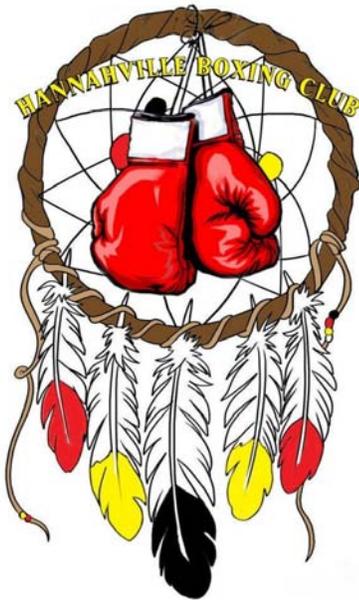
Local Veterinarian Contacts:

Dr. Kathy Lane, Wilson 906-630-1429
Dr. Larry King, Hermansville 498-2239
Escanaba Vet Clinic, Escanaba 786-8020
Bay Veterinary Clinic, Gladstone 786-1878
Country Vet, Rapid River 474-6673



If you see or suspect animal abuse, contact your local law enforcement. In Hannahville call 466-2911.

Community Information



WE'RE BACK!

Come join us at the

HANNAHVILLE BOXING EXHIBITION

December 10, 2011
at the Community Center

Admission \$2.00
Concessions on site

Fights start at
5:00 p.m. est.
Belts will be up for grabs!

Any questions, please call Keith Tebear at 241-4261

HANNAHVILLE INDIAN COMMUNITY HEALTH & HUMAN SERVICES

FOSTER PARENTS

Hannahville Social Services is in need of families that are willing to open their homes and their hearts.

How can you help?

- Temporary 30 day placement
- Emergency 3 day placement
- Long term placement of any child
- Foster just family member's children

If you think you would be interested in fostering a child call Hannahville Social Services: phone no. 723-2514.



CONTACT PERSON: JESSICA WIGHT
PHONE: 906-723-2514
EMAIL: JESSICA.WIGHT@HICHEALTH.ORG

SHI SHI BE

**When: Saturday,
December 31st**

Doors open at Noon
Lunch served at 1:00 Games will start following lunch and be done by supper time

**Where:
Community Center**

Look online at
www.potawatomi-language.org
for the vocabulary list

**The Hannahville Tribal Police Department
is looking for YOUR help!**

Information leading to the stolen property and/or the person(s) responsible will receive a CASH REWARD!

The stolen property is light tan colored couch and love seat, black TV stand with two glass shelves and tan colored DVD/CD rack.

Contact HPD at 466-2911.

Winter Feast for Spirits

Bbon Gibekwe

If you want someone in the spirit world to have something you have, give it to someone in this world and the person that is the beneficiary of the gift should wear, hold or keep whatever was given for a year in memory of the person that was mentioned at the time of the giveaway. It is an honor to give and it is an honor to receive.

An example of that is if someone gives me a blanket, I should think about that person each time I see or use it. I might want to put out a small food offering occasionally to honor that person that was mentioned in the giveaway as well. In that food offering I should include some nensema and mention the persons name. I should never put this where someone might step on it and I should always put it on the west side of my house, preferably under a tree. If that person who was mentioned at the time of the giveaway has a little spirit house at the cemetery I might also go there and offer some berries, fish or other wild meat. I will only have to offer maybe a teaspoon of food or a single berry and again some nensema. When I do that I will be feeding the spirits and I must remember that a little bit here goes a long way there.

Every once in a while I might also want to put my food offerings on a small piece of red material because the spirits use the material to dress others less fortunate. I must always remember that if I don't take care of them, who will? Also, you need to say if I don't teach someone else how to do these things while I'm still here, who will do it for me when I'm gone. Gee-beh-kwe, normally spelled Gi be kwe, is what you will do when you complete this. Typically we call this feasting the spirits. There is a specific language to use when doing this, but if you don't use or know the language do your best and use the English Language if you need to.

Submitted by: Earl Meshigaud Sr.

Hannahville Housing Department **HOMES FOR RENT**

To apply stop in the Housing Department to fill out
or update an application

Monday - Friday 8am - 4pm

Housing Department will no longer accept phone calls for updates

Deadline is December 5, 2011 at 4:00 p.m. no exceptions



Elders duplex \$100.00 per month



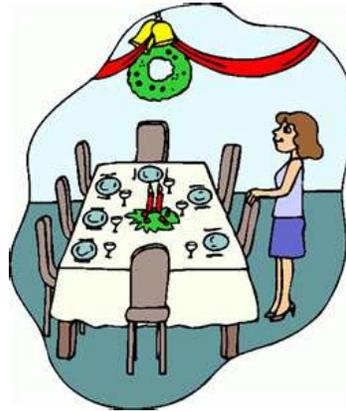
3-Bedroom, 2 bathroom, full basement home in
the Cedarview Sub-Division \$250.00 per month
plus security deposit

Activities

POTAWATOMI LANGUAGE WORD SEARCH



(Although the word may have spaces, it appears as one within the word search)



KANMIN PKWEZHGEN
Corn bread

WEZHASKEMDE
Dumplings

MBEGGE'GEN
Hamburger

DEKYAK
Ice cream

PKWEZHGENABO
Gravy or soup with flour

To learn more Potawatomi, visit
www.potawatomi.org

CAN YOU FIND 5 DIFFERENCES BETWEEN THESE PHOTOS?

ORIGINAL



CHANGED



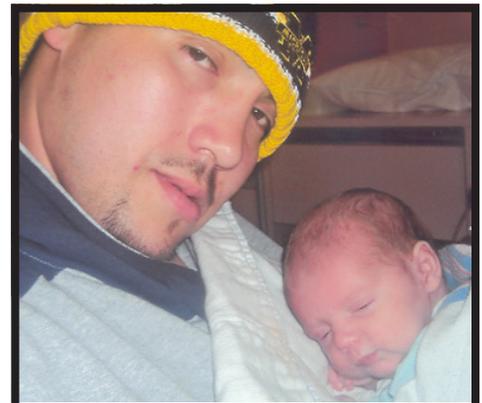
ANSWERS: HEART ON SHIRT, SPEAKER MISSING, COAT HANGING ON TABLE, POSTER ON WALL, SQUARE MISSING ON SHIRT

December Birthdays

Pauline Louis 12/1	Charles H. Meshigaud. 12/15	Mary Johnson 12/31
Luke De Verney 12/5	Constance Sagataw 12/16	Joseph Seymour 12/31
Alex Roy Sagataw. 12/6	Natalie Manitowabi. 12/16	Brandon Browneagle 12/31
William Sjöholm Jr. 12/6	Jesse Smith 12/16	Xander Spry 12/31
Jack Philemon 12/6	Charlene Peters 12/17	
Robert St Germain 12/7	Keith Gill 12/17	
Shawn Paul 12/7	Kendra Ritchie 12/17	
Peter Ray Keshick. 12/7	Alita Ritchie 12/19	
Peggy De Leon 12/8	Ethan Smith. 12/19	
Leon Philemon 12/8	Mary Starnes 12/20	
Lynn Philemon 12/8	Jeffrey Hapner. 12/20	
Rodney Frye Sr. 12/8	Mary Meshigaud. 12/21	
Rhoda Larson 12/9	Nancy Grant 12/21	
Timothy Smith 12/9	Amanda Smith 12/21	
Mason Thunder 12/9	Eli Smith 12/22	
Demitrius Wandahsega 12/9	Cecile Toney 12/24	
Ernest Hardwick 12/10	Janet Coakley 12/24	
Camilo Rodriguez. 12/10	Noreena Dwyer. 12/24	
Veronica Williams. 12/11	Ralph Little 12/26	
Katrina Keezer 12/11	Cedric Halfaday 12/26	
Micheal Wandahsega Jr. 12/11	Carter La Fave. 12/26	
Olivia Manitowabi 12/11	Kandi Emery. 12/28	
Danielle Grove 12/11	Michelle Troxell 12/29	
Braylene Williams. 12/11	Dashawn Metzger. 12/29	
Ava Tovar-Keezer 12/11	Mariah Sagataw 12/30	
Glenn Teeple 12/12		
Joel Smith 12/12		
Joshua Kastar 12/14		



Jim Wandahsega got an eight point buck on November 3rd around 6:00 p.m. Using a bow, he was able to get a straight heart shot. The buck only ran 75 yards.



Bani and Dayten on Oct. 18th Ann Arbor, MI Motts NICU Dayten Ryder Wandahsega 7 lbs. 4.8 oz. born September 22nd
 Father: Manitoubani Wandahsega, Grandmother: Rosalind Wandahsega, Grandfather: Ken Metzger Mother: Dana Picard, Grandmother: Lori Picard, Grandfather: Allen DeCota
 Big Sisters: Marissa Rose Meshigaud and Dayonna Rose Picard

Merry Christmas & Happy New Year to the love of my life, Jesse Raymond Wabanimkee. So happy to start a new year with you again, but happier because you are now my husband.
 Luv, your wife, Jill Marie

Happy Birthday Veronica Mae!
 Love,
 Jill, Jesse and the boyz
 Hope you have a wonderful day cuzzin!
 Love ya tons gurl!



We feel so proud to see that our little girl has grown into a fine, young woman. We couldn't be any happier! Happy 17th Birthday Olivia! Love, Mom, Dad, Natalie & Sophie



Natalie, Happy 8th Birthday! You are growing up so fast. Mom and Dad love you so,so,so, so much!
 xoxoxoxox

Happy 8th Birthday Demitrius Wandahsega (December 9th)
 Love,
 Mom, Dad & Family

Happy 18th Birthday Michael Wandahsega Jr. (December 11th)
 Love, Your Family

Happy Birthday Mommy!
 Love,
 Dae'a and Debrianna

Merry Christmas Jadrian & Jesse!
 Love,
 Mama

Attention Readers:

Hannahville Happenings newsletters are now being added to the www.hannahville.net website. Issues from March 2011 to the current are available for download and from December on will be **in full color for better picture viewing.**

Don't forget the newsletter is also available through email. If you would like to be added to the newsletter email list, please send an email to newsletter@hicservices.org

You can also visit our facebook page (Hannahville Happenings) for pictures that didn't make it into an issue, job postings and reminders of events.

HOLIDAY SCHEDULE

Tribal offices will be closed on the following days this month:

1/2 day Friday, December 23rd

Monday, December 26th

1/2 day Friday, December 30th

Monday, January 2nd

Hannahville Happenings

Published by – The Hannahville Indian Community

Advisor – Earl Meshigaud

Tribal Communications Coordinator/Editor –

Molly Meshigaud

Photographer/Reporter/Graphic Artist/Sales –

Molly Meshigaud

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Hannahville Happenings is a monthly publication of the Hannahville Potawatomi Tribe. Opinions appearing in this publication do NOT necessarily reflect the opinions of the Hannahville Happenings staff or the Hannahville Community.

We welcome letters, editorials, articles and photos from our readers.

**DEADLINE FOR JANUARY'S
NEWSLETTER:**

DECEMBER 16

Hannahville Happenings

Hannahville Indian Community

N14911 Hannahville B-1 Road

Wilson, Michigan 49896

(906) 723-2270 FAX (906) 466-0301

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