

A WOMAN'S PLACE IS IN ... THE COURTROOM

By Annette VanDeCar, Communications Coordinator

Associate Judge Jenny Kronk considers herself a matriarchal person.

Not surprising considering Kronk comes from a matriarchal family where she is the eldest of nine daughters and her only child is daughter Elizabeth Kronk.

It seems only fitting Kronk is a member of LTBB's All-Female Judiciary along with Chief Judge JoAnne Cook, Chief Appellate Justice Rita Gasco-Shepard, Appellate Justice Donna Budnick and Appellate Justice Wenona Singel.

"I guess I don't really think about it, but it is unique," said Kronk when asked what it was like to be a member of an all-female judiciary. "I don't know of any other tribe that has all female judges. I've never heard of it being like this anywhere else.

"I don't know if there are any differences between male judges and female judges. My (late) husband (Tom Kronk, who was an attorney) thought women were more detail-oriented, and men were more big picture-oriented. I'm not sure if that is the case or not."

Cook said it never dawned on her that all five of LTBB's Tribal Judges were women until she read it in the August issue of *Odawa Trails* in an article about Singel's swearing in.

"Being raised in a Native community (Cook is a member of the Grand Traverse Bay Band of Ottawa and Chippewa Indians in Michigan), it is natural for me to see women in leadership roles and for women to be judges," Cook said. "In that respect, I don't think it is unique. But when I went to Chief Judge training, 95% of the Chief Judges were

men. People outside our Native communities make a bigger deal out of it than we do."

Gasco-Shepard said it is an honor to serve as a judge with the other four women.

"I enjoy working with my fellow judges," said Gasco-Shepard, an LTBB Tribal Elder. "I have a lot of respect for them. I think it's interesting we're all women. I like it.

"Women are easier to work with."

The five judges have been told by girls and young women they serve as role models.

"My mother (Jenny Kronk) has always been a great role model for me," said Elizabeth Kronk, 28, who is an Assistant Professor of Law at the University of Montana School of Law. "She went to law school later in life (Jenny Kronk graduated from Thomas M. Cooley



(Left to Right) Wenona Singel, Rita Gasco-Shepard, JoAnne Cook, Jenny Kronk and Donna Budnick. Photo by Annette VanDeCar.

Law School when she was almost 40) after raising me. She is an excellent role model for any woman who has raised a family and who wants to do something more after that.

"It (LTBB having five

female judges) speaks volumes about how supportive the tribal community is of women. There are five very intelligent women serving on the judiciary."

UP CLOSE AND PERSONAL WITH LTBB'S ALL-FEMALE JUDICIARY

By Annette VanDeCar, Communications Coordinator



JoAnne Cook, 39, was sworn in as Chief Judge on June 13, 2006, and she will serve a four-year term until June 13, 2010 as written in the Constitution adopted on February 2, 2005. She worked as a staff attorney for Michigan Indian Legal Services. Cook was a Grand Traverse Bay Band of Ottawa and Chippewa Indians' Associate Judge for five years and the GTB Chief Judge from 2001 to April 2005. She is a GTB Member.

"When I was 15, I went to Bay Mills (Indian Community) Tribal Court as part of a GTB summer program and we had a mock court there," Cook said. "I was the prosecutor in the mock court. It was then I became fascinated with the history of Indian law and the tribal court system. I always thought attorneys

were the modern warriors for treaty rights."

Cook earned her law degree from the University of Wisconsin and earned her Bachelor's degree in Business Administration from Ferris State University. While a judge for GTB, she was involved in the development of the Peacemaker Court and the Healing to Wellness Court. The LTBB Tribal Court is training tribal citizens to be facilitators for Peacemaking Circles. Peacemaking Circles are an alternative to regular tribal court proceedings. Instead of a judge determining the outcome of a case, the people most affected by the outcome gather together to make their own decision.

"Peacemaking is a way to combine Native culture and tradition into the (tribal) court system," Cook said. "It's a way for the tribal community to heal. I like seeing a tribal community come together to work and resolve things without involving a judge.

"It can be a challenge because people have different beliefs, and some people might not have grown up with their culture. It might not always work, but it's important to offer it."

Cook said her initial plan was

to only be a tribal attorney, but she was asked to be an associate judge for GTB when she worked as GTB's Court Development Specialist.

"I guess I was pretty idealistic when I graduated from law school," Cook said. "I wanted to work on big treaty rights cases. But, I enjoy being a judge because you help people at some of the worst times of their lives and you ensure people's rights are upheld."

Being a judge is a lot of responsibility, but Cook said everyone has something to offer our Native communities, and she just happens to be able to do that type of work.

"It's a tough job," Cook said. "You have to make your decisions based on the law and the Constitution and not let your personal feelings affect them.

"You have to keep in mind you are dealing with people's lives. You have to make the best decision for the people who come to court."

Cook said the toughest cases involve children. She is a mother of three sons: Carson, 6, Austin, 12, and Joe, 20, who is a sophomore at Western Michigan University.

"I still remember the first time I had to take someone's children away," said Cook who commutes from Peshawbestown, MI, to

Harbor Springs, MI, to work. "It's hard, but your job is to do what is in the best interests of the child or children involved."

Cook does not enjoy wearing a black robe.

"I just wonder if there is something other than a black robe we can wear that signifies we are judges," Cook said. "It's just an idea I'd like to get feedback on.

"What about having court in our language? There could be someone to translate some words in Odawa, so the language is used. It would be a way to make it (the tribal court) your own."

Cook said the major differences between the state courts and the tribal courts are tribal courts schedule things individually, tribal courts do not provide attorneys for defendants, tribal judges have to take the time to explain the law and the Constitution to a defendant if no attorney is representing him or her, and tribal judges will allow interested parties or anyone present for the proceeding to address the court.

Cook's sister, Liz Cook, is an attorney for GTB's Economic Development Corporation. Her parents are Jerry Cook and Gertrude (Schocko) Cook, and her grandpar-

ents are Rose and Joseph Schocko. Cook thanked the LTBB Community for making her feel welcome.



Jenny Kronk, 58, was sworn in as the Associate Judge on February 18, 2006, and she will serve a two-year term until February 18, 2008 as mandated by the Constitution. She was an Administrative Law Judge for the Michigan Secretary of State, and she was a tribal judge for the Hannahville Indian Community prior to taking her current position.

"I enjoy helping people," said Kronk, a member of the Sault Ste. Marie Tribe of Chippewa

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"ALL FEMALE"

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This newsletter is published by the LTBB of Odawa Indians, 7500 Odawa Circle, Harbor Springs, Michigan 49740. We reserve the right to edit any material submitted for space and content.

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Little Traverse Bay Bands of Odawa Indians
Harbor Springs, Michigan 49740

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Departments and Programs

Communications Department

BREAKING NEWS FROM THE COMMUNICATIONS DEPARTMENT

By **Annette VanDeCar**, Communications Coordinator

As in past years, the Communications Department is publishing a Ghost Suppers schedule for the northern Michigan area in this *Odawa Trails*.

If you would like your Ghost Supper to be included on the schedule for the November issue of *Odawa Trails*, please e-mail, fax or call in the following information by October 9: Date of the ghost supper, family or families hosting the ghost supper, address where the ghost supper will be held and what time the ghost supper starts.

The e-mail address is newsletter@ltbbodawa-nsn.gov, the fax number is 231-242-1430 and the phone number is 231-242-1427.

The Communications Department welcomes submissions for our "Lines From Our Membership" section of the newsletter, but we cannot run anything political in nature or expressing an opinion due to a long-standing department policy. Because we have a newsletter and not a newspaper, we do not have an editorial page. We reserve the right to edit any

material submitted for space and content.

The deadline for the following month's newsletter is the first Monday of every month by noon. If the first Monday is a holiday as was the case in September, then it is due the next day (first Tuesday) by noon. You can e-mail, fax or call your submissions in. Please only call in your submission if it is short.

I always welcome any comments, suggestions or story ideas.

Substance Abuse/Mental Health Department

ENJOY AUTUMN AND ALL OF ITS SPECIAL BEAUTY

By **Linda Woods**, Substance Abuse Director

Aani from the Substance Abuse and Mental Health Department.

Summer is fading away from us far too quickly! Autumn is a beautiful time of the year. It is a time to get out there and enjoy the lovely colors of autumn. Each season has its own special beauty. Be sure and take the time to see the beauty, even in the most troublesome times.

As I sit here today (the beginning of September), I am looking at the month of September being Sobriety month. Sobriety is one of those abstract concepts to describe living a clean and sober life - free from the abuse of using either alcohol or drugs. We are preparing for our annual Sobriety Feast. This year, we are honoring a very special Elder who has maintained 40 years of continuous sobriety. What this means is someone had a drinking problem 40 years ago, decided to seek help for this problem, and decided to live a life free from alcohol. This particular person became very productive within the community, helping others as he helped himself. That is the essence of sobriety - helping others who have similar prob-

lems and through that process is able to maintain their own sobriety. That is what I have tried to do for 36 years of sobriety - raising my family, being employable, helping other alcoholics, being productive in my community and achieving goals I didn't even know I had until the Creator led me to pursue them. For example, my education, and the best of all, is my relationship with the Creator. There is NOTHING in a bottle or pill or any other drug to ever replace that. That "hole in the pit of my stomach" is filled now with my God - Creator. Each person has his or her own experience, and it is to be treated with respect and dignity. We are happy to celebrate sobriety - because some of us have been spared of the terrible life of everything that alcoholism is - destruction of the family and relationships, losses of jobs, losses of children, loss of spirituality, and the loss of self-respect. Once self-respect is missing, it is difficult to regain. But it is achievable in sobriety and having a spiritual experience or life. I truly hope you had a chance to come and participate in this event. I hope you helped us CELEBRATE RECOVERY!

I look forward to October where we will enjoy meeting as many of you as possible at our annual "Pumpkin Patch" experience, referred to as the Fall Gathering at Just-A-Plain Farm in Carp Lake, MI. I hope you, your family and your friends will join us once again on **SATURDAY, OCTOBER 21, 2006 FROM 1-4 P.M.** Please call and let us know how many will be attending, so we will have enough food. Call Pat Boda at 231-242-1640 or Jennifer Wilson at 231-242-1642. We always have such a fun time going out on the wagons to look for that special pumpkin, taking pictures and hearing all the laughter and happiness from the children. To go through the corn maze is another experience you won't want to miss. Then, the food! Yum! Yum! Please join us. We are here to serve you. If there is something we can do to help you, give us a call. If we can't, we will let you know and refer you to someone who can. We will facilitate the process for you. Call Jennifer Wilson at 231-242-1642 or Administrative Assistant Pat Boda at 231-242-1640 for an appointment.

Elders Program

Elders Fuel & Utility Emergency Assistance

The Elders Fuel & Utility Emergency Assistance is a one time, once a year program. If you're an elder (LTBB Tribal Citizen 55 years or older), and you have a fuel or utility bill that you are having trouble paying, you might be eligible for this assistance. The Fuel & Utility Emergency Assistance is available for all LTBB Elders living in and out of the service area. This assistance program has income guidelines that the eligibility is based on. If you think you or someone you know may qualify for this assistance, do not hesitate to call Elders Outreach Assistant Tina Sutton at 231-242-1423.

The Elders Program is getting ready for the next Michigan Indian Elders Association meeting on October 11-12. The meeting is in Sault Ste. Marie, MI. If you are interested in attending, please call Tina Sutton at 231-242-1423.

Are You Interested in Working for the LTBB Government?

If you would like to be included in the LTBB Human Resources database, please send resumé and cover letter to:

sgasco@ltbbodawa-nsn.gov

(send as Microsoft Word or as a PDF)

or **LTBB Human Resources**
7500 Odawa Circle
Harbor Springs, MI 49740



(IMPORTANT: We need an e-mail address to notify you when a position that meets your interests becomes available.)

Please check our website, www.ltbbodawa-nsn.gov, for current openings or call our toll free job hotline at 1-866-582-2562. Job postings are updated every Friday.

Housing Department Programs

Services are available to citizens residing within the 27 county service area.

For more details on the service area, please refer to the map on page 15.

Short Term Rental Assistance: This program offers up to \$1,500 for new tenants who need assistance with the first month's rent and/or security deposit. This can be used **One Time Only** and the rent requested must be affordable and may not exceed 30% of the household's monthly income.

Home Improvement Program: This program offers up to \$2,500 for non-cosmetic home repairs and may be utilized once every five years.

Down Payment Assistance: This program offers up to \$5,000 or 10% of your mortgage (whichever is less) and **Can Be Used to Purchase or Re-finance a Home.**

Foreclosure Prevention Program: This program offers up to \$3,000 to assist in foreclosure prevention.

Well & Septic Assistance Program: Funded by the Indian Health Services located in Sault St. Marie, MI; this program provides the resources and technical assistance associated with the installation on a new well and sanitation service or replacement of deficient existing well/septic.

Credit Counseling: Our counseling provides tribal citizens the knowledge it takes to gain financial stability and credibility.

Transitional Housing Program: This program is designed to assist families, for a limited time, until permanent housing can be found. (**Limited Availability**). Please submit a Letter of Interest and your name will be placed on our Waiting List.

Elders Housing Development: Wah-Wahs-Noo Da Ke Elder Housing Development consists of 12 units and is designed to meet the needs of very low to moderate income level elderly tribal citizens, age 55 and older. Please complete application and your name will be placed on our Waiting List.

LTBB of Odawa Indians' Food Distribution Program Warehouse Schedule

Days for Distribution

1st Monday	1 & 2 person households
2nd Monday	3 & 4 person households
3rd Monday	5+ person households

Hours of Distribution

Open	9 a.m. - noon, 1 p.m. - 5 p.m.
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If you missed your pickup, please call at 231-242-1627.

TEMPORARY HELP WANTED

WOULD YOU LIKE TO:

Gain experience?

Work in an office?

Make a little extra money?

Work in the tribal community?

Are you a tribal citizen?

**TEMPORARY POSITIONS
NOW AVAILABLE!**

WORK AS LITTLE AS ONE DAY OR AS LONG AS A MONTH!!!
CONTACT THE LITTLE TRAVERSE BAY BAND OF ODAWA INDIANS' HUMAN RESOURCES DEPARTMENT TODAY!

CALL: 231-242-1555

TRIBAL TELEPHONE DIRECTORY AND WEBSITE INFORMATION

LTBB Governmental Website	www.ltbbodawa-nsn.gov
Tammy Gasco, Receptionist	231-242-1400
Tribal Administration	
Melissa Wiatrolik, Administrative Assistant	242-1420
Tribal Council/Legislative Office	
Mike Smith, Administrative Assistant	242-1406
Tribal Chairman's Office	
Ellie Payton, Administrative Assistant	242-1401
Accounting Department	
Kathy McGraw, Accounting Assistant	242-1441
Archives and Records Department	
Michael L. Lyons, Administrative Assistant	242-1450
Commerce Department	
Theresa Keshick, Assistant	242-1584
Communications Department	
Annette VanDeCar, Communications Coordinator	242-1427
Contracting Department	
Kristi Houghton, Contracts Manager	242-1426
Education Department	
Beverly Wemigwase, Administrative Assistant	242-1480
Elders Program	
Tina Sutton, Elders Program Assistant	242-1423
Enrollment Department	
Linda Gokee, Administrative Assistant	242-1521
Environmental Services Department	
Regina Gasco, Environmental Assistant	242-1574
Facilities Department	
Steve Clausen, Facilities Manager	242-1532
GIS Department	
Alan Proctor, GIS Director	242-1597
Health Department	
Gwen Gasco, Administrative Assistant	242-1611
Owen LaVeque, Transportation	242-1602
Gina Klogima, Maternal Child Health Outreach	242-1614
Housing Department	
Margaret Gasco, Administrative Assistant	242-1540
Human Resources Department	
Melissa Colby, Administrative Assistant	242-1555
Human Services Department	
Theresa Chingwa, Administrative Assistant/Intake Worker	242-1621
Legal Department	
Su Lantz, Legal Assistant	242-1407
Law Enforcement Department	
Tribal Police	242-1500
MIS Department	
Ed Nephler, MIS Technician	242-1534
Natural Resources Department	
Fiona Banfield, Administrative Assistant	242-1670
Odawa Enterprise Management	
Susan Swadling, OEM Assistant	242-1582
Planning, Zoning and Building Department	
Bryan Gillett, Planning Director	242-1580
Substance Abuse/Mental Health Department	
Pat Boda, Administrative Assistant	242-1640
Jennifer Wilson, Office/Intake Coordinator	242-1642
Tribal Court	
Linda Harper, Court Clerk	242-1462
Tribal Health Clinic	
Dawn Kilpatrick, Receptionist	242-1700

Natural Resources Department

WAYS TO RECEIVE A SUCCESSFUL HUNTER PATCH

By Doug Craven, Natural Resources Director

Successful Hunter Program
The LTBB Natural Resources Department will run a successful hunter program for this year's deer hunting seasons. The department will give out successful hunter patches to any tribal citizen or other lawfully authorized hunter who brings his or her deer into the LTBB Natural Resources Department. The NRD staff will collect biological information from the deer such as sex, weight and age. This information is vital to determining an overall picture of the tribal harvest and will be used to help determine reservation population numbers as well as other

deer trends. Remember, in order to receive a one of a kind tribal patch, you need to bring your lawfully harvested deer to the LTBB Natural Resources Department.

TB Testing

The LTBB NRD is again collecting white-tailed deer heads for the Tribal 2006 hunting seasons. Tribal Hunters can voluntarily submit their deer heads to the NRD Department at the NRD office located in Harbor Springs, MI. The deer heads should be dropped off at the office in a drop box in back of the NRD. Heads can be

dropped off at any time. There will be information sheets inside the box. Fill out the information sheet, attach to the head according to the instructions and place the head with the flyer into the drop box. The collected white-tailed deer heads will be turned in to the Rose Lake Wildlife Research Lab in Lansing, MI. The results will be mailed to the tribal hunter as soon as possible in 2007. Any Tribal Citizen who submits a deer head for testing will also receive a successful hunter patch for participating in the program.

Department of Commerce

Department of Commerce

Resident Tribal Member Tax Information

Cross Village (all)	Bear Creek (all)
Readmond (all)	Resort (partial)
Friendship (all)	Bay (partial)
West Traverse (all)	Hayes (partial)
Little Traverse	
City of Harbor Springs (all)	
City of Petoskey (all)	
City of Charlevoix (only NORTH of the bridge)	

Resident Tribal Members are exempted from the following Michigan taxes:

1. Sales Tax (6% of retail price)
2. Use Tax (6% of purchase price)
3. Income Tax (4% of Adjusted Gross Income)
4. Single Business Tax (1.9 % of the applicable tax base)
5. *Motor Fuel Tax (32 cents per gallon unleaded and 28 cents per gallon on diesel)
6. *Tobacco Product Tax (\$2 per pack of cigarettes)

* All LTBB Tribal Members are entitled to the exemption on fuel and tobacco.

- The Motor Fuel and Tobacco Product Tax exemption is available at Biindigen (Tribal convenience store) located at 2169 U.S. 31 North in Petoskey, MI.
- The Motor Fuel Tax exemption is also available at the BP station on the south side of Petoskey, MI, near the Big Boy restaurant.

Please note: Exemption for tobacco and fuel is for LTBB Tribal Members' sole consumption ONLY!

IMPORTANT REMINDER: TRIBAL MEMBERS ARE NOT ALLOWED TO USE THEIR TRIBAL ID SWIPE CARDS FOR PURCHASES OF NON-MEMBERS NOR ARE THEY ALLOWED TO LEND THE SWIPE CARD OUT TO ANYONE.

Tax

Agreement Reminder

When moving into the LTBB Tax Agreement Area, in order to become a Resident Tribal Member, you must change your address in writing at the Enrollment Department located in the LTBB Governmental Center in Harbor Springs, MI. Your RTM status will take effect on the first day of the following month in which you moved.



On September 18 at the LTBB Governmental Center in Harbor Springs, MI, Tribal Chairman Frank Ettawageshik signed the Wetland Protection and Management Statute into law. To read it, visit www.ltbbodawa-nsn.gov, click on Odawa Register, click on Legislative Branch and click on Legislation History.
Photo by Communications Coordinator Annette VanDeCar.

ATTENTION LTBB TRIBAL CITIZENS!!!
Are you interested in making or updating your will?

LTBB has been offered free attorney services to assist Tribal Citizens with preparing simple wills and durable powers of attorney for medical & financial purposes.

This service takes approximately 45 minutes to complete the documents.

SESSIONS WILL BE HELD IN LATE OCTOBER.
CALL SOON IF INTERESTED.

Contact Melissa Wiatrolik
at 231-242-1420 to find out more information.

Legislative Branch

REMEMBERING A MODERN DAY HERO

By **Fred Harrington, Jr.**, Tribal Councilor

As I watch today's society idolize sports figures and movie stars, I often think back on those whom I've idolized throughout my life. I was a fan of Dick Butkus, Bart Starr, Lem Barney and Star Trek. I idolized Indian leaders, Pontiac, Seattle, Egomay, Crazy Horse, Joseph, and Bob and Wauneta Dominic. But through age, I've realized the greatest impact on my life were the regular people I knew in my everyday life. My parents are responsible, of course for where I started and who I idolize, because they built my personal foundation with a happy childhood. Through them, I was born into friendships like Willie King who always had time to stop and talk with me as a child, and Bruce Kahgee who had a graceful way of holding a management position without changing his personality. Of course, it was common knowledge in Petoskey (Michigan), if you wanted a cement truck backed into an impossible location, you had to ask for (the late) Archie Kiogima, Sr. I think young men need good men to look up to and I've had many. I think we

all do, but tend to overlook them in the hustle and bustle of everyday life. It would take a book to describe all my heroes and what they have contributed to my life.

On Labor Day (September 4), I have thoughts of a special man.

This year, the Little Traverse Bay Bands of Odawa Indians' Tribal Council declared Labor Day 2006 as Lewis Stephen Adams, Sr. Day by Tribal Resolution.

Lewis, Wyaudtnoong (Little Detroit), was born on June 22, 1922, married Doris Amelia Kishigo on July 25, 1946, and walked on January 27, 1964. As a young man, Lewis was the winner of the 1937 National Soap Box Derby at Akron, Ohio, and later went on to win local notoriety as a Golden Gloves boxer. Lewis served honorably in the United States Marine Corps from 1942 to 1946, seeing action on the volcanic island of Iwo Jima in the Western Pacific. As a veteran, he was Commander of AMVETS Post 50 (an All-Indian post) where he organized toy collection repairs

and delivery to the Indian Orphanage in Marquette, MI, and was a friend of Ira Hayes. He started the Little Traverse Indian Club of Harbor Springs, MI, and helped organize the last Hiawatha Pageant in Ottawa Stadium in Harbor Springs.

Lewis' reputation as a community leader prompted a request from Governor Williams of Michigan for a Traditional Blessing and Ceremony for the Mackinaw Bridge that was rapidly nearing completion. In 1955 on top of the northern tower of the Mackinaw Bridge, Lewis performed a Pipe Ceremony and prayed for the blessings of Gitchi-Manitou and the safe completion of the bridge.

When I cross the bridge, I drop sema through the grates into the water below with a prayer. I ask for help with a safe journey, I honor Mizibizhii, and I look up at the towers and envision Lewis praying for the bridge under my wheels. In his daily life and on the pedestal of the Mighty Mac, Lewis Stephen Adams Sr. stands out as a modern day hero.

Human Services Department

FOSTER PARENT PROGRAM

ORIENTATION, TRAINING AND LICENSING PROCESS

By **Maureen Kilpatrick**, Human Services Community Resources Worker

For families or individuals interested in becoming foster parents, you will receive an information packet describing the Tribal Foster Care program and the certification process.

Applicants will attend the tribal orientation/intake session given by the LTBB Social Services program. An application form, mandatory background check form, foster care manual, and other materials will be given out at this time. In addition to the mandatory records check, a foster home evaluation will be completed by the Foster Care Specialist. After all of the above has been completed, the LTBB Social Services Staff will submit a recommendation to the LTBB Indian Child Welfare Commission for their review and approval. The foster care worker will then notify the applicant of the results.

Becoming a foster parent to one of our tribal children is a truly rewarding experience. If you genuinely want to make a difference in the life of a child and you think becoming a foster parent is for you - please give us a call.

For those of you out there who are reading this and say to yourself, "I can't take in a foster child at this time, but I really want to help. Is there anything else I can do?"

We understand not everyone is ready to become a foster parent, but there are many things you can do to help our tribal foster children and foster parents. Because children enter foster care in emergency situations, they often have very few personal possessions - and what little they do have often is carried around in trash bags. Perhaps, a donation of a suitcase or gym bag that can be given to the child for his or her prized possessions would be possible.

Because children often enter foster care in an emergency situation as mentioned above, there is often a need for temporary emergency placement. This can be for an overnight or it may be for a day or two. Consider becoming licensed, so that you can provide this service to our tribal children. It will only be temporary - until the child can be placed with a tribal foster family.

Foster care can be a hectic and expensive endeavor, and many foster parents often find themselves scrambling to keep up. Sometimes foster parents need a little break - sometimes they just need a little recognition.

Foster parents must not be left to tackle all of this on their own. Our Tribal Community must accept responsibility for these

children. Some examples of how you may help support foster families include:

- Offer to baby-sit for a foster family. Better yet, complete the tribal foster care license process and then volunteer to provide overnight or weekend "respite care" to give foster parents a break from their responsibilities.
- Donate clothing, baby supplies, car seats, high chairs, toys, luggage, backpacks or school supplies to tribal foster parents or bring them to the Human Services Department to be distributed to foster families.
- Get friends or department members to put together care packages (luggage, clothing, cameras, toothbrushes/toothpaste, soap, shampoo, etc.) for children entering foster care.
- If you have a special skill - carpentry, handiwork, etc. - offer to donate some time to a tribal foster family.

FREEDOM FROM SMOKING THE ANISHINAABE WAY

LTBB Community Health Department is offering a seven week tobacco cessation class. The first session is an orientation to learn about the program. The next three sessions help motivate and prepare you to quit. We will help you kick the habit and regain your freedom and health.

Call Cathy Gibson at 231-242-1601 to register.

OCTOBER 11, 4:30 P.M.



LTBB HEALTH CLINIC
IN PETOSKEY, MI

THE LTBB COMMUNITY HEALTH DEPARTMENT

FREE TRAINING

LEARN TECHNIQUES OF PEACEMAKING AND FACILITATING CIRCLES

THIS TRAINING IS OPEN TO ALL INTERESTED LTBB COMMUNITY CITIZENS. IT IS DESIGNED TO PREPARE PEOPLE TO FACILITATE PEACEMAKING CIRCLES, BUT NO ONE IS OBLIGATED TO VOLUNTEER FOR PEACEMAKING AFTER TAKING THE FREE COURSE.



4 P.M.-9 P.M.
IN THE TRIBAL COURTROOM
(MEALS PROVIDED)
OCTOBER 17, 19, 24, 26
NOVEMBER 7, 9, 14, 16

40 HOUR PEACEMAKING AND FACILITATIVE MEDIATION COURSE

*** ADVANCE REGISTRATION REQUIRED ***
CONTACT DAVE KELLER AT 231-242-1464 OR
LINDA HARPER AT 231-242-1462
REGISTRATION DEADLINE IS OCTOBER 9

SPONSORED BY LTBB TRIBAL COURT

WANTED



THE LTBB ARCHIVES AND RECORDS DEPARTMENT IS WORKING WITH A COMMUNITY GROUP TO DISCOVER INFORMATION ABOUT THE HISTORY OF HORSEHOE BEND ON M-119.



IF YOU HAVE ANY INFORMATION, STORIES, PHOTOS, ETC. ABOUT HORSEHOE BEND, PLEASE CONTACT THE ARCHIVES DEPARTMENT TO SET UP A TIME TO DO AN ORAL INTERVIEW.

CALL 231-242-1450
TO SET UP AN INTERVIEW TIME

LTBB ID CARDS

If you live out of state and would like a picture identification card, send us a recent picture of yourself and your signature on white paper with no lines. Please include your date of birth or enrollment number so we can identify you. The identification cards are used at the Biindigen Gas Station for a discount on gas and other products.

The identification cards are also used for secondary proof of identification when applying for a Michigan Driver's license.

If you have any questions, please give us a call.

Enrollment Assistant Linda Gokee 231-242-1521

Enrollment Officer Pauline Boulton 231-242-1520

Victories Casino is now recruiting for blackjack dealers, preferably certified and/or trained. If you are interested, call 231-439-5380.

WANTED

THE COMMUNITY HEALTH DEPARTMENT IS LOOKING FOR A PERSON WITH GYMNASTICS TEACHING EXPERIENCE TO WORK WITH CHILDREN 2-4 YEARS OLD. THIS CANDIDATE WILL TEACH BEGINNER GYMNASTICS SKILLS AT NATIVE WAY II. PER TRIBAL REGULATIONS, APPLICANT MUST BE WILLING TO UNDERGO A BACKGROUND CHECK. YOU MAY CONTACT REGINA BRUBACKER AT 231-242-1664 FOR MORE INFORMATION.

Health Department

COMMUNITY HEALTH REPRESENTATIVE SERVICE AWARDS

By Annette VanDeCar, Communications Coordinator



Punkin Shananaquet



Carol Kiogima

LTBB Community Health Outreach Representative Carol Kiogima and Gun Lake Tribe of Pottawatomi Community Health Representative Punkin

Shananaquet received service awards at the Community Health Representative Tri-Centennial Conference on July 31.

Kiogima, a LTBB Tribal Citizen,

received a 10-year service award. Kiogima started working in her current position in May 1996. She is the daughter of the late Archie Kiogima, Sr. and the late Dorothy (Adams) Kiogima. Her children are Keith Kiogima, Jr., Tamara Kiogima and Tonya Kiogima.

Shananaquet, the wife of LTBB Tribal Citizen Dave Shananaquet and a Hopkins, MI, resident, received a five-year service award. She started working in her current position in March 2003. The Gun Lake Tribe of Pottawatomi is located in Shelbyville, MI.

Photo of Carol Kiogima by Communications Coordinator Annette VanDeCar.

Photo of Punkin Shananaquet appears courtesy of Punkin Shananaquet.

IMPORTANT NOTICE FROM INDIAN HEALTH SERVICE ABOUT YOUR PRESCRIPTION DRUG COVERAGE AND MEDICARE

Please read this notice carefully, and keep it where you can find it. This notice has information about the current prescription drug coverage you receive from the Indian Health Service (IHS), Tribe/Tribal organization, or Urban Indian program (I/T/U) and the new Medicare prescription drug coverage that will become available on January 1, 2006. It also tells you where to find more information to help you make decisions about your prescription drug coverage.

Starting January 1, 2006, new Medicare prescription drug coverage will be available to everyone with Medicare coverage. There are several things you need to know and do.

First, beginning in October 2005, you will start receiving information in the mail from Medicare and the Medicare Prescription Drug Plan (PDPs). These mailings may ask whether or not your current prescription coverage is as good as the new Medicare drug coverage to determine whether you have "creditable coverage." The IHS has determined that the prescription drug coverage offered by all I/T/U sites, including the Little Traverse Bay Bands' Health Department, is creditable coverage. This means the amount the I/T/U expects to pay for prescription drugs for individuals covered by the I/T/U is the same or higher than that expected to be paid by the standard Medicare prescription drug coverage, on average. This creditable coverage extends to all beneficiaries who are eligible for services from I/T/Usites.

Knowing whether or not your current prescription coverage is creditable coverage is important. It protects you if you choose not to enroll in the Medicare PDP benefit as soon as you are eligible (for most Medicare beneficiaries that is between November 15, 2005, and May 15, 2006).

Remember: Keep this notice. If you enroll in one of the new Medicare prescription drug plans after May 15, 2006, you may need a copy of this notice when you enroll to show that you are not required to pay a higher premium amount.

For the general population, individuals who do not enroll in a Medicare PDP after their current prescription drug coverage ends will pay more to enroll in Medicare prescription drug coverage later. If after May 15, 2006, a Medicare beneficiary goes 63 days or longer without prescription drug coverage that is at least as good as Medicare's prescription drug coverage the beneficiary's monthly premium will go up at least 1% per month for every month after May 15, 2006, that they do not



have that coverage. For example, if a person goes 19 months without coverage, his/her monthly premium payment will always be at least 19% higher than the monthly payment most other people pay for as long as he/she has Medicare coverage. In addition, this individual may have to wait until the following November to enroll.

People covered under Medicare can enroll in a Medicare PDP from November 15, 2005, through May 15, 2006. Individuals with both Medicare and Medicaid will be automatically enrolled in a PDP and will receive a letter from Medicare in late October or early November 2005 explain-

ing the process. If you receive one of these letters, please come to the Little Traverse Bay Bands' Community Health Department at the LTBB Health Department or contact our office for further information by calling 231-242-1601. You will be assisted in making sure the program you are enrolled in meets your needs and the needs of the I/T/U site.

Although you might currently receive prescription drugs at no cost at an I/T/U site, it is important for you to contact your I/T/U site to determine whether or not to enroll in this new Medicare PDP. The I/T/U sites depend on reimbursement from third party resources, such as Medicare and Medicaid, to help pay for the staff and services provided for its beneficiaries. Whenever you receive medications at an IHS or Tribal pharmacy, directly from your physician or health care provider, or through the Contract Health Service (CHS) Program at a retail pharmacy, the IHS or Tribes receive reimbursement from third-party resources directly, or the third-party resources pay retail pharmacies first before the IHS and CHS funds pay.

If you enroll in a Medicare prescription drug plan, you will continue to receive the same health care services, including prescription services, you now receive at the LTBB Health Department.

More detailed information about Medicare plans that offer prescription drug coverage will be available in October 2005 in the "Medicare & You 2006" handbook. You will get a copy of this handbook in the mail from Medicare. You can also come to the Little Traverse Bay Bands' Community Health Department at the LTBB Health Department or contact our office for further information by calling 231-242-1601.

Traditional Healer
Jake Pine
is available for appointments on
October 12
October 13
All appointments at the
LTBB Community Health Department
in the Bear River Health Park.
Call 231-242-1601 for more details.

VICTORIES CASINO & HOTEL

From November 1 Through December 25, 2006, Victories Hotel would like to extend a \$45 LTBB Tribal Rate on standard rooms. This rate represents a \$10 discount off of the normal \$55 LTBB Tribal Rate. Please Call 1-877-4-GAMING or 231-347-6041 to make a reservation! Just a reminder: It is one room per LTBB Tribal Citizen, 21 years of age or older.

Day Care Assistance

Applications for the 2006-2007 Day Care Assistance Program were available September 25 with a start date of October 1.

If you live in Emmet, Charlevoix or Cheboygan County and would like to more information, please stop at Human Services Emmet Street Petoskey, MI, or call 231-242-1626 for an application. You may also call 1-888-309-5822 and ask for Human Services.
This is an income based program.

LOW INCOME ENERGY ASSISTANCE PROGRAM (LIEAP)

Applications for this program available October 1

If you live in Michigan and need assistance with Fuel Oil, Propane, Electric, Natural Gas or Wood/Coal and are Low Income, please stop by Human Services or call 231-242-1626 for an application. You may also call 1-888-309-5822 and ask for Human Services.

You can apply once during October 1, 2006 to September 30, 2007 for each type of assistance available:

1. **Direct:** Any assistance not an emergency
2. **Emergency:** Will help with Shut-off or tank less than 10%
3. **Weatherization:** Insulation, storm door, etc.

Applications for all programs are accepted until funds run out.

A limited supply of heaters, window plastic kits and weather-stripping is available for pickup at the Human Services Building, 915 Emmet Street, MI, Petoskey during regular business hours.

Language Program

WENESH MAABA?

As we walk the road of life, we come to many forks where we must choose which path to take. At times, we have to learn through our own experience which path is right for us. As Anishinaabek, we have our elders to guide us on our journey.

One of our honored elders, Roland Petoskey, has offered his priceless knowledge and wisdom to help the Anishinaabe people live the good life, so someday we can all make it to enjiishing, the good place.

Roland Michael Petoskey was born to William Petoskey and Mary Keway in Five Mile Creek on July 22, 1923. He is 83 years old. He had five sisters and four brothers - Helen Sagataw, Betty Stone, Josephine Naganashe, Eva Petoskey, Katherine Emmons, George Petoskey, Lawrence Petoskey, Freddie Petoskey and Edward Petoskey.

Every Sunday after dinner, Roland would visit with his grandfather, Simon Keway. Simon spoke only Anishinaabemowin and taught him the old ways. Roland was always very fascinated by his teachings. Roland credits his parents for everything he learned because they always encouraged him to spend time with his grandfather.

Roland's grandfather brought out a lot of things to him. He taught Roland there are good things and bad things in the world, and we must realize there is a lot to go through in this life. Roland said, "The bad place, emaanaading, is where you don't want to end up. Enjiishing - the good place - is where we all want to be!"

Simon shared his wisdom about life and truth. Simon said, "... you know the truth hurts." Roland speaks the truth and reminds us everyone has a choice where they want to go. Roland said, "I'm working to go to the good place. Don't be afraid of the truth." Roland added, "We deal with the good and the bad in our everyday lives, at times we feel there is no one to guide us." Roland visited his grandfather because Simon taught him how

to live the good life.

When Roland talks about his name, he motions with his hands to help describe it and his eyes light up. Biidaasige, he remembers being taught as a little boy, the meaning is very special and talks about the sunshine and the sun's path from morning until evening. Biidaasige is commonly called and spelled Petoskey.

Roland attended Holy Childhood in Harbor Springs, MI, as a boarding student for three years. He went home in the summer and looked forward to going back to school in the fall. He's glad his parents sent him there. Roland said, "It was good. I liked it." He enjoyed spending his days helping. He'd help Sister Sylvia in the kitchen by cleaning the dining quarters. Afterward, she would fix him a plate and send him behind the stove to eat, so the other kids wouldn't see him and get jealous.

Sister Nesta would bake bread and he'd help her also. He said with a chuckle, "She was short, shorter than me." When they were done, she'd give him a juicy apple.

"I learned a lot," Roland said as he recalled his school days. In Sister Andreana's classes, she taught him "there were two places you can go when you leave this world, heaven or the place we don't want to go - hell." He always remembers it because it is the same thing his grandfather taught him; the only difference is it was in English when Sister Andreana taught him.

Roland and his brother, Lawrence, signed up for work in a Petoskey (Michigan) program called the CC Camp. They learned the value of work from their father. Roland said, "He was a hard worker. People liked (my father) and he was never out of a job." Roland and Lawrence worked with CC until World War II began. A few years later when he was old enough, Roland joined



BIIDAASIGE

the military at 18.

Mary, Roland's mother, was the first mother in Emmet County to receive the good star honor for having four sons serving in WWII. Roland served throughout the war. Unfortunately, his brother, George, was killed in Europe, and his brother, Lawrence, was killed in New Guinea.

Roland said, "The service is pretty strict...the safest thing is to get on a tank." Roland was trained in Texas, Louisiana and New York to operate military tankers before being shipped overseas to England. His battalion left New York with thousands of fellow ogichidaak. Roland said, "As far as I could see, there was nothing but boats!" Roland experienced a great many things and saw many places. It was while his battalion was heading for Czechoslovakia to defend the women and children being attacked by Adolf Hitler's forces that they heard over the radio the war had ended. It was another year and a half before Roland could make his way home.

He pulled into the Petoskey train station where all of his family was waiting for him. Roland said, "They were glad to see me. The war ended. We were so glad!" Miisa Nishing.

Roland married Irene nee McCary in 1980. He has several stepchildren and grandchildren. He went on to have a career after the military working for a BOC automobile factory in Flint, MI, where he supervised and took pride ensuring quality production. They liked his work so much

they kept talking him out of retirement. He finally retired after 32 years and was happy to move his family up north - back home.

Even during the many years he and his family lived in Flint, he always brought them home every year for the family's annual Ghost Supper. Roland recalled, "There would be cars lined up on both sides of the road and people

everywhere. When you think of our ancestors during the Ghost Supper, they are with us." Roland continues the Ghost Supper tradition and he recalled, "My father always told me 'Never forget our Ghost Supper.' I remember a lot and think of where our ancestors have gone."

Roland tells of how the Anishinaabek used to have ceremonies at Wycamp Lake. One day his uncle, Sam Keway, came to visit and told him about how the land at Wycamp was being bought, and they were not welcomed to continue having ceremonies there. Many people were upset because the ceremonies had been held there for decades. So Roland opened up his home as a place for people to gather for the ceremonies. Roland said, "Don't feel bad, this is no good ... If someone is doing something wrong, in time they will realize ..."

For the past 18 years, Roland and his family have opened up their home for ceremonial gatherings. Roland gives to the community and shares what he knows with everyone who wants to learn and listen. Roland said, "It helps make our community strong."

Ceremonies are held at Roland's every third week of August, and everyone is welcome. Some travel from as far away as Oneida, WI, to hear Roland's teachings. He said, "I am slowly leaving, and someday, I will leave this place." Thursday through Saturday, the fire is kept, and people come to talk to Roland. Roland exclaimed, "It's

really wonderful!" He said "People, who want help, come to me. Whatever help I can give, I give to them." He teaches, "Love (your) family, be good to each other, and help each other. That's what I'm doing. That's why I have the fire." His ceremony helps many people, including him, and it means a lot.

Roland remembers, with a glow on his face, how he grew up with his brothers, sisters, mother and father, grandparents, and all of his family who have walked on to the spirit world. Roland carries them with him. He explained, "They are here with me. The fire I have, my parents, grandparents and brothers and sisters are with me at the fire. Wherever they are, they think of me and I think of them."

Roland grew up speaking the language because both of his parents spoke nothing but Anishinaabemowin. He learned to speak English when he started school at Holy Childhood. Roland refers to his grandfather Simon's advice about language as a "law to live by" and remembers his parents stressing the importance of keeping the language alive. Roland said, "When you talk to your people, it's a law that you stay with that language and you don't lose it. Don't lose it. Wherever you go, you (speak) it. I still talk Indian to my relatives. I talk to the people who know it. Dorothy (Sagataw), my first cousin, was brought up the same way."

Roland shares everything just like his father and grandfather did. He shares this through the fire. He said, "Aapjigo zngat maadiziwin maampii akiing. The good way is here for us to use. Take it and use it, it doesn't cost you anything. Share with people, help them, pane! You don't take anything with you when you leave this world, so you might as well share it while you're here. Work together - you will be strong. Always remember the strongest medicine you can have is sema." ChiMiigwech Roland. It is priceless advice.

MKWA DAABAAN

By **Isabelle Osawamick**, Lead Anishinaabemowin Instructor

Gchi-daabaan ndowaa miinwa dash gete daabaan aawi 1995 chevrolet cadillac. Wikwemikong Anishinabemowin maawnjidwin ngiipaazhaa. Aapiji gwa giin-ishin.

Giimnagizhigat pii biskaabiyaang. Baatiinook daabaanak emibizajik miikanaang miinwa kina wiyaw gwetaanbiza. Niinwe sa wiigwa nengaach ngiimibizami. Nshiimenh giimibizochige, shkweyaang dash genii ngiibimadab miidash kina gego gwajijing ngiiganowaamdaamaa. Aapiji miikan waanamaa. Kina gego gnaajiwana. Mtigook ge aandaasook. Giizis ge mnawaasige miinwa kaagego aankwadoon giitesnoon. Giishkaabkaa shawegna miinwa banweying mtigok biwok.

Miidash ngiimooshak daabaan geskaana ngaabizad. Niigaan ngiinaab. Mkade mkwa ngiwaabimaa tkaambatood miikanaang. Nshiimenh daanengaabiza,

gaashigo maamda miigo giisikweyaang mkwa. Ngiwaabimaa mkwa nenke'ebizad naamidaabaaning. Ngiingaabizimi. Miidash ngiwaabimak mkade mkwa maangzid naanomiikan. Miigo giiaabjishing ngiinendam. Miisa mkwa giimibzagwiit. Giishgwebiza pii wegwegemtigwaaking enizhaad. Gaagwaya giingaabzasii wiin dakenmaad mkwan. Sema ngiibigitnigen kaawin jida.

Ngiignowaamaanaa daabaan aaniish gaazhishing. Kaagogego giizhisnasii. "Giishpin ndodaabaan nmibzowaangaba, daagiibiigshin zaam gaachii'enh" Nshiimenh kida. Miidash miinwa giwaamdaamang moo'ech shaweying daabaaning. Pii maaba mkwa gaapaangshing daabaaning mii'iidik gaazhiwebzid. "Miisa iidik gdodaabaan giiziigandaazid. Mkwa daabaan daazhinkaaza." kida Nshiimenh.

Translation

I own a very large car, and it is

also an old 1995 Cadillac. I went to Wikwemikong Anishinabemowin Gathering. It was very good.

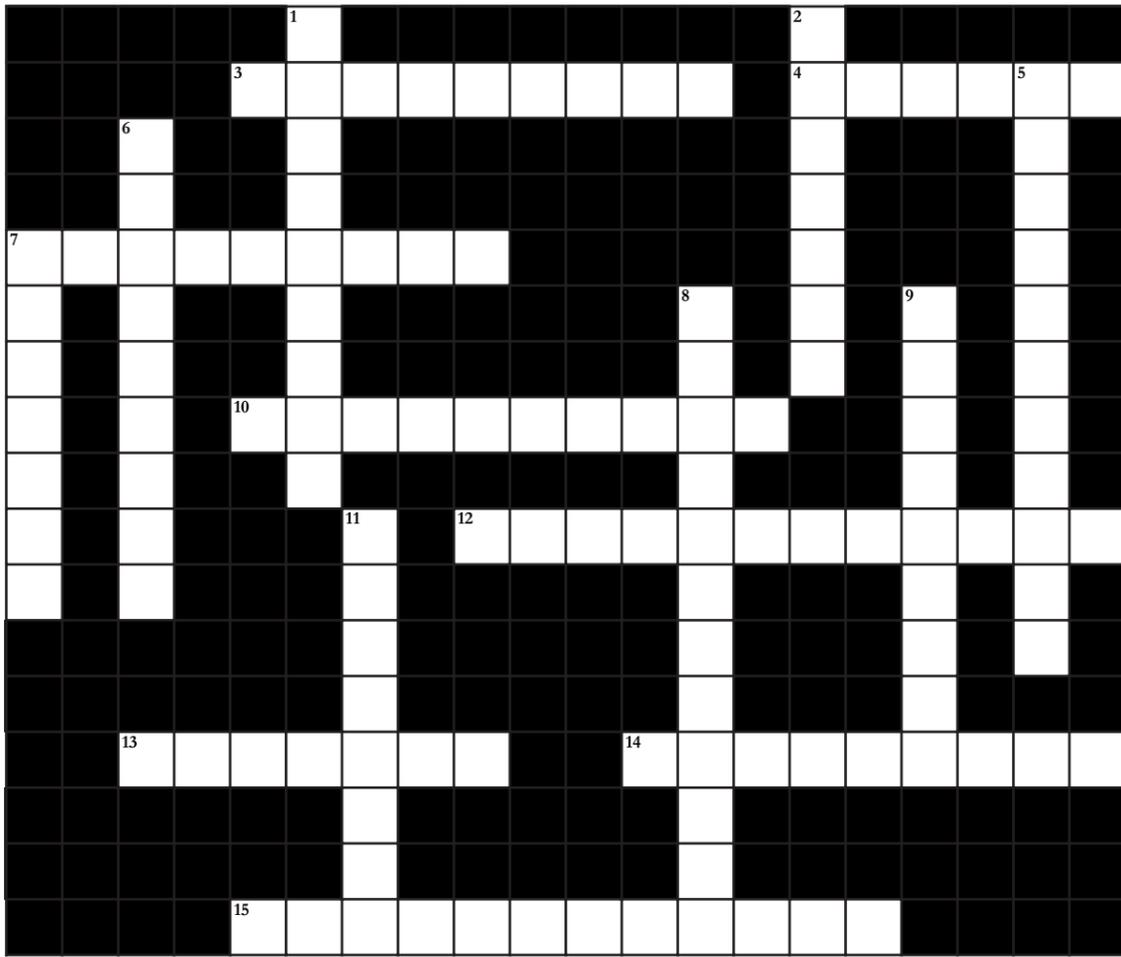
It was a nice day when we came back. There were many cars on the road, and they were driving fast. As for us, we were driving slow. My younger brother was driving. I was sitting in the back, so that I could see everything outside. The road was winding around. Everything was beautiful. The trees were turning color. The sun was shining, and there were no clouds. There was a cliff on the side of the road, and the other side had trees.

Then, I felt the car come to a sudden stop. I looked ahead. I saw a black bear run across the road. My brother tried to stop, but we couldn't; we hit the bear. I saw the bear go under the car. We stopped the car.

We then saw the black bear laying in the middle of the road. I thought he was dead. Then, the bear got up. He was staggering when he went to the woods. Nobody stopped to check on the bear. I put tobacco down to say I am sorry.

We looked at the car to see how much damage there was. There was no damage at all. "If we had driven my car, it would have crushed it because it was small," my brother said. Then, we saw the feces on the side of the car. When the bear hit the car, this is what must have happened. "I guess your car just got christened. Your car's name is now Bear Car," said my brother.

CROSSWORD PUZZLE SOLUTION ON PAGE 15



Use Some of the Phrases to fill in this puzzle. Example if the clue is given:
Cooking - Niin, then that means to say I (niin) am cooking = Ndojiibaakwe.
It is not so important if you use Ndo or Nda or sometimes just N (the 'n' sound).

ACROSS	DOWN
3 Eating-Niin	1 Eating-Giin
4 Hungry-Wiin	2 Hungry-Niin
7 Full-Giin	5 Full-Wiinwa
10 Eating-Wiinwa	6 Full-Niin
12 Cooking-Niin	7 Hungry-Giin
13 Eating-Wiin	8 Cooking-Giin
14 Hungry-Wiinwa	9 Cooking-Wiin
15 Cooking-Wiinwa	11 Full-Wiin

Niin - me, myself, I (1st person - person speaking)
Giin - you (2nd person - person being spoken to)
Wiin - She or He, Her or Him (3rd person - person being spoken about)
Wiinwa - They, Them (3rd person plural - people being spoken about)

All the phrases below are in the present tense. The simple form of the verb is given in the 3rd person - Wiin (She or He).

Wiisini - She is eating.
Add a suffix - wok (or sometimes wak, wag, wak) to make it 3rd person plural - Wiinwa (They).
Wiisiniwok - They are eating.

Add a prefix - N, Nda, Ndo, Ndi, Ndoo to make it 1st person - Niin (me, myself, I) or G, Gda, Gdo, Gdi, Gdoo to make it 2nd person - Giin (you).

In addition to adding the prefix for Niin and Giin, when the verb ends in a single vowel sound of 'a,' 'i,' 'o' - then you drop the sound for niin (2nd person) and giin (3rd person). The exception is that you do not drop the sound for the single vowel sound of 'e'.
Ndawisiin - I am eating. (the 'i' is dropped)
Gdawisiin - You are eating. (the 'i' is dropped)

Add 'na' as the 'second word' at the sentence becomes a question - 'na' is often called the 'question marker.'
Wiisiniwok - They are eating.
Wiisiniwok na? - Are they eating?

Most language learners do better with hearing and seeing it, or a combination of learning methods. Some learners prefer to include reading, writing and learning grammar. It can seem complicated at first, but the more you work with our language, the more things start coming into place. Notice the patterns found throughout. Next month, we'll add a bit more to these verbs.

Bakade. She / he is hungry.	11 Full-Wiin
Bakadewok. They are hungry.	12 Cooking-Niin
Nbakade. I am hungry.	13 Eating-Wiin
Gbakade. You are hungry.	14 Hungry-Wiinwa
Gbakade na? Are you hungry?	15 Cooking-Wiinwa
Jiibaakwe. She / he is cooking.	
Jiibaakwewok. They are cooking.	
Ndojiibaakwe. I am cooking.	
Gdojiibaakwe na? Are you cooking?	
Jiibaakwen. Cook. (telling one person to cook)	
Jiibaakwek. Cook. (telling more than one to cook)	
Jiibaakwedaa. Let's cook.	
Namaa. She / he is praying.	
Namaadaa. Let's pray.	
Shaam. Feed her. (or him or them)	
Shaamshin. Feed me.	
Wiidoopam. Eat with her. (or him or them)	
Wiidoopamishin. Eat with me.	
Wiisini. She / he is eating.	
Wiisiniwok. They are eating.	
Wiisinidaa. Let's eat.	
Ndawisiin. I am eating.	
Gdawisiin na? Are you eating?	
Wiisinin. Eat. (telling one person to eat)	
Wiisunik. Eat. (telling more than one to eat)	
Biwiisinin. Come and eat. (speaking to one)	
Depsinii. She / he is full.	
Depsiniwok. They are full.	
N'depsinii. I am full.	
G'depsinii na? Are you full?	

Anishinaabemowin Language Program
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 iosawamick@ltbbodawa-nsn.gov
 Toll free 1-888-309-5822 Fax 231-242-1455

Please contact us for more information, comments, questions, or suggestions. Miigwech



Mmm...
Learn these phrases to compliment the cook or host.

Animate Singular Mnapagwazi (It tastes good) Mnapagwazi mshimin. (The apple tastes good.)	Inanimate Singular Mnapagwat (It tastes good) Mnapagwat pkwezhigan (The bread tastes good.)
Animate Plural Mnapagwaziwok (They tastes good) Mnapagwaziwok piniik (The potatoes taste good.)	Inanimate Plural Mnapagwatnoon (They tastes good) Mnapagwatnoon jiisenhsan (The carrots taste good.)

Anishinaabemowin Language Immersion Fall Semester Course Offered

Hear our beautiful language in a comfortable setting. Listen, Listen, Listen to the speakers as they tell stories and put on skits. With the hearing and listening, comes more and more understanding through this natural method of learning.

Eight-Credit Course Designed for All Levels
 Beginners through Fluent Learners Will Benefit
 No reading, No writing, No Books, No Homework, No Anxiety

REGISTER NOW

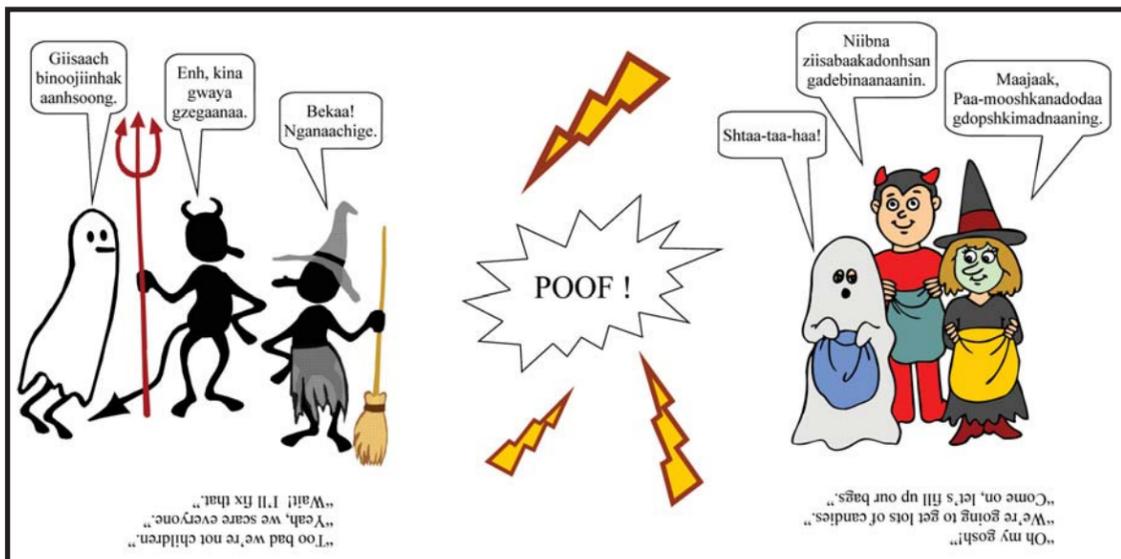
DATES: Five Weekends for Fall Semester
 August 25, 26 & 27
 September 15, 16 & 17
 September 29, 30 & October 1
 October 27, 28, & 29
 December 8, 9, & 10

TIMES: Fridays 1 p.m. - 9 p.m. (dinner provided)
 Saturdays 8 a.m. - 9 p.m. (lunch & dinner provided)
 Sundays 8 a.m. - noon

LOCATION: LTBB Mskiki Gumik Health Park
 1080 Hager Drive, Petoskey
 (located just north of/behind Victories Casino)

Accredited Course offered through
 Bay Mills Community College
 Nishinaabemwin Pane Immersion Program

Call to Register ASAP or for more information:
 LTBB Anishinaabemowin Language Program
 231-242-1454 or 1-888-309-5822



OCTOBER

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Sunday (Name-Giizhigat)	Monday (Ntam-Nokii Giizhigat)	Tuesday (Niizho-Giizhigat)	Wednesday (Nso-Giizhigat)	Thursday (Niiwo-Giizhigat)	Friday (Naano-Giizhigat)	Saturday (Nwebi-Giizhigat)
American Indian Dance Theatre at the Whiting in Flint, MI The Whiting is located just off I-475 in Flint on the grounds of the Flint Cultural Center Campus. 7:30 p.m. For tickets, call 1-888-823-6837 or visit www.TheWhiting.com. Tickets range from \$12-\$25.	Language Class 5:30 p.m.-7 p.m. Mshkikigamig	Victories Casino and Hotel participates in a Career Fair at Michigan Tech Houghton, MI 9 a.m.-4 p.m. Tae Kwon Do classes Native Way II gym Beginner 5:45 p.m.-6:30 p.m. Advanced 6:30 p.m.-7:30 p.m. Elders Luncheon at noon	Language Class 5:30 p.m.-7 p.m. Mshkikigamig	Gaming Regulatory Commission Meeting 911 Spring St., Petoskey, MI 5:30 p.m. Victories Casino and Hotel participates in a Career Fair at Ferris State Big Rapids, MI 11 a.m.-4 p.m. Tae Kwon Do classes Native Way II gym Beginner 5:45 p.m.-6:30 p.m. Advanced 6:30 p.m.-7:30 p.m. Elders Luncheon at noon	Citizenship Commission Work Session Room 212 LTBB Governmental Center, Harbor Springs, MI 4 p.m.	Tribal Council Work Session Tribal Courtroom LTBB Governmental Center, Harbor Springs, MI ICWA Meeting 915 Emmet St., Petoskey, MI 9:30 a.m.
Tribal Council Meeting Tribal Courtroom LTBB Governmental Center, Harbor Springs, MI Gaming Board of Directors Meeting 911 Spring St., Petoskey, MI 10 a.m.	Housing Commission Meeting Room 312 3:30 p.m. Elders Swim Class 9:30 a.m.- 10 a.m. Victories Hotel Pool Petoskey, MI Language Class 5:30 p.m.-7 p.m. Mshkikigamig	Tae Kwon Do classes Native Way II gym Beginner 5:45 p.m.-6:30 p.m. Advanced 6:30 p.m.-7:30 p.m. Elders Luncheon at noon Anishinaabemowin Eta w Kikaajik 1 p.m.-3 p.m. Room 312 NCMC Language Class 6 p.m.-9:50 p.m. Tech Building, Room 230	Natural Resources Commission Meeting NRD Building 6 p.m. Elders Swim Class 9:30 a.m.- 10 a.m. Victories Hotel Pool, Petoskey, MI Victories Casino and Hotel participates in a Career Fair at Northern Michigan Marquette, MI Noon-4 p.m. Language Class 5:30 p.m.-7 p.m. Mshkikigamig	Election Board Meeting 1345 U.S. 31 North Petoskey, MI 6 p.m. Tae Kwon Do classes Native Way II gym Beginner 5:45 p.m.-6:30 p.m. Advanced 6:30 p.m.-7:30 p.m. Elders Luncheon at noon Jake Pine Community Health Department	Education Commission Work Session 5 p.m. BMCC Pane Immersion Weekend Bay Mills, MI Jake Pine Community Health Department	Economic Development Commission Meeting 1345 U.S. 31 North Petoskey, MI 9:30 a.m. Education Commission Meeting 9 a.m. BMCC Pane Immersion Weekend Bay Mills, MI
Economic Development Commission Work Session Room 312 LTBB Governmental Center, Harbor Springs, MI 9:30 a.m.	Health Commission Meeting LTBB Health Park, Petoskey, MI 6:30 p.m. Citizenship Commission Meeting Room 118 5 p.m. Elders Swim Class 9:30 a.m.- 10 a.m. Victories Hotel Pool Petoskey, MI Language Class 5:30 p.m.-7 p.m. Mshkikigamig	Tae Kwon Do classes Native Way II gym Beginner 5:45 p.m.-6:30 p.m. Advanced 6:30 p.m.-7:30 p.m. Elders Luncheon at noon NCMC Language Class 6 p.m.-9:50 p.m. Tech Building, Room 230 Peacemaking and Facilitative Mediation Course 4 p.m. - 9 p.m.	Elders Swim Class 9:30 a.m.- 10 a.m. Victories Hotel Pool Petoskey, MI Language Class 5:30 p.m.-7 p.m. Mshkikigamig	Gaming Regulatory Commission Meeting 911 Spring St., Petoskey, MI 5:30 p.m. Tae Kwon Do classes Native Way II gym Beginner 5:45 p.m.-6:30 p.m. Advanced 6:30 p.m.-7:30 p.m. Elders Luncheon at noon Language Bingo following Elders Luncheon Peacemaking and Facilitative Mediation Course 4 p.m. - 9 p.m.		Tribal Council Work Session Tribal Courtroom LTBB Governmental Center, Harbor Springs, MI LTBB Family Fall Gathering Just - A - Plain Farm Carp Lake, MI 1 p.m. - 4 p.m.
Tribal Council Meeting Tribal Courtroom LTBB Governmental Center, Harbor Springs, MI LTBB Immersion Mshkiki Gamik Petoskey, MI	Election Board Meeting 1345 U.S. 31 North Petoskey, MI 6 p.m. Elders Swim Class 9:30 a.m.- 10 a.m. Victories Hotel Pool Petoskey, MI Language Class 5:30 p.m.-7 p.m. Mshkikigamig	Tae Kwon Do classes Native Way II gym Beginner 5:45 p.m.-6:30 p.m. Advanced 6:30 p.m.-7:30 p.m. Elders Luncheon at noon Anishinaabemowin Eta w Kikaajik Room 312, 1 p.m.-3 p.m. NCMC Language Class 6 p.m.-9:50 p.m. Tech Building, Room 230 Peacemaking and Facilitative Mediation Course 4 p.m. - 9 p.m.	Elders Swim Class 9:30 a.m.- 10 a.m. Victories Hotel Pool Petoskey, MI Language Class 5:30 p.m.-7 p.m. Mshkikigamig	Tae Kwon Do classes Native Way II gym Beginner 5:45 p.m.-6:30 p.m. Advanced 6:30 p.m.-7:30 p.m. Elders Luncheon at noon Peacemaking and Facilitative Mediation Course 4 p.m. - 9 p.m.	LTBB Immersion Weekend MshkikGamik Petoskey, MI Crooked Tree Arts Center Annual Anishinaabe Festival Exhibit and Ghost Supper Petoskey, MI	LTBB Immersion Weekend MshkikGamik Petoskey, MI
LTBB Immersion Weekend MshkikGamik Petoskey, MI	Elders Swim Class 9:30 a.m.- 10 a.m. Victories Hotel Pool Petoskey, MI Language Class 5:30 p.m.-7 p.m. Mshkikigamig	Halloween Elders Luncheon at noon Anishinaabemowin Eta w Kikaajik 1 p.m.-3 p.m. Room 312 NCMC Language Class 6 p.m.-9:50 p.m. Tech Building, Room 230 Tae Kwon Do classes Native Way II gym Beginner 5:45 p.m.-6:30 p.m. Advanced 6:30 p.m.-7:30 p.m.				

NATIVE NEWS

HURRY, THERE'S STILL TIME TO ROUND UP YOUR FRIENDS AND FAMILY, GRAB A PADDLE AND RIDE IN THE JIIMAAN

By Fred Harrington, Jr., Odawa Institute Board Member



Crossing the bay during the Eighth Annual Jiibaakwe Celebration. Loading people during the Festival by the Bay in Petoskey, MI. North Central Michigan College class go through the breakwall in Petoskey, MI.



LTBB Health Department at Harbor Point. Beaver Island group.

The Odawa Institute used the jiimaan (canoe) extensively this year. We gave rides to the NCMC (North Central Michigan College in Petoskey, MI) Anishnaabemowin classes, the Tribal Elders dipped their paddles in the cold spring water of Harbor Springs, MI, LTBB Government Employees landed at Bay View, MI, the LTBB Health

Department Employees beached at Harbor Point, eight brave souls took a trip to Beaver Island, MI, we traveled from Petoskey to Harbor Springs, we raced from Harbor Springs to Petoskey, and we gave more than 250 rides to the public at the Festival by the Bay in Petoskey. This summer, more than 300 people paddled the jiimaan in all directions,

sometimes on purpose. Weather permitting, the LTBB Elders will take the jiimaan on a color tour down the Crooked River. If you missed out somehow, and want to get your paddle wet before the snow flies, please get a group together and contact me at 231-347-5187.

Photos courtesy of Fred Harrington, Jr.

FIRST ANNUAL LTBB "WALK OFF"

By Annette VanDeCar, Communications Coordinator



(From left to right) Regina Brubacker, Eliza Neithercut and Judy Fowler together organized the First Annual LTBB "Walk Off" on September 8 in Petoskey, MI.

The First Annual LTBB "Walk Off" Contest pitted the LTBB Government Employees against the Victories Casino Employees on September 8.

Thirty-nine employees participated in the event with 35 coming from the governmental side and four coming from the Victories Casino side.

The competition was held at Gidaaki Miikaanhs, which translates to "The Trail on the Top of the Hill." Gidaaki Miikaanhs is

located behind Victories Casino and the LTBB Health Park in Petoskey, MI, and it is a 0.25 of a mile paved walking path.

LTBB Community Health worked with Victories Employee Benefits Department to create the trail, and Victories Facilities Employees installed the activity stations. The fitness trail has 10 activity stations and stations with nature and cultural information.

Prize winners included

Susan Swadling (walking shoes from Zappos.com provided by Victories), Art Gerhardt (Walking Fit kit), Shannon Wemigwase (Pilates book), Tammy Bowers (Stretch Workout kit), Gwen Gasco (Stretch Workout kit), Tina Shawano (armband radio), Patty Crosser (Resistance Band workout kit from LTBB Community Health), Val Williams (Northern Michigan Hospital t-shirt), Sharon Sierzputowski (NMH coffee mug), Ellie Winkelhorst (NMH coffee mug) Colleen Kilpatrick (NMH coffee mug) and Carol Kioigima (NMH coffee mug).

Everyone who participated in the competition received a NMH goody bag with a pedometer and other health-related items.

Community Health, Victories Employee Benefits Department and Judy Fowler from Northern Michigan Hospital organized the event.

Health Educator Regina Brubacker contributed to this article.

Photo appears courtesy of Health Administrative Assistant Gwen Gasco.

COME AND JOIN A WINNING TEAM!

HAVE YOU THOUGHT ABOUT A JOB AT VICTORIES CASINO & HOTEL?
DO YOU HAVE AN INTEREST IN A CASINO PROFESSION?
ARE YOU INTERESTED IN OUR FUTURE EMPLOYMENT OPPORTUNITIES?

Human Resources is accepting applications and creating a database of all interested Tribal Citizens who have a desire to become a part of the Victories Casino & Hotel team.

If you have access to the Internet, check out Victories Casino & Hotel's website at www.victories-casino.com for all current jobs or call 1-877-4-GAMING and ask for Mary Roberts, Employment Manager.

LTBB FAMILY FALL GATHERING

JUST-A-PLAIN-FARM

5055 GILL ROAD
CARP LAKE, MI

OCTOBER 21
1 P.M. - 4 P.M.
DRESS WARM!
MUST PROVIDE OWN TRANSPORTATION

HAYRIDE
CORN MAZE
PUMPKIN/GOURD
PICKING
FEAST

CONTACT PERSON:
LINDA WOODS 231-242-1646
JENNIFER WILSON 231-242-1642
E-MAIL:
LWOODS@LTBBODAWA-NSN.GOV
JDOMINIC@LTBBODAWA-NSN.GOV

R.S.V.P.
SPONSORED BY: LITTLE TRAVERSE BAY BANDS OF ODAWA INDIANS' SUBSTANCE ABUSE PROGRAM AND MENTAL HEALTH PROGRAM

**Human Services Department
Community Resources
COMMUNITY SERVICE BLOCK
GRANT-EMERGENCY NEEDS PROGRAM**

ATTENTION: LTBB TRIBAL CITIZENS IN MICHIGAN

APPLICATIONS ARE NOW BEING ACCEPTED FOR THIS PROGRAM.
VERY LIMITED FUNDING AVAILABLE.

IF YOU KNOW OF A LOW-INCOME HOUSEHOLD THAT MAY NEED ASSISTANCE, PLEASE HAVE THEM CONTACT THE LTBB HUMAN SERVICES DEPARTMENT AT 231-242-1620 AND REQUEST AN APPLICATION. APPLICATIONS WILL BE ACCEPTED UNTIL FUNDS ARE DEPLETED; WHICHEVER COMES FIRST.

THIS IS AN INCOME-BASED PROGRAM!

Theresa Boda
Phone: 231-242-1626
Fax: 231-242-1635
E-mail: tboda@ltbbodawa-nsn.gov

CHI-MIGWETCH

From the Board of the
Odawa Institute

This year during the Niibin Jiibikwe and three different fundraising activities, we were helped by hundreds of hours of volunteer work. Our volunteers carved, bent wood, cooked, drove, hauled, performed, paddled, lit fires, donated, prayed, sang, sold, danced, hollered, built tents, scraped hides, translated, organized, fetched, ran, called, fried, cleaned and all had a good time. We lost track of who they all were, but here's the short list of volunteers who helped make the Institute's activities a success: Ken and Mary Roberts; Julie Harrington; Maria Sargent; Larry Denemy; Matthew Koontz; Tony Davis; David Kagabitang; Joe Mitchell; Gary Kilmer; Patricia, Anne, and Sjana Kishigo; Matt Lesky; Billy McNamara; Kathryn Neithercut; Yalynn Woodin; Shanna and Anna Wemigase; Jenna and Kiana Wood; Maureen Kilpatrick; Becca Fisher; Nicole and Josie Laughlin; Tyler and Mitch Laughlin; Stephan and Mitchell Biro, Brittany Bentley; Kristie Harrington, Diane Bott, Sharon Sierzputowski, and all the others.

Grants and donations of goods and services over the last year came from the Little Traverse Bay Bands of Odawa Indians, Victories Casino, Indian Hills Gallery, LTBB Health Department, the Native Visions performance group, Rocky Top Farms, and Sweet Maria's Confections.

www.institute.odawa.info

Advertise in the Odawa Trails

If you are interested in advertising in upcoming Odawa Trails newsletters, please call the LTBB Communications Department.

231-242-1427

NATIONAL BREAST CANCER AWARENESS MONTH

BREAST CANCER RISKS AND PREVENTION

By Annette VanDeCar, Communications Coordinator

According to the Susan G. Komen Breast Cancer Foundation, cancer is the leading cause of death among Native American women, and the five-year breast cancer survival rate for Native American women is the lowest of any racial or ethnic group in the country.

The risk for breast cancer increases as you get older. It is the most common cancer, excluding skin cancer, and the most common cause of cancer death in women over the age of 65. Research shows breast cancer rates rise as women age, with a notable increase among women between the ages of 50 and 75.

The Susan G. Komen Breast Cancer Foundation recommends a three-step approach to breast cancer screening that includes, depending on a woman's age, a combination of mammography, clinical breast exams and breast self-exams.

Mammography is a technique that uses x-rays to provide an image of the breast. These images called mammograms are used to find potential signs of breast cancer like tumors, small clusters of calcium (microcalcifications) and abnormal changes in the skin.

Mammography is the best screening tool available today for breast cancer according to the Susan G. Komen Breast Cancer Foundation. It can find cancers at an early stage, when they are small and most responsive to treatment.

Clinical breast exams are done

by physicians, nurse practitioners and other trained medical staff. The exams involve checking the look and feel of the breasts and underarm for any changes. The breasts are checked while a woman is sitting up and lying down. These exams should be thought of as a complementary technique to mammography.

Breast self-exam is a screening method that is intended to find early tumors, particularly those that develop in the time between annual mammograms and clinical breast exams.

The Susan G. Komen Breast Cancer Foundation recommends annual mammograms beginning at age 40; a clinical breast exam at least every three years beginning at age 20, and annually from age 40 on; and a monthly breast self-exam beginning by age 20.

Factors that increase a woman's risk a great deal are mutation in BRCA1 or BRCA2 genes, a very strong family history of breast cancer such as a mother and/or sister diagnosed at age 40 or younger, personal history of breast cancer, LCIS or atypical hyperplasia, and radiation treatment to the chest area during childhood or young adulthood.

A number of inherited mutations have been linked to breast cancer, including mutations in the BRCA1 and BRCA2 genes. Of the genes linked with breast cancer susceptibility, mutations in BRCA1 and BRCA2 (standing for BReast

Cancer gene 1 and 2) are the most well-recognized.

It is estimated about 250,000 women in the United States carry a BRCA1 or BRCA2 mutation, and these women have a significantly elevated risk of breast cancer.

LCIS stands for Lobular Carcinoma In Situ. Lobular Carcinoma In Situ is a condition where large numbers of abnormal cells grow in the lobules. LCIS turns into breast cancer in only rare instances, but the condition significantly increases the risk of breast cancer. Compared to women without LCIS, those with the condition are 7 to 10 times more likely to develop cancer in either breast.

Although rare, breast cancer also occurs in men. Men at any age can develop it, but it is usually found in men between 60 and 70 years of age. Male breast cancer makes up less than 1% of all cases of breast cancer.

Radiation exposure, high levels of estrogen, and a family history of breast cancer can increase a man's risk of developing breast cancer. Male breast cancer is sometimes caused by inherited gene mutations.

Survival for men with breast cancer is similar to survival with women with breast cancer.

For more information about breast cancer, visit the Susan G. Komen Breast Cancer Foundation website at www.komen.org and the National Cancer Institute's website at www.cancer.gov.

TRIBAL ELDER'S STORY OF SURVIVAL

By Annette VanDeCar, Communications Coordinator

Editor's note: October is National Breast Cancer Awareness Month. My mother, Sarah (King) VanDeCar, is a breast cancer survivor. Although she is a private person who has only previously shared this experience with her family and close friends, she agreed to tell her story. It is her hope by doing so she makes Native American women more aware of the disease and more aware of the importance of having regularly scheduled checkups. In her words, "If I can save one life, it is worth it." According to the Susan G. Komen Breast Cancer Foundation, cancer is the leading cause of death among Native American women, and the five-year breast cancer survival rate for Native American women is the lowest of any racial or ethnic group in the country.

Because she was a registered nurse for 40 years until her retirement in 1999, Sarah VanDeCar knew her risk of developing breast cancer increased as she grew older.

The risk for breast cancer increases as women get older. It is the most common cancer, excluding skin cancer, and the most common cause of cancer death in women over age 65. Research shows breast cancer rates rise as women age, with a notable increase among women between the ages of 50 and 75.

The Susan G. Komen Breast Cancer Foundation recommends annual mammograms beginning at 40. Mammography is a technique that uses x-rays to provide an image of the breast. These



Health Commissioner Sarah VanDeCar, 69, is a breast cancer survivor because her cancer was detected early when it was still treatable. Photo by Annette VanDeCar.

images called mammograms are used to find potential signs of breast cancer like tumors, small clusters of calcium and abnormal changes in the skin.

"Knowing the risks increase as you get older, I made sure I had a yearly mammogram after I turned 40," said VanDeCar, 69, a LTBB Health Commissioner and Tribal Elder. "It's not something you enjoy doing, but you have to do it. You owe it to yourself and your family to do it. If breast cancer is detected early, the chances for survival increase."

"If you wait until you see or feel a lump, it's very serious at that point and it can be fatal."

On June 22, 2005, VanDeCar had her annual mammogram. When the results came back the following day on June 23, she was told "suspicious calcifications" were detected on her left breast. They were so minute, they

could only be seen by a microscope, but they had clustered together in one area of her left breast.

"The radiologists said they had been watching my (left) breast closely because there were calcifications detected on my previous mammogram (in 2004)," VanDeCar said. "The reason they were considered suspicious this time were because they were more clustered together than they had been in the previous mammogram."

Despite the seriousness of the finding, VanDeCar was comforted by the fact she knew her gynecologist, Dr. Richard Kutcipal, from working as a registered nurse in Obstetrics and Gynecology at Burns Clinic Medical Center in Petoskey, MI.

On July 8, she was referred to

CONTINUED ON PAGE 11
"SURVIVAL"

**A Special Invitation to
American Indian & Alaska Native Women**

"Two years ago I had 7 sisters...today I have 6. The women of my family know more about having breast cancer than any of us ever thought we would. And, we want to share the word about the Sister Study with as many Native American women as we can."

Quotes from Eunice Oxendine (L), a Sister Study participant, pictured here with her sister, Darce (R), a breast cancer survivor. The photo shows their sister Grace who died from breast cancer in 2004.

American Indian & Alaska Native Women are needed to join a landmark study to discover the causes of breast cancer. The Sister Study will enroll fifty thousand women whose sister had breast cancer. The study is conducted by the National Institute of Environmental Health Sciences of the National Institutes of Health, Department of Health and Human Services.

Sisters share many things — early experiences, environment, and genes. By joining the Sister Study, you can help researchers learn how environment and genes may affect the chances of getting breast cancer.

"I have been amazed that someone is looking at environmental dangers and hereditary factors that we have always wondered about in relation to cancer. As a Native American woman, I am so happy to participate in a study that has begun to ask about these factors."

American Indian & Alaska Native sisters have powerful information to share with the Sister Study. Breast cancer is the second leading cause of cancer death among American Indian & Alaska Native women. In recent years, their rate of death due to the disease has risen in certain areas of the U.S., and the 5-year survival rate is lower than for white women. Yet scientists have very little information on cancer histories in American Indian & Alaska Native communities.

You are eligible for the study if —

- Your sister (living or deceased), related to you by blood, had breast cancer
- You are between the ages of 35 and 74
- You have never had breast cancer yourself
- You live in the U.S.

"When you look at the picture of me and my sisters, how do you know who will succumb to the cancer statistics? Who will survive cancer...who won't? Although my sisters and I may never see the day breast cancer is eradicated from the Native American population, we can be a part of the road to that end."

Will you join the Sister Study for your daughters, nieces, granddaughters, and future generations?

1-877-4-SISTER (1-877-474-7837)
Deaf / Hard of Hearing: 1-866-TTY-4SIS

www.sisterstudy.org

Conducted by
National Institute of Environmental Health Sciences
one of the National Institutes of Health of the
U.S. Department of Health and Human Services
with additional funding from
National Center on Minority Health and Health Disparities

SISTER STUDY BREAST CANCER RESEARCH

By Annette VanDeCar, Communications Coordinator

The Sister Study has been called a landmark study because it is the first of its kind to look only at sisters of women with breast cancer.

The Sister Study is a long-term study of women aged 35 to 74 whose sister had breast cancer. It is a national study to learn how environment and genes affect the chances of getting breast cancer. In the next three years, 50,000 women whose sister had breast cancer, and who do not have breast cancer themselves, will be asked to join the study.

There is a special invitation for American Indian and Alaska Native Women (see the Sister Study flyer with this article) to join the study.

You are eligible to join if your sister (living or deceased), related to you by blood had breast cancer, you are between the ages of 35 and 74, you have never had breast cancer yourself and you live in the United States or Puerto Rico.

You can join the study by calling toll free at 1-877-4SISTER (1-877-474-7837) where a study representative will ask you questions to find out if you are eligible and answer any questions you may have or you can visit www.sisterstudy.org.

If you are chosen to participate in the study, here is what you can expect:

- In the first year, you will be asked about your life and family history, health and diet, jobs and environment. This will be done through phone interviews and questionnaires.
- A trained female examiner will come to your home or another place of your choice to take some body measurements and a sample of your blood. She will also pick up samples of your

urine, toenails, and house dust.

- After that, the Sister Study will contact you once a year, to update your address and health information.

The Sister Study is being conducted by the National Institute of Environmental Health Sciences (NIEHS), one of the National Institutes of Health of the U.S. Department of Health and Human Services.

Dr. Dale Sandler, Dr. Clarice Weinberg and Dr. Paula Scarborough Juras are the investigators of the study. Sandler, who received her M.P.H. from Yale University School of Medicine and her Ph.D. in Epidemiology from the Johns Hopkins University School of Hygiene and Public Health, is Chief of the Epidemiology Branch at NIEHS and studies environmental causes of chronic disease in adults. Weinberg, who received her M.A. in Mathematics from Brandeis University and her Ph.D. in Biomathematics from the University of Washington, is Chief of the Biostatistics branch at NIEHS. She is interested in assessing genetic effects and developing better designs and methods of analysis to help understand the joint role of genetics and environmental exposures in causing disease.

Juras, who received a B.A. in Chemistry from the University of North Carolina at Chapel Hill and her Ph.D. in Biochemistry and Molecular Biology from the University of Florida, is a Specialist with NIEHS, and serves as the Project Officer for the Sister Study.

For more information on the Sister Study, visit www.sisterstudy.org.

Health Educator Regina Brubaker contributed to this article.

"SURVIVAL" CONTINUED FROM PAGE 10

Dr. David Ledingham, who she knew from working as a registered nurse in General Surgery at Burns Clinic Medical Center. Dr. Ledingham's nurse, Karen Zynewicz, was a former co-worker and a friend.

"I was fortunate I knew all the doctors and the nurses," VanDeCar said. "I had doctors and nurses I trusted and respected. It was scary, but I was glad I knew more about the situation than most people did (being a retired registered nurse)."

The next step, a Stereotactic Needle Biopsy, was performed on July 15. In this procedure, a needle is placed into the area of the breast to be examined and tissue is taken out to be viewed under a microscope.

"I never told anyone at the time, but I had a feeling it was cancer when the doctor said it was clustered calcifications," VanDeCar said. "When I heard the results of the needle biopsy (on July 20), I wasn't surprised when my doctor told me I had Carcinoma In Situ (cancer that does not spread).

"It was a great relief to know it was not invasive (meaning it had not spread outside a contained area in the breast) because I knew my chances of being cured were good."

Death from Carcinoma In Situ are rare. The two types of Carcinoma In Situ are Ductal Carcinoma In Situ (DCIS) and Lobular Carcinoma In Situ (LCIS). She was diagnosed with DCIS,

the most common type of non-invasive breast cancer. It is diagnosed when malignant cells are found inside the ducts that lead to the nipple of the breast. The cells have not spread through the walls of the ducts or into the fatty tissue of the breast.

On July 25, VanDeCar had a lumpectomy performed at Northern Michigan Hospital in Petoskey and returned home the same day. A lumpectomy removes just the lump or area that has the cancer cells and not the entire breast. This means you can conserve or save the breast. Whenever possible, a lumpectomy is the recommended treatment. It was followed up by a mammogram on August 9 with the results coming in on August 11. After looking at the results, Dr. Ledingham was not sure he got all of the cancerous cells.

"He (Dr. Ledingham) asked me about having my whole breast removed because it would ensure that all the cancer cells were removed," VanDeCar said. "By doing a (total simple) mastectomy (In a total simple mastectomy, the entire breast is removed along with the nipple and some skin), it made radiation therapy unnecessary.

"When I first found out I had cancer, I wanted him (the doctor) to remove it all because then I knew all of the cancer would be removed. There was no reason to continue having lumpectomies and removing it a little at a time. Mastectomy was the best way to

go."

Her total simple mastectomy was performed on August 30 and she stayed in the hospital overnight. Dr. Ledingham also removed a lymph node to make sure the cancer cells had not spread to other parts of her body. Lymph nodes are small rounded or bean-shaped masses of lymphatic tissue surrounded by a capsule of connective tissue. Lymph nodes are located in many places in the lymphatic system throughout the body. Lymph nodes filter the lymphatic fluid and store special cells that can trap cancer cells or bacteria that are traveling through the body in the lymph fluid.

"Removing the lymph node was a precautionary measure," VanDeCar said. "He (Dr. Ledingham) thought he had removed all of the cancer cells with the mastectomy, but he wanted to make sure the cells had not traveled outside it, so he removed the lymph node."

On September 2, VanDeCar was told all of the cancer was removed because there were no cancerous cells found in the lymph node. She needed no further treatment at that time. She had checkups with her doctor every week in September.

On October 5, she was given a clean bill of health, and she was told she was cancer-free. Even though she is diabetic (patients with diabetes can heal slower than people without diabetes), VanDeCar healed in the normal

six to eight week time period after surgery.

"After I found out I had cancer, the only thing I could do was accept it and hope for the best," VanDeCar said. "I didn't say much to my family and friends about it. I kept a lot of it inside. I was doing it more to protect them because I didn't want them to worry.

"What got me through it all were my strength and my faith in God. As a Native woman, your strength comes from your Native genes. Native women are strong. My mother (the late Mary Kenoshmeg King) was strong and I am the same way. I prayed a lot also."

On May 3, 2006, VanDeCar was fitted for a prosthesis. A prosthesis is an artificial breast used to replace the appearance of a breast that has been removed during surgery. She has not experienced any complications from having breast cancer, and she is not any more at risk to develop breast cancer in her right breast than other women her age.

On September 16 at the Traditional Jiingtamok in Readmond Township, MI, VanDeCar received a pink shawl for being a breast cancer survivor. Founded in 2003 by Punkin Shananaquet in honor of her mother-in-law's battle with breast cancer, the Pink Shawl Project is designed to raise awareness of the disease. Volunteers designed and made shawls incorporating the pink ribbon concept. The shawls were given out in honor of

breast cancer victims and survivors.

"I was surprised they wanted to give me one," VanDeCar said. "I was honored."

Besides stressing the importance of having a yearly mammogram, VanDeCar wanted to stress the importance of scheduling clinical breast exams and doing breast self-exams. She also stressed the importance of having a yearly pap smear performed. A pap smear is a medical procedure in which a sample of cells from a woman's cervix is collected and spread on a microscope slide. The cells are examined under a microscope in order to look for a pre-malignant (before cancer) or malignant (cancer) changes.

"I don't think Native American women are aware of the risks, so they don't realize the importance of yearly testing," VanDeCar said referring to the five-year breast cancer survival rate for Native American women being the lowest of any racial or ethnic group in the country. "They might not have the economic means or the insurance necessary to have the testing done. It could go back to a general distrust of doctors also."

VanDeCar wanted to thank her family, friends, Dr. Ledingham, Dr. Kutcipal, Karen Zynewicz, and all of her nurse friends from Obstetrics and Gynecology for their support.

SHANANAQUETS CELEBRATE 50 YEARS OF WEDDED BLISS

By Annette VanDeCar, Communications Coordinator



Sam and Nancy Shananaquet (center in the front row) with their nine children and grandson, Jarrett.

Nancy Shananaquet (standing on the left in the second row) with her brothers, sisters and an uncle.

The Naganashes (Jim, Mike, Tom, John and Patrick) sang an honor song for their relatives.

Sam and Nancy Shananaquet surrounded by their grandchildren and great-grandchildren.



Sam and Nancy Shananaquet look at a wedding gift commemorating their 50th wedding anniversary.



Sam and Nancy Shananaquet after renewing their wedding vows in a traditional ceremony officiated by Patrick Naganashe.



Sam and Nancy Shananaquet with great grandson, Travin (left) grandson Dominic (center) and grandson, Xavier (right).



Sam and Nancy Shananaquet fed each other wedding cake after renewing their wedding vows.

Congratulations to **Sam and Nancy (Naganashe) Shananaquet**, who will celebrate their 50th wedding anniversary on November 24. Their children hosted an anniversary party for their parents on August 26 in Brutus, MI, where their parents live.

A drum group of Tom Naganashe, Jim Naganashe, Patrick J. Naganashe, John Naganashe and Mike Naganashe played an honor song for Sam and Nancy before they renewed their wedding vows

in a traditional ceremony officiated by Patrick V. Naganashe.

Sam and Nancy's children are Marilyn, Paul, Mary, Justin, Sam, Sherry, the late Albert, Norman, Virginia and Ronda. Their grandchildren are Christen, Lucas, Samantha, Lindsay, Veronica, Amanda, Carrie, Marlene, Bradley, Thomas, Cole, Jessica, Derek, Jarrett, Keith, Donovan, Xavier, Dominic, and Ashley. Their great-grandchildren are Travin and Trestin.

Sam and Nancy first met in elementary school. Their families

lived in Burt Lake, MI, and they attended Pellston (Michigan) Public Schools. Both are now retired. Nancy worked in house-keeping at Boyne Highlands in Harbor Springs, MI, and she worked as an inspector at Manthei Veneer Mill Incorporated in Petoskey, MI. Sam worked as a carpenter.

When they were younger, they enjoyed going out to dance to country music. When their children were growing up, the family enjoyed many outdoor activities.

When Sam retired, one of his

daughters showed him a book about cedar boxes. He then started to make cedar boxes and various other items made of cedar.

"I had nothing to do when I retired, so I started to make them," Sam said. "I enjoy it."

Nancy said their marriage lasted so many years because they've always been friends.

"Our kids kept us young and together," Nancy said. "Our children made our marriage bond stronger. We didn't plan on having so many children, but they're all a blessing."

When asked about his marriage's longevity, Sam said there were several reasons for it.

"The main reasons are the children, and we always got along well," Sam said. "We've had our ups and downs like most couples, but never anything serious.

"We've created a lot of nice memories over the years. I'm proud all the kids did well."

Photos by Communications Coordinator Annette VanDeCar unless otherwise noted.

ENLIGHTENING TIPS FROM THE LTBB ENERGY WORKGROUP

By Rachel R. Schwarz, Environmental Services Director

Aanii from the LTBB Energy Workgroup.

It's that time of the year again when you feel a chill in the air, and you know winter is just around the corner. This is also a good time of the year to start thinking about checking on the furnace and winterizing your home.

Nearly 50% of a household's annual energy costs go toward heating and cooling. Since you spend the most money and use the most energy on heating and cooling, this means you can save the most in this area. Most people don't know this, but the average home heating system in the United States was built to be only about 60% efficient, meaning only 60% of the natural gas or electricity consumed gets converted into useful heat. If not properly maintained, that same furnace could be less than 50% today. Today's newest furnaces or boilers are built to be 95% efficient.

Here are some helpful hints to maintain peak efficiency of your heating system if you can't afford to upgrade this winter:

1. Furnaces and boilers use more energy when they are first firing up and less when they are running steadily. Try to keep the temperature of your house fairly constant for stretches of four hours or more.

Frequently adjusting your thermostat can cause your furnace to turn on and off, needlessly wasting energy. If your furnace or boiler seems to start or stop a lot, get it checked out because it might be too big for your house. Even though furnaces are more efficient when running steadily, turning your furnace down for four hours or more is always more efficient than leaving it on a high setting for that amount of time.

2. When you vacuum, be sure to vacuum the floor heating vents or radiators because the less dust that is in your heating system, the better it will work. Also, make sure furniture or drapes are not blocking the vents or radiators.
3. Every month your furnace is being used heavily, replace its air filter or clean it if you have a permanent filter. Filters are relatively inexpensive and can generally be purchased at your local hardware store.
4. Get to know your furnace fan. This fan is what blows the hot air

created by the furnace to the rest of your house. Check to make sure it's set to turn on in between 100 degrees Fahrenheit and 110 degrees Fahrenheit and turn off between 80 degrees Fahrenheit and 90 degrees Fahrenheit if there are two settings.

5. Get a tune-up! A tune-up for your furnace every one to two years can reduce your annual heating costs by up to 10%.
6. For boilers, go to your local hardware store and pick up some radiator reflectors, and put them behind any radiators next to exterior walls (walls facing the outside). This will help prevent heat loss through the walls. Once every winter, hold a bowl under your radiator's valve and slowly open the valve to let out any unwanted pockets of air.
7. Replace your existing thermostat with a programmable thermostat. They can typically store up to six daily temperature settings - one for when you wake up, one for when you go to

work, and so on. You can program different settings for the week-end versus the work week. These thermostats allow you the flexibility to temporarily override the current setting if you want the house warmer or cooler. Remember thermostats are extremely sensitive, so do not place them next to a hot lamp or a cold window.

8. The Department of Energy recommends keeping your thermostat set at 68 degrees Fahrenheit or lower during the winter when you're home, and 60 degrees Fahrenheit when you're gone during the day or sleeping. If you'll be away from your home for more than three days during the winter, turn your thermostat down to 55 degrees Fahrenheit - this is still warm enough to keep your pipes from freezing.
9. Don't crank your thermostat! It won't warm the house any more quickly at 82 degrees Fahrenheit than if you turn it to 72 degrees Fahrenheit.

You can be kinder to the

environment and save money at the same time! For example, if one household gets a \$50 tune-up on its furnace every two years, you can produce a net savings of \$17. This is assuming an average household spends \$421 a year on heating and the tune-up reduces heat usage by 10%. You would average \$17 annually, but it takes two years to see the savings. In addition, you have not emitted 1,248 pounds of carbon dioxide (a greenhouse gas that contributes to air pollution and global warming).

The amount of money saved as a result of turning down your thermostat 10 degrees Fahrenheit while you're sleeping at night and one degree Fahrenheit during the day, taking into account the initial cost of the thermostat, is \$46. When you make these changes, carbon dioxide emissions into the atmosphere are reduced by 811 pounds.

The LTBB Energy Workgroup will be sharing more of these helpful hints in articles that will appear in upcoming *Odawa Trails* newsletters. If you have any questions regarding this article or you need more information on how you can help protect the environment and save money too, please contact me at 231-242-1571.

Chi Miigwech.

LTBB GOVERNMENTAL EMPLOYEES AND COMMUNITY MEMBERS SHED POUNDS

By Annette VanDeCar, Communications Coordinator



LTBB Health Park Weight Watchers group with instructor, Deb Kullik (seated on the far right in the second row). The 18-person group lost a combined 291.8 pounds.

The Steps to a Healthier Anishnaabe grant funded an "At Work Weight Watchers Program" at the LTBB Health Clinic in Petoskey, MI.

The group met for 12 weeks at the health clinic, starting on June 22 and ending on September 7. The 18-person group combined to lose 291.8 pounds. The group met every Thursday at noon and planned to continue meeting at that time after September 7.

Any LTBB Governmental Employee, any Victories Casino and Hotel Employee or any LTBB Community Citizen was welcome to join the group. Instructors were Kathy Biggs and Deb Kullik, who were from the regional Weight Watchers group.

The "At Work Weight

Watchers" group at the LTBB Governmental Center in Harbor Springs, MI, meets through October 3, and Health Educator Regina Brubacker hopes the two groups combine to lose 600 pounds.

More information about the "At Work Weight Watchers" group meeting at the LTBB Governmental Center will be included in the November issue of *Odawa Trails*.

For more information on Weight Watchers, visit the Weight Watchers website at www.weightwatchers.com.

Health Educator Regina Brubacker contributed to this article.

Photo by Communications Coordinator Annette VanDeCar.

EDUCATIONAL INCENTIVES OFFERED BY MIEA AND LTBB ELDERS ASSOCIATION

NOTICE TO ALL LTBB GRADE SCHOOL, HIGH SCHOOL AND COLLEGE STUDENTS

Once again this school year, the Michigan Indian Elders Association will be holding a lottery to award incentive monies to all tribal students K through 12th grade, who receive straight "A"s or had perfect attendance for one or both of the first two marking periods of the current school year. **There will be no losers** as the LTBB Elders Association will pay the incentives to any qualifying LTBB Students, who are not selected in the lottery. **IN ADDITION**, this year, your LTBB Elders will extend this program to pay any LTBB Student, who maintains the same level of achievement for their third and fourth marking periods. **ALSO**, if any student maintains at least a "B" or better grade level on their report card throughout the entire school year, and they are not eligible for the all "A"s incentive, they shall be eligible for a \$20 incentive.

Students must submit a copy of their report card, together with a copy of their tribal ID to: LTBB Education Department, 7500 Odawa Circle, Harbor Springs, MI 49740, **after the second marking period and prior to March 1, 2007**. For the second installment or the "B" or better incentive, students must submit a copy of their report card, together with a copy of their tribal ID after the last marking period of the school year, but in any event, no later than July 1. **Strict rules will apply**. Students must submit their report cards in a timely manner. **ONLY** perfect attendance and straight "A"s will apply for the \$25 incentives. **NO EXCEPTIONS**. "B" or better incentives will be paid only at the end of the school year. **COLLEGE STUDENTS**: MIEA is offering one \$1,000 and four \$500 scholarships to qualified students. Check with the LTBB

Education Department for information and application forms. **ALSO** this year, your LTBB Elders are offering four \$500 higher education scholarships to our LTBB College Students. To qualify for these scholarships, the student must be an enrolled LTBB Tribal Citizen, a high school senior or returning college student, enrolled as a full-time student, and have a GPA of 3.0 or higher. **THIS IS NOT A CONTEST**. The winning students will be drawn on a lottery basis and the funds will be sent directly to the student, not the university or college. Contact the LTBB Education Department for the one-page application form and deadlines.

THESE INCENTIVES ARE SPONSORED BY THE LTBB ELDERS ASSOCIATION.



(Left to Right) Amber Nowell and Yarrow Nowell, 10-year-old identical twins, sold necklaces and rings they made.

(Left to Right) Virginia Lewis and Doug Croff.

On September 9 at the LTBB Governmental Center in Harbor Springs, MI, the LTBB Elders Association sponsored a flea market. Vendors sold various items there. Fried bread and chili were also sold there. Photos by Communications Coordinator Annette VanDeCar.

ABEL CAREER DEVELOPMENT PROGRAM

ABEL PROGRAM: PHASE I SERVICES

By Lynn Trozzo, Victories Casino and Hotel Recruiter

Purpose
Phase I of the ABEL (Acquisition, Branding, Education and Leadership) Program is intended to prepare Tribal Citizens for successful employment with Victories Casino and Hotel and to assist Victories in developing a pool of qualified Tribal Team Members ready to enter the work force with required work skills through providing assistance to Tribal Citizens in developing career objectives. Participation in this phase of the ABEL Program is limited to **LTBB Tribal Citizens**. It begins for participants **before** actual employment. Victories Casino and Hotel Employment Manager and Education & Achievement Department serve as liaisons for Tribal Citizens seeking employment with Victories. As part of this assistance, the ABEL Program offers comprehensive, group, and one-on-one

workshops and counseling that cover various aspects of the successful acquisition and continuation of successful employment with Victories Casino and Hotel.

Services

Typical services include:

- Guidance in selecting a career direction.
- Assistance in selecting core curriculum courses to prepare for a chosen career goal.
- Training in how to conduct an effective job search, including resume' and cover letter writing, interview preparation, application preparation, licensing requirements, hygiene and dressing for success.
- Training in how to use the Internet to find career resources, employment

opportunities and other related resources.

- Assistance in exploring educational opportunities and identifying resources outside of Victories Casino and Hotel.
- Assessment services and materials to help better understand interests, skills, values and personality styles, and occupations that match your interest.
- Training in guest service, technical, and job specific skill areas.
- Training in basic Team Member performance expectations and required core competencies for successful employment at Victories Casino and Hotel.

ABEL PROGRAM: PHASE I CORE CURRICULUM

By Lynn Trozzo, Victories Casino and Hotel Recruiter

Purpose

The core curriculum was developed to provide a framework that integrates career development competencies and Victories specific competencies as part of a broad career development strategy for Victories Casino and Hotel. Phase I of the career development strategy - the ABEL (Acquisition, Branding, Education and Leadership) Program - was developed to prepare Tribal Citizens for successful employment with Victories and to assist Victories in developing a pool of qualified Tribal Team Members ready to enter the work force with required work skills.

steps you need to take in order to position yourself for the right opportunities within the organization through self-marketing and effective job search and preparation activities. Most job seekers have to take some proactive steps to get where they want to go. The way you present yourself - on paper in your resume', cover letter, and application or in person - your physical appearance and communication style, may make the difference between getting lost in the shuffle and finding success.

Objectives

Through active participation in the workshop, the participant will:

- Gain an understanding that a resume' and cover letter are important in self-marketing because they provide the first initial impression that a possible employer will see and may open the door to the next step - an interview.
- Develop a professional resume' and cover letter.
- Understand the importance of preparing a concise and organized employment application.
- Understand Victories Casino and Hotel licensing requirements.
- Gain an understanding of the importance of an interview, how to prepare for an interview, the importance of communication style and presenting qualifications in an interview.
- Develop interview skills.
- Understand the importance of appearance and hygiene in self-marketing.

Guest Service Skills

Seven Grandfathers
Universal Guest Service Standards
Understanding Victories Core Competencies

Purpose

Successful employment with Victories Casino and Hotel requires exceptional communication and guest service skills as well as an understanding of the required core competencies.

Objectives

- Gain an understanding of basic concepts of guest service skills and the importance of exceptional guest service delivery in the hospitality industry.
- Know and recognize Victories Universal Guest Service Standards.
- Practice delivering exception-

al guest services.

- Know the Core Competency requirements for employment at Victories Casino and Hotel.

Technical Skill Building

Computers I

Purpose

The purpose of this course is to provide a foundation for the computer series. This course explains the basic use of PC components.

Objectives

As a result of this training, participants will be able to:

- Utilize PC basic components.
- Open and close a program.
- Identify a file and folder.
- Navigate through drives.
- Apply maintenance tips.

Computers II

Purpose

The purpose of this course is to build upon computer basics and become more technically proficient on this important business tool.

Objectives

As a result of this training, participants will be able to:

- Identify a file extension.
- Set attributes.
- Provide security as a network user.
- Find files and folders.

Internet and E-mail

Purpose

The purpose of this course is to provide skills to use the Internet and E-mail proficiently at work.

Objectives

As a result of this training, participants will be able to:

- Access the Internet and E-mail.
- Search effectively.
- Set appropriate options.
- Abide by company policies.

Word I

Purpose

The purpose of this course is to provide an introductory to Word and use the basic tools available.

Objectives

As a result of this training, participants will be able to:

- Create a document.
- Save a document.
- Spell check and grammar check a document.
- Use appropriate breaks.
- Navigate effectively.

Word II

Purpose

The purpose of this course is to provide an intermediate set of tools that are commonly used in the office environ-

ABEL CAREER DEVELOPMENT PROGRAM

By Lynn Trozzo, Victories Casino and Hotel Recruiter

Victories Casino and Hotel is committed to the belief that our Team Members are our most valuable asset. Victories Casino and Hotel is pleased to offer to **all** Team Members a new career development program, the ABEL Program. The purpose of the ABEL Program is to increase the knowledge, skills, and abilities of all Team Members.

This is accomplished through four distinct phases:

PHASE I: Acquisition: Participation in the first phase of the ABEL Program is limited to LTBB Tribal Citizens. It begins for participants **before** actual employment. The Victories Casino and Hotel Employment Manager and Education & Achievement Department serve as liaisons for Tribal Citizens seeking employment with Victories Casino and Hotel. In this phase, Tribal Citizens will receive support and assistance with application and licensing issues, and increase basic work skills through the use of in-house educational opportunities and pre-employment skills building workshops and courses.

PHASE II: Branding: Participation in this phase is required for Team Members upon hire and targets development for currently held positions. All training and education will be provided in-house through the Education & Achievement Department.

PHASE III: Education: This phase of the program will provide Team Members with a self-directed first-line developmental process. In Phase III, Team Members self-navigate, with the assistance of the Career Development Coordinator, utilizing self-paced educational and assessment tools.

PHASE IV: Leadership: This phase of ABEL is for Team Members who have completed Phase III, have met all of their educational/training requirements and have demonstrated outstanding leadership potential. Participants in this phase must meet specific requirements and initiate entry into the phase.

If you are a Tribal Citizen and are interested in learning more about Phase I of the ABEL Program, please contact Mary Roberts, Employment Manager for Victories Casino and Hotel, at 231-439-0141 for information and referral.

ment.

Objectives

As a result of this training, participants will be able to:

- Find and replace text.
- Use the office clipboard effectively.
- Create a merged document.
- Insert and edit graphics.

Excel I

Purpose

The purpose of this course is to provide an introductory look at the Excel program and use some of the basic tools.

Objectives

As a result of this training, participants will be able to:

- Format a spreadsheet.
- Create, delete and edit wordbooks and worksheets.
- Build a formula.
- Edit a formula.
- Activate tool bars.

Excel II

Purpose

The purpose of this course is to provide an intermediate look at the Excel program.

Objectives

As a result of this training, participants will be able to:

- Use the formula palette.
- Link spreadsheets.
- Use 3-D reference.
- Insert a hyperlink.

Purpose of Computer Series

Having basic computer skills may help you be more productive and marketable in a career. In places of business, a computer is standard. In the bank, they use computers to look up your account information. They use computers in the auto repair shop to assess your car. You can't find books in the library by looking in a card catalog - you must use a computerized database. Doctors' offices utilize computers to store patient information. The point is this - no matter where you find employment, there is a good chance a computer will be a basic tool you will have to use.

Job Specific Skill Building

Tips Awareness

Purpose

The purpose of this training is to provide every team member in our organization with an overview of policies and procedures associated with serving alcohol.

Objectives

As a result of this training, participants will be able to:

- Support on the job training.
- Identify a problem situation.
- How to properly handle situations.
- Understand BAC and legal responsibilities.

Harassment Awareness

Purpose

Victories Mission Statement specifically states that the property is committed to providing a "safe, consistent and enjoyable work environment." A strong commitment from everyone is constantly necessary to keep and make these words a reality. As we constantly strive to be the "employer of choice" for this region, we recognize professional behavior from all Team Members is the key component that guarantees an environment that honors all people in all ways.

Objectives

As a result of this training, participants will be able to:

- Identify specific behaviors that could be considered unacceptable in the workplace.
- Better comply with Victories stated Standards of Conduct.
- Identify different forms of harassment.
- State the difference between a hostile work environment and sexual harassment.
- Know what steps to take in various situations.
- Consistently role model higher standards.
- Better contribute to a positive and harassment free atmosphere.

Report Writing

Purpose

The purpose of this training class is to give participants a better understanding of the procedure for writing a proper report at Victories.

Objectives

As a result of this training, participants will be able to:

- State the purpose of a report.
- Understand the importance of note taking.
- Understand the difference between verbal and written reports.
- Know where to find a report and how to accurately fill one out.
- Know where to send a report.

Core Curriculum Courses
Discovering Your Capabilities and Interests

Career Planning
Targeting Organizational Departmental Interest

Purpose

A self-assessment can reveal your characteristics, interests, values and skills. It will define your strengths and weaknesses. Looking for a match between these and the work you are considering is the most important step you can take before you write a resumé or begin the search for a job. In fact, when the time comes to write your resumé and prepare for a job interview, you will find the task easier if you have completed the self-assessment process first.

Objectives

Through participating in a variety of self-assessment activities, participants will:

- Understand why self-assessment is a key factor leading to career success.
- Conduct a complete assessment of your personality, interests, values, skills, learning needs and self-employment potential.
- Know what you are looking for in your career.
- Discover the wide range of occupations within Victories Casino and Hotel.
- Explore different departments within the organization to find the best occupational match with your skills, abilities, and experiences.

Marketing Self

Resume' and Cover Letter
Application Preparation
Job Search Skills
Licensing Requirements
Interviewing Skills
Dress for Success

Purpose

Finding employment involves self-marketing, which can be thought of as the

TWO PERCENT REVENUE SHARING CHECK PRESENTATION

By **Annette VanDeCar**, Communications Coordinator



On August 28 at the Emmet County Building in Petoskey, MI, the Little Traverse Bay Bands of Odawa Indians presented the Emmet County Treasurer's Office with a two percent revenue sharing check for \$540,831.82.

On hand for the presentation were Chief Deputy Treasurer Mary Mitchell, LTBB Vice Chairman Bill Denemy, Sr., Victories Casino and Hotel General Manager Barry Milligan and Victories Casino and Hotel Community Relations Coordinator Diane Bott.

Pictured from left to right are Milligan, Mitchell, Denemy, Sr. and Bott.

Photo by Communications Coordinator Annette VanDeCar.

SAFETY TIP OF THE MONTH

By **Tom Gould**, Surveillance Manager at Victories Casino and Hotel

Our tip is courtesy of the U.S. Fire Administration (USFA).

There are simple steps you can take to protect yourself and your family from deadly carbon monoxide fumes.

- Install at least one UL (Underwriters Laboratories) listed carbon monoxide alarm with an audible warning signal near the sleeping areas and outside individual bedrooms.

Carbon monoxide alarms measure levels of carbon monoxide over time and are designed to sound an alarm before an average, healthy adult would experience symptoms. It is very possible you may not be experiencing symptoms when you hear the alarm. This does not mean carbon monoxide is not present.

- Have a qualified professional check all fuel burning appliances, furnaces, venting and chimney systems at least once a year.
- Never use your range or oven to help heat your home and never use a charcoal grill or hibachi in your home or garage.

NEW TRIBAL GOVERNMENT EMPLOYEES



Elise Tippett

Elise Tippett started as a Tribal Social Worker in the Human Services Department on August 14. Tippett, who grew up in Harbor Springs, MI, graduated from Harbor Springs High School and earned Bachelor's and Master's degrees in Social Work from Grand Valley State University.

She moved back to the area to be closer to her friends and family, and she wanted to help people in the area where she was raised. Tippett said, "The most rewarding part of my job is making a positive difference in children's lives."

Prior to working for LTBB, she worked in the Manistee County/Benzie County, MI, area as a Juvenile Court Social Worker/Counselor for three years, and she was an elementary school counselor

in the Grand Rapids, MI, area for two and a half years.

Her mother is Karen (Tippett) Thompson and her father was the late Stuart Tippett. Her brother is Jon Tippett.

She enjoys outdoor activities like kayaking, boating, skiing, snowmobiling, camping and playing softball. She also likes to travel.



Marie Miller

Aanii. It is with great honor that I am working as the LTBB Elders Coordinator!

My name is Marie Miller, but most people know me by Tootsie which I prefer. My family comes from Beaver Island and High Island. I grew up in the East Jordan (MI) area and the Hannahville Indian Community reservation in Harris, MI.

I earned a Bachelor's of Science degree from Northern

Michigan University in Marquette, MI, and I have done post graduate work at Central Michigan University in Mt. Pleasant, MI. I have worked as a surveyor, social worker, director of a personal counseling organization, landscaper, fish hatchery operator and high school teacher.

I have three children (Jai-leah Miller, Brock Miller and Anjanette Greenlaw), helped raise three nieces, and have seven grandchildren. I miss my children very much, but I hope they will come and visit the beautiful "up north."

My favorite pastime is reading. I love to walk, hike, bicycle, canoe and swim. I like anything to do with the water like fishing or boating.

I'm learning about the various programs we offer and how to best match the Elder with the appropriate program. We have so many wonderful programs, services and activities available to our Elders.

Please feel free to visit me in my office at the LTBB Governmental Center in Harbor Springs, MI, or call me at 231-242-1422. I will do my best to answer your questions. If I am unable to answer your questions, I will do my best to find the answers for you.

McFALL HONORED AT TRADITIONAL JIINGTAMOK



On September 16 at the Traditional Jiiingtamok in Readmond Township, MI, Language Program Coordinator Carla McFall received a shawl and an eagle feather for her work in preserving our language. McFall also received a shawl from the Pink Shawl project. For more information on the Pink Shawl project, read the article about it on page 17. Photo by Communications Coordinator Annette VanDeCar.

Tribal Contractors Wanted For New Casino Construction



Call Tom Ollman at Clark Construction 231-487-0338

2008 Elders Calendar

Original Pictures of Veterans in Uniform Wanted

The Elders Association is making a Veterans Calendar for 2008. The calendar will include all veterans and any elder veterans not included in the 2007 calendar. If you are interested in submitting a picture, please send it with the following information: **Name, Dates of**

Service, Branch of Service and Return Address.

Send to: Elders Association

7500 Odawa Circle

Harbor Springs, MI 49740

For more information, call 231-242-1610.

Tribal Citizens

IF YOU MOVE, PLEASE CONTACT THE TRIBAL ENROLLMENT OFFICE AND WE WILL SEND YOU AN ADDRESS VERIFICATION FORM.

IT IS THE RESPONSIBILITY OF THE PARENT, GUARDIAN OR CUSTODIAL PARENT TO COMPLETE AN ADDRESS VERIFICATION FORM.

IF YOU ARE A CUSTODIAL PARENT, PLEASE PROVIDE PROOF BY DOCUMENTATION.

ONCE A MINOR TURNS 18, YOU MUST CONTACT THE ENROLLMENT OFFICE AND COMPLETE AN ADDRESS VERIFICATION FORM OR WE WILL MARK YOU AS UNDELIVERABLE.

IF YOU ARE INCARCERATED AND WOULD LIKE TO CONTINUALLY RECEIVE THE NEWSLETTER, YOU MUST KEEP YOUR ADDRESS CURRENT.

TOWARDS THE END OF THE YEAR, WE WILL NOTIFY YOU FOR PURPOSES OF THE PER CAPITA PAYMENT.

ADULT VERIFICATION FORM MUST BE WITNESSED.

MINOR VERIFICATION FORM MUST BE NOTARIZED.

CONTACT ENROLLMENT ASSISTANT LINDA GOKEE AT 231-242-1521 OR ENROLLMENT OFFICER PAULINE BOULTON AT 231-242-1520.

Crooked Tree Arts Center presents Annual Anishinaabe Festival

Opening of Exhibit and Ghost Supper

October 27

461 East Mitchell, Petoskey, MI 49770

For more information, call the Archives and Records Department at 231-242-1450

Advertise in the Odawa Trails

If you are interested in advertising in upcoming Odawa Trails newsletters, please call the LTBB Communications Department.

231-242-1427

"ALL FEMALE" CONTINUED FROM PAGE 1

Indians. "The majority of the cases we hear are children's cases. They come to us in a bad point in their lives, and they need to be taken care of. It's my responsibility to give them good placement. Every case is difficult, but you have to figure out what is in the best interests of the child. It's hard because sometimes, you have to do what the law says even if you know deep down inside, it is not in the best interests of the child."

Kronk said as a judge, you can't second-guess yourself.

"You have to let it go or it will drive you crazy," Kronk said. "You have to realize you are doing the best you can at the time. I don't obsess about cases."

Her late husband of 28 years, Tom Kronk, was an attorney, and he encouraged his wife to attend law school. She graduated from Thomas M. Cooley Law School when she was almost 40.

"I saw how much he helped people, and I was envious of him," Kronk said of her late husband. "He told me I was an intelligent woman, and I could do it also."

"Because of his encouragement, I went to law school and continued to raise my daughter (Elizabeth Kronk) at the same time."

Elizabeth Kronk, an Assistant Professor of Law at the University of Montana School of Law, encouraged her mother to apply for the LTBB Associate Judge position in 2005 even though it had only been about a year since Jenny's husband had passed away.

"She had been an excellent law judge for the Michigan Secretary of the State and for the Hannahville Indian Community, so I hoped she could bring her expertise and her strong sense of fairness and justice to the (LTBB) position," Elizabeth said. "I had heard some amazing things about the tribe, so I encouraged her to go for it."

"It's a good match for her and the tribe (LTBB). It was a period of time when there was some personal upheaval in her life, but I had heard nothing but positive things about the (LTBB) tribal community. I wanted her to be involved with a positive and supportive tribal community. It was a great match for her personally and professionally."

Jenny lives in Petoskey, MI, and said she feels like she is a part of the LTBB Community.

"I didn't know what to expect," Jenny said. "It's been a pleasant surprise. Everyone in the (LTBB Tribal) Community has embraced me and has made me feel at home here. This is a great tribe to work for and to be around. I love my job, and I love the people here."

"I want to thank everyone for being so welcoming."

Although Jenny's parents never attended college, they stressed the importance of getting a college education to her and stressed the importance of helping others.

"My mother was a foster parent and my father always helped

people," Jenny said. "It is the Native way to help people. My parents taught us if we had the time and the talent to help people, it was our obligation to do so."

Elizabeth said her mother has always been a tremendously generous woman.

"Helping others has always been a part of her life," Elizabeth said. "She was raised with those values. She has blessed others as she was blessed in life."

"She believes strongly in doing the best job she can, and she knows she is blessed to be entrusted with the responsibility. I've always been very proud of her because she has accomplished so much. She is the ideal of how we should act in the law profession."

Elizabeth, who previously worked as an attorney for Latham & Watkins in Washington, D.C., and specialized in Indian Law and Environmental Law, would like to follow in her mother's footsteps one day and be a judge.

"I would be honored to have the opportunity in the future," Elizabeth said. "It would be an honor to have such a tremendous responsibility. If I do become a judge someday, I would hope I could do as good of a job as my mom does."

Elizabeth thought about being an engineer or a marine biologist growing up, but she eventually followed in both of her parents' footsteps and became an attorney.

"I certainly rebelled against it (being an attorney) for a while, but I had two strong role models at home who believed they were doing good things," Elizabeth said. "I had such good role models, so it was natural I would become an attorney."

At 28, Elizabeth has accomplished a lot. She graduated from Cornell University with a Bachelor's of Science degree in Communication, and received her law degree from the University of Michigan Law School, where she served on the Michigan Law Review.

"Ever since college, I was interested in teaching law," Elizabeth said. "My passions are Indian Law and Environmental Law. There are seven Indian reservations out here (the University of Montana School of Law is in Missoula, MT). There are active and very progressive tribes here. I'm a part of a really good Native community here."



Rita Gasco-Shepard, 66, began her third term as Chief Appellate Justice on February 18, 2006, and she will serve a two-year term until February 18,

2008 as mandated by the Constitution. She was first appointed as a judge on February 22, 1998.

"I am not an attorney, but I was hired because I had 20 years of experience in the legal field," said Gasco-Shepard, an LTBB Tribal Elder. "I have always considered it an honor to be one of the first two judges on our tribal court."

"It wasn't something I had always wanted to do, but it happened. I always follow the path the Creator has set for me. I have taken the opportunities the Creator has put before me. It's been interesting to help build the court. It has been a learning experience."

Gasco-Shepard was born in Harbor Springs and lived there until she was nine. She then went into foster care, and she lived in Petoskey. Gasco-Shepard graduated from Petoskey High School and has taken some classes at North Central Michigan College in Petoskey. She worked as a legal secretary for several years, she worked in the district court, and she was the Emmet County Probate Register. She retired at age 60.

"I have always tried to use my knowledge of the legal system to help others," Gasco-Shepard said. "It is a heavy responsibility being a judge. Not being an attorney and not knowing all the legal aspects, I rely more on common sense. I realize the cases coming before me are very important to the litigants and I have to come to the proper decision."

Gasco-Shepard said you have to have a different mindset when you put on the black robe.

"Serving on the appellate court, you deal with appeals from the lower court, and you deal with people who are not happy with the decision," Gasco-Shepard said. "When I have the black robe on, I have to reach a mindset of being impartial. I have to consider the laws of the tribe and the Constitution. You have to reach hard decisions you might not always agree with, but you have to make your decisions based on the law and the Constitution."

Gasco-Shepard said she was honored to be involved with the Odawa Youth Healing and Wellness Program and looks forward to being involved with the Peacekeeping Circles.

"When I first heard about it (Peacekeeping Circles), I saw it as an opportunity to foster our culture in the tribal court system," Gasco-Shepard said. "When I first heard it being discussed, I knew it was something I could support and get behind."

Gasco-Shepard spent time in the home of Robert and Wauneta Dominic as a foster child.

Robert and Wauneta Dominic along with Levi McClellan formed the Northern Michigan Ottawa Association in 1948.

"I was pretty young when I lived with her (Wauneta Dominic), but her dedication to the tribe was inspiring," Gasco-

Want to run through the hills like you did when you were a kid?

Be a part of the Running/Jogging/Walking Club, Thursday afternoons 5pm at the LTBB Governmental Center. All ages and experience levels welcome. Contact Matt at mlesky@ltbbodawa-nsn.gov for more information.

IMPORTANT ELECTION INFORMATION

YOU MUST REGISTER TO VOTE FOR THE 2007 TRIBAL COUNCIL ELECTIONS.

TO CHECK IF YOU ARE REGISTERED OR IF YOU WOULD LIKE THE FORMS TO REGISTER, CALL DENISE PETOSKEY AT 231-881-2994 OR CAROL QUINONES AT 616-774-9534.

Shepard said. "Wauneta was a wonderful role model. It was then I saw the importance of helping and being in service to the tribe."

Gasco-Shepard is married to Gordon "Flash" Shepard. Her four children are Vicki Lynn, LTBB Health Educator Regina Brubacker, Stella Kay and Joe Brubacker. She has eight grandchildren, five step-grandchildren and one great grandchild.



Wenona Singel, a 33-year-old LTBB Tribal Citizen, began her term as an Appellate Judge on July 14, 2006, and she will serve a six-year term until July 14, 2012. She works as an Assistant Professor of Law at Michigan State University, and she is the Associate Director of the Indigenous Law & Policy Center at Michigan State.

"Being a tribal judge allows me to apply the skills I've learned in my education and career in a way that will benefit our tribal community for generations to come," Singel said. "The most rewarding part of being a judge is the opportunity to heal relationships within the community and to contribute to the development of a strong foundation for our tribal court system. It's very important Indian people serve as judges on tribal courts."

"We still need far more tribal members to attend college and law school, so our tribal court system can be operated by those who are familiar with our culture and traditions."

Singel earned her Bachelor's degree from Harvard College and she earned her law degree from Harvard Law School. Before working at Michigan State, she

was an Assistant Professor at the University of North Dakota School of Law and she was an associate with the law firm of Kanji & Katzen P.L.L.C. Singel is still affiliated with Kanji & Katzen and she is considered Of Counsel with the law firm.

"Prior to starting college, I was very passionate about math and science," said Singel, an East Lansing, MI, resident. "It wasn't until I started college that I realized I would much rather spend the rest of my life learning about and working on social justice matters."

"A legal education seemed like the best way to prepare me for that."

Singel said the hardest part about being a tribal judge is the occasional feeling of isolation a judge must accept to maintain judicial independence.

"I used to serve on the tribe's Economic Development Commission (EDC) and I really loved the friendships and meetings that I had as a result of EDC," Singel said. "After I became a tribal judge, I had to resign from the commission because I could no longer be involved in developing tribal laws and policies."

"I also feel a sense of isolation at times if I reach a decision others disagree with. If my decision is based on thorough deliberation of the facts, the law and the Constitution, I must sometimes make a decision despite the disagreements of others."

As a judge, a person must be impartial and follow what the tribal laws and Constitution dictate regardless of his or her own personal opinions or feelings.

"I don't think it's possible to completely turn off one's emotions when acting as a judge," Singel said. "We are, after all, humans and not robots. Instead, I do my best to avoid holding a bias about a particular issue, and I fairly evaluate both parties' positions."

Singel was serving an exist-

CONTINUED ON PAGE 17
"ALL FEMALE"

"ALL FEMALE" CONTINUED FROM PAGE 16

ing term as an appellate justice under the old Constitution and she was reappointed under the new Constitution. She worked with LTBB Tribal Court Employees and Judges to plan for the development of the Peacemaking Circles.

"The establishment of the Peacemaking (Circles) is a crucial step toward enabling the community to resolve disputes and repair relationships using traditional values rather than the Anglo model of adversarial justice," Singel said.

Singel said she is honored to serve her tribe as a judge.

"It's wonderful LTBB has several female judges," Singel said. "I'm not surprised by it because our community has many strong Odawa women. The number of women on our judiciary shows our community values and respects the contributions of women."

"All young children and young girls in particular, need to see men and women sharing leadership positions in the community

and in the world as a whole."

Singel is married to Matthew Fletcher, a GTB Member, and they have a son, Owen, who was born on June 7. Her parents are Loretta and James Singel, and her maternal grandparents are Hank Shenonaquet and Lorraine Peters.



Donna Budnick, a 41-year-old LTBB Tribal Citizen and a former LTBB Tribal Council Treasurer, began her term as an Appellate Justice on February 18, 2006, and she will serve a four-year term until February 18, 2010. Budnick, who lives in

DeWitt, MI, serves as the American Indian Affairs Specialist with the Michigan Department of Civil Rights.

"I think women have a tendency to be drawn to this position (tribal judge) because we are naturally healers and nurturers," Budnick said. "There is an aspect of tribal court where you are trying to help people through tough times. It seems women are a good fit for the position. Because we are one of the only tribes with all female judges, it shows we are unique. It shows we appreciate the roles of women in our tribe."

"We are a progressive tribe in that respect."

After Budnick received her Juris Doctorate from Thomas M. Cooley Law School, she contacted LTBB and offered to help the tribe become federally recognized knowing that federal recognition is a means to improve the lives of tribal citizens.

LTBB gained federal recognition on September 21, 1994.

"I wanted to take my law degree and help the tribe,"

Budnick said. "I have always wanted to use my law degree to assist the tribe. It was important to be federally recognized."

Budnick became interested in the law because of her third grade teacher, Miss Huff.

"Miss Huff was my best teacher," Budnick said. "She was someone I looked up to. She only taught one year because she was earning money to attend law school. I knew she was going to attend law school. After that, I knew I wanted to be an attorney."

This is Budnick's second term as a tribal judge.

"The best part about being a judge is seeing the healing within the tribal community and being a part of it," Budnick said.

"Peacemaking (Circles) can be a great tool for healing because it can solve disputes and problems within the community. It will be a positive thing for the community."

Budnick is the former chair of the American Indian Law Section of the State Bar and the 2005 recipient of the Tecumseh

Peacemaking Award. She has served on the boards of Michigan Indian Legal Services and the Nokomis Learning Center in Okemos, MI. She is a former Executive Director of the Michigan Commission on Indian Affairs. She serves as a Regent for the Saginaw Chippewa Tribal College in Mt. Pleasant, MI.

Budnick earned her Bachelor's of Arts degree from Michigan State University and earned a certificate from Wayne State University on Multi-Cultural Leadership Development.

Budnick, whose maiden name is Minor, has been married to her husband, Jeff Budnick, for 12 years. She has a 27-year-old stepdaughter, Amanda Hill. Her parents are Don and Myrle (Siddall) Minor, and her grandparents are the late Leo and Beatrice (Isaac) Minor.

Tribal Court Administrator Dawn Shenoskey contributed to this article.

Photos by Communications Coordinator Annette VanDeCar.

PINK SHAWL PROJECT PRESENTATION AT TRADITIONAL JIINGTAMOK IN READMOND TOWNSHIP, MI

By **Annette VanDeCar**, Communications Coordinator



(Left to Right) Arlene Naganashe, Valerie Williams and Cathy Gibson.



(Left to Right) Carol Kiogima, Fred Harrington, Jr., Marian Sedlak and Diane Naganashe.



(Left to Right) Susan Swadling and Beth Kiogima.



(Left to Right) Shann Davenport, Tina Shawano and Valerie Williams.



Sarah VanDeCar (on the left) hugs Sharon Sierzputowski after receiving a shawl from her.



Cathy Gibson (in the jingle dress) places a shawl around Elizabeth Gasco.



Tina Shawano presented Gwen Gasco with a shawl.

In 2003, Punkin Shananaquet founded the Pink Shawl Project in honor of her mother-in-law's battle with breast cancer. It was designed to raise awareness of the disease.

The Community Health Department held three shawl making classes this August and September at the LTBB Health Clinic in Petoskey, MI.

Volunteers made shawls there and gave them away to women and girls during a presentation at the Traditional Jiingtamok in Readmond Township, MI, on September 16.

Photos by Communications Coordinator Annette VanDeCar.

TRIBAL CHAIRMAN FRANK ETTAWAGESHIK SIGNS STATUTES INTO LAW



On September 18 at the LTBB Governmental Center in Harbor Springs, MI, Tribal Chairman Frank Ettawageshik signed the Juvenile Justice Statute and the Child Protection Statute into law. To read them, visit www.ltbbodawa-nsn.gov, click on Odawa Register, click on Legislative Branch and click on Legislation History.

On hand to witness the signings were Legislative Office Manager Michele LaCount, Legislative Leader Beatrice A. Law and Executive Assistant Rebecca Fisher.

Standing from left to right in the photos are LaCount, Law and Fisher.

Photo by Communications Coordinator Annette VanDeCar.

LTBB Bridge Walk 2006 "Bmosedaa Maamwi"



The LTBB Health Department would like to say "CHI MIIGWECH" to the following people and departments for making this year's Bridge Walk a success: Gary Adams and Victories Casino for use of the shuttle; Albert Colby Jr. and the Elders Department for the use of the van; Pat Naganashe, Steve Shenoskey, and Matt Davis for driving; Jody Werner and the LTBB HR Department for providing water for the walkers; Team Spirit for printing our 'team' shirt so promptly; Tom Teuthorn for the t-shirt design; Isabelle Osawamick and the Language Department for the translation; and everyone who joined us at the bridge to walk.

SEE YOU ALL NEXT YEAR!!!

Tribal Council Meeting Minutes

The Little Traverse Bay Bands of
Odawa Indians
Tribal Council Meeting
August 20, 2006
Tribal Court Room 7500 Odawa
Circle
9:15 a.m. Smudging
9:30 a.m.

Closed Session: no
Call to Order: Meeting was called
to order at: 9:40 a.m.
Council Present: Legislative
Leader Beatrice A. Law, Secretary
Melvin L. Kiogima, Councilor
Dexter McNamara, Councilor Alice
Yellowbank, Councilor Rita
Shananaquet, Councilor Mary
Roberts, Councilor Regina Gasco
Bentley, Councilor Fred
Harrington, Jr.
Absent: Treasurer Shirley Oldman

Executive Office Present: Rebecca
Fisher, Executive Assistant

Legal Staff Present: Jim Bransky,
General Counsel

Staff Present: Michele LaCount-
Legislative Office Manager, Rachel
Schwarz-Environmental Services
Director

Commission, Boards, and
Committees: none

Guests: none

Opening Ceremony: Melvin L.
Kiogima

Motion made by Councilor
McNamara and supported by
Councilor Gasco Bentley to adopt
the agenda, as amended, for
August 20, 2006, in honor of
Tribal Elder Mary Ann (Kiogima)
Schofield.
Vote: 8 - Yes, 0 - No, 0 -
Abstained, 1 - Absent (Treasurer
Oldman)
Motion carried.

Motion made by Councilor
Yellowbank and supported by
Councilor McNamara to approve
the minutes of August 6, 2006, as
presented.
Vote: 8 - Yes, 0 - No, 0 -
Abstained, 1 - Absent (Treasurer
Oldman)
Motion carried.

Motion made by Councilor
Yellowbank and supported by
Councilor Shananaquet to adopt
Tribal Resolution # 082006-01
Execution of Trust Deed for
"Health Park" Parcel.
Roll Call Vote: Councilor Gasco
Bentley-yes, Councilor Harrington-
yes, Councilor McNamara-yes,
Councilor Roberts-yes, Councilor
Yellowbank-yes Councilor
Shananaquet-yes, Treasurer
Oldman-absent, Secretary
Kiogima-yes, Legislative Leader
Law-yes.
Motion carried.

Motion made by Councilor
Shananaquet and supported by
Councilor McNamara to adopt
Tribal Resolution # 082006-02
Tribal Seal Authorization.
Roll Call Vote: Councilor Gasco
Bentley-yes, Councilor Harrington-
yes, Councilor McNamara-yes,
Councilor Roberts-yes, Councilor
Shananaquet-yes, Councilor
Yellowbank-yes, Treasurer
Oldman-absent, Secretary
Kiogima-yes, Legislative Leader
Law-yes.
Motion carried.

Motion made by Councilor
Harrington and supported by
Councilor Shananaquet to adopt
Tribal Resolution # 082006-04
Protection of Tribal Assets
Accumulated with Savings in lieu
of Payments to the State of
Michigan for Gaming Exclusivity.
(Motion on hold in consideration
of recess.)

10:32 a.m. Recess called.
10:39 a.m. Meeting reconvened.

(Discussion continues regarding
the above motion.)
Roll Call Vote: Councilor Gasco
Bentley-yes, Councilor Harrington-
yes, Councilor McNamara-yes,
Councilor Roberts-yes, Councilor
Shananaquet-yes, Councilor
Yellowbank-yes, Treasurer
Oldman-absent, Secretary
Kiogima-yes, Legislative Leader
Law-yes.
Motion carried.

Motion made by Councilor
Harrington and supported by
Councilor McNamara to adopt
Tribal Council Resolution #
082006-03 Members of Tribal
Council shall be able to use the
Michelle Chingwa Education
Assistance Act.
Roll Call Vote: Councilor Gasco
Bentley-yes, Councilor Harrington-
yes, Councilor McNamara-yes,
Councilor Roberts-yes, Councilor
Shananaquet-no, Councilor
Yellowbank-yes, Treasurer
Oldman-absent, Secretary
Kiogima-yes, Legislative Leader
Law-yes.
Motion carried.

Motion made by Councilor
Shananaquet and supported by
Councilor Yellowbank to pass
Waganakising Odawak Statute
2006-016 Wetlands Protection
Statute.
Roll Call Vote: Councilor Gasco
Bentley-yes, Councilor Harrington-
yes, Councilor McNamara-yes,
Councilor Roberts-yes, Councilor
Shananaquet-yes, Councilor
Yellowbank-yes, Treasurer
Oldman-absent, Secretary
Kiogima-yes, Legislative Leader
Law-yes.
Motion carried.

Motion made by Councilor

Shananaquet and supported by
Councilor Roberts to pass
Waganakising Odawak Statute
2006-013 Juvenile Justice.
Roll Call Vote: Councilor Gasco
Bentley-yes, Councilor Harrington-
yes, Councilor McNamara-yes,
Councilor Roberts-yes, Councilor
Shananaquet-yes, Councilor
Yellowbank-yes, Treasurer
Oldman-absent, Secretary
Kiogima-yes, Legislative Leader
Law-yes.
Motion carried.

Motion made by Councilor Roberts
and supported by Councilor
Shananaquet to place the pro-
posed legislation, the Legislative
Procedures Act and the
Administrative Procedures Act, on
the Legislative Agenda.
Vote: 7 - Yes, 1 - No (Councilor
Yellowbank), 0 - Abstained, 1 -
Absent (Treasurer Oldman)
Motion carried.

11:45 a.m. Public Comment
opened: no comments.
11:45 a.m. Public Comment
closed.

Councilor Shananaquet would like
to thank the Pow-wow Committee
and all volunteers for all of their
hard work for the outstanding
Pow-wow.

11:54 a.m. Lunch recess called.
1:31 p.m. Meeting reconvened.

Motion made by Councilor
Shananaquet and supported by
Councilor Roberts to accept the
Legal Department's verbal report
as presented by James Bransky,
General Counsel, for August 20,
2006.
Vote: 8 - Yes, 0 - No, 0 -
Abstained, 1 - Absent (Treasurer
Oldman)
Motion carried.

Motion made by Councilor
Yellowbank and supported by
Councilor Shananaquet to post
the position for hiring an attorney
for Tribal Council under a two year
contract, approve Budget
Modification without increase to
TGO Tribal Council 1101-0-00 for
FY 2006 in the amount of
\$24,200, and approve Budget
Modification with increase to TGO
Tribal Council 1101-0-00 for FY
2007 in the amount of \$50,000.
Funding to come from prior year
funds.
Vote: 4 - Yes, 4 - No (Councilor
Harrington, Councilor Gasco
Bentley, Councilor Roberts,
Councilor McNamara), 0 -
Abstained, 1 - Absent (Treasurer
Oldman)
Motion failed.

Motion made by Secretary
Kiogima and supported by
Councilor McNamara to accept
the Legislative Leader's verbal and
written report.

Vote: 8 - Yes, 0 - No, 0 -
Abstained, 1 - Absent (Treasurer
Oldman)
Motion carried.

2:39 p.m. Recess called.
2:47 p.m. Meeting reconvened.

Motion made by Councilor Roberts
and supported by Councilor
Yellowbank to approve Tribal
Council attendance to the
Falmouth Training in Las Vegas for
December 2006 and the Cultural
Immersion in Harbor Springs for
September 2006.
Vote: 5 - Yes, 3 - No (Councilor
Shananaquet, Legislative Leader
Law, Secretary Kiogima), 0 -
Abstained, 1 - Absent (Treasurer
Oldman)
Motion carried.

3:49 p.m. Recess called.
4:02 p.m. Meeting resumed.

4:45 p.m. Motion made by
Councilor Shananaquet and sup-
ported by Councilor Harrington to
adjourn.
Vote: 7 - Yes, 1 - No (Legislative
Leader Law), 0 - Abstained, 1 -
Absent (Treasurer Oldman)
Motion carried.

These Minutes have been read
and approved as written:
Approved:
Melvin L. Kiogima, Tribal Council

TRIBAL COUNCIL MEETING DATES 2006

October 7 Work Session
October 8 Council Meeting
October 21 Work Session
October 22 Council Meeting

November 4 Work Session
November 5 Council Meeting
November 18 Work Session
November 19 Council Meeting

**ALL TRIBAL COUNCIL
MEETINGS AND WORK
SESSIONS ARE HELD IN THE
TRIBAL COURTROOM
LOCATED AT 7500 ODAWA
CIRCLE, HARBOR SPRINGS**

EXECUTIVE BRANCH

FRANK ETTAWAGESHIK, TRIBAL CHAIRMAN
WILLIAM DENEMY, VICE CHAIRMAN

LEGISLATIVE TRIBAL COUNCIL MEMBERS

BEATRICE A. LAW, LEGISLATIVE LEADER
SHIRLEY OLDMAN, TREASURER
MELVIN L. KIOGIMA, SECRETARY
FRED HARRINGTON, JR., COUNCILOR
REGINA GASCO-BENTLEY, COUNCILOR
MARY ROBERTS, COUNCILOR
RITA SHANANAQUET, COUNCILOR
ALICE YELLOWBANK, COUNCILOR
DEXTER MCNAMARA, COUNCILOR

Lines From our Membership...

BIRTHDAY ANNOUNCEMENTS

The family of **Clara Charvez** wishes her a happy birthday on October 16.

Happy belated birthday to the **Bertram Boys!** **Christopher** celebrated his birthday on September 10 and **Aaron** celebrated his birthday on September 24.
Love you, your mother, sister and grandparents.

Happy belated birthday wishes to **John Keshick Sr.** (August 21), **Robert Keshick** (September 3), **Tosha Keshick** (September 4), **Ali Abdallah** (September 25), **Hassan Abdallah** (September 9), **Aunt Irene Bigeagle** (September 29). Sorry we missed your birthdays this year, but you are in our thoughts.
Love, Linda and family.

Happy belated birthday wishes to **Kacie "Sissy" Gokee**, who celebrated her eighth birthday on September 2. You are my sweet, angel baby. We love you so much.
Love, Mom and Jeff.

Happy belated birthday wishes to **Toni Gasco** (September 19), **Jeannie Norris** (September 15) and **Randy Seymour** (August 26). Happiness and Cheer to you all!
Linda G.

Happy birthday to **Becca Fisher** on October 9. May all of your dreams and wishes come true.
From Runs Too Fast

Grape Ape celebrates her "29th" birthday (again) on October 20. Your favorite cousin.

Happy birthday to **Jordan Gregory-**

Keshick Bussey on October 8!! We hope you enjoy your first year in school. May the Creator watch over you and bless you, pi'na. All our love, Mom and Michael.

I would like to wish myself, **Aaron Otto**, a happy birthday on October 11. I Hope i have a great b-day.
Love, Myself

Happy belated birthday to **Kerry Greensky**. Sorry I missed your birthday on August 31.
Love Blue Sky

Happy 28th birthday to **Rebecca Fisher** (also known as O.H.L.) on October 9. Keep it restrained.
From Guess Who.

Happy belated first birthday to **Hesham Khalaf**, who celebrated his big day on September 16.
Love, Grandma and Grandpa.
Love, Aunt Theresa and Uncle Ron.

Happy belated birthday to **Mary Schneider**, who celebrated her big day on September 17.
Best wishes,
Ron and Theresa.

Happy belated first birthday to **Emily Naganashe**, who celebrated her big day on September 28.
Love, Grandma and Grandpa.
Love, Aunt Theresa and Uncle Ron.

Wishing **Autumn Naganashe** a very happy birthday on October 7.
From Aunt "T" and Uncle Ron.

Wishing **Lisa Naganashe** a very happy birthday on October 13.
Love, Christina, Kenny, Alex and

Stanley.
Love, Mom and Dad.
Love, Theresa, Ron and kids.

Wishing **Nimkii Naganashe** a very happy birthday on October 24.
From Aunt "T" and Uncle Ron.

Wishing our daughter, **Ashley Boda**, a very special birthday greeting. She celebrates her 18th birthday on October 27.
Love, Mom and Dad.

Happy birthday to **Jeremy Zerbe** on October 17.
Love, Dawn, Pauline, Ma and nephews!

Happy 77th birthday to **Violet Miron Montez**, who celebrates her big day on October 30.
Love, your sons and daughters, your grandchildren, and your friends, Henry and Puitikins.

Happy birthday to our oldest Auntie, **Aunt Laura**. We love you and miss you. We hope you can come down and visit us in the sunshine state soon. We want to ride the Shamu Express with you again. We both go on the roller coaster now.
Love, your nephews.

Happy birthday to **Andrea Pierce** on October 2.
From family and friends.

Happy birthday to **Erwin Burks** on October 10.
From family and friends.

Happy first birthday to **Cullen Kiogima Cook** on October 6.
From Papou and Yai Yai in North Carolina.

CONGRATULATIONS

Congratulations to **Andi Gasco** and **Sue Gasco**, who helped the First Community Bank fast pitch softball team finish first with a 14-0 record in the Women's League at the Waterfront Park in Petoskey, MI. Andi hit .405 (15-for-37). On the mound, Andi finished 10-0 with 104 strikeouts in 59 2/3 innings.

We would like to say congratulations to our mother, **Lisa Skippergosh-Young**, who graduated in August with her Master's degree in Education Administration from Saginaw Valley State University with a 3.9 grade point average.

Way to go Mom, we are so proud of you! We love ya! Megwech for all that you do.

Love, your two mischievous sons, Jayden Jewel and Jaxon Jewel.

Happy anniversary to our loving parents. We look up to you in everything you do, and are proud of the success that you bring to our family. We thank you for your guidance, patience, gentleness, and devotion. We love you, and wish you many more happy years of marriage.

Love, your two sons, Jayden Jewel and Jaxon Jewel.

We would like all of our family to know we love you all and miss you. Even though we are thousands of miles away, we carry you in our hearts and thoughts always. Especially Grandma Anne and Papa Henry. We miss you dearly and pray for you daily. We will see you soon.

Love, the Young family.



Jordan Bussey, 3, of Harbor Springs, MI, takes a break during the Annual Mackinac Bridge Walk on Labor Day (September 4). He walked the "Mighty Mac" with his mother, Theresa Keshick, and many other LTBB Tribal Citizens. Photo courtesy of Theresa Keshick.

BIRTH ANNOUNCEMENTS



David Michael LaCosse was born on July 26 at Marquette General Hospital in Marquette, MI. He weighed eight pounds and 12.4 ounces and he was 20.5 inches long. His parents are Barbra and Michael LaCosse of Gladstone, MI. His grandparents are Judy Hardwick of Rapid River, MI, and Wanda LaCosse.



Joseph Vernon Lee Gasco was born on August 13 at Northern Michigan Hospital in Petoskey, MI. He weighed six pounds and 13 ounces and he was 20.5 inches long. His parents are Ashlee Gasco of Harbor Springs, MI, and Travis Mattson of Petoskey. His grandparents are Tonia Gasco of Harbor Springs and Paul Carroll of Mt. Clemens, MI. His great grandparents are the late Vernon Lee Gasco and Mary (Wemigwase) Gasco of Harbor Springs.

MIIGWECH

We would like to say Boozhoo to our friends, Matt and Tom. It has been too long. We thank you for your friendship.
Love, Jayden, Jaxon and Lisa.

Mary Ann Schofield, 66

Mary Ann Schofield, 66, walked on August 17. She was born June 29, 1940, to Augustine and Catherine Horstmanshof, and Riley and Brynn Werner; brothers, Augustine II (Helen) Kiogima, Ray (Mary Jane) Kiogima, Leon Kiogima, Duane Kiogima, Robert (Betty) Kiogima and John Kiogima; and many nieces, nephews, great-nieces and great-nephews.
Her late husband's children and their families were always considered family in her heart. They are Ken (Anne) Schofield, Julia Heddle, Janet Schofield, Ruth McKinney, Bob (Kathy) Schofield, Linda Schofield, the late Herbie Schofield and many grandchildren and great grandchildren.
She was a member of the Little Traverse Bay Bands of Odawa Indians, she served on the LTBB Health Commission in the past and she was a member of the Red Hatters. She enjoyed spending time with her fellow elders at the Elders Luncheons.

She was preceded in death by her parents, Augustine and Catherine Kiogima; her brother, Frank Kiogima; and her husband, Herbert B. Schofield. She and her husband lived in Petoskey until his death in 1983. They were married on September 24, 1964.

Survivors are daughter Andrea (Clare) Horstmanshof of Grand Ledge; daughter Jody

WALKING ON...

(Steve) Werner of Harbor Springs; son Chuck (Joann) Schofield of Lansing; grandchildren, Kayla and Connor Horstmanshof, and Riley and Brynn Werner; brothers, Augustine II (Helen) Kiogima, Ray (Mary Jane) Kiogima, Leon Kiogima, Duane Kiogima, Robert (Betty) Kiogima and John Kiogima; and many nieces, nephews, great-nieces and great-nephews.

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She enjoyed going to garage sales and playing the penny and nickel slot machines at the casino. She also enjoyed preparing meals and playing cards with her

friends.

Her infectious laugh, unending patience and easygoing spirit will be missed by all.

In the last months of her life, she was under the care of a wonderful team of caregivers, Margo, Vicki, Toni and Dianne. Her family will be forever grateful for their loving care. The team care and support from Hospice of Little Traverse Bay was greatly appreciated.

Nelson Denemy, Jr., 46

Nelson Denemy, Jr., 46, of East Jordan, MI, walked on August 17. He was born September 27, 1959, in South Haven, MI, the son of Nelson and Rose Ann (Cornstalk) Denemy. He graduated from South Haven High School, and was employed by Burnette Foods in East Jordan.

He was a member of the Grand Traverse Band of Ottawa and Chippewa Indians. He is survived by his daughter, Asia (Alvino) Noyola; mother, Rose Ann Denemy; sister, Darlene Guthrie, all of East Jordan; grandchildren, Austin Denemy and Dawson Noyola; nephew, Larry Denemy; and several nieces, nephews, aunts and uncles.

ODAWA CASINO RESORT CONSTRUCTION UPDATE

By Annette VanDeCar, Communications Coordinator

On September 15, Communications Assistant Aaron Otto and I returned to the Odawa Casino Resort construction site in Petoskey, MI, to take updated photos. Similar to our previous trips to the construction site, we were escorted by Victories Casino and Hotel Facilities Director Barry Laughlin. We will return every month to take updated photos to share with the tribal community until the Odawa Casino Resort project is completed. To view more photos and slide shows, visit www.ltbbo-dawa-nsn.gov and click on photos.



Photo by Annette VanDeCar on September 15, 2006.



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Photo by Annette VanDeCar on September 15, 2006.



Photo by Aaron Otto on September 15, 2006.

The Native VOTE

Empowering All Our Relations
By Su Lantz, Executive Legal Assistant

Editor's note: Su Lantz is the State Lead in Michigan for the National Congress of American Indians' "Get out the Vote" and Election Protection efforts.

In 2004, the National Congress of American Indians (NCAI), which is the oldest and largest organization for Indian tribes in the country, along with the Native American Bar Association in Washington, D.C. (NABA DC) coordinated a national non-partisan effort to urge Indians across the nation to "Get out the Vote" (GOTV). Included with these efforts, we placed Election Day poll watchers throughout Indian country both on reservations and in the urban Indian communities to ensure every eligible voter was able to cast a ballot and have their vote counted on Election Day. Mobilization was included with these efforts for those who were in need of transportation to the polls. All these efforts proved to be very effective, so NCAI and NABA DC have continued to build on these efforts in preparation for the upcoming election on **November 7, 2006.**

I would like to quote just a couple of the many who voiced their thoughts on the potential power of the Native vote and the reasons why it's so important to cast your vote. Former NCAI President Tex Hall stated, "I am calling on all tribes to get out the vote effort like we have never

voted before. We can't afford not to vote ... This is the critical election of our lifetime." This was true in 2004 and still stands true for the upcoming election and all future elections. NCAI Executive Director Jacqueline Johnson has strongly urged the Indian vote. Quoting an article by Jackie in October 2004, "We must take the political leverage we have earned in past election cycles and use it to drive the issues vital to our communities - sovereignty protection, fulfillment of federal trust responsibility, economic development, remedies for health disparities, education reform, and trust reform. The power of the vote can put these issues before our elected leaders like never before in history. We have the power to not only improve conditions in our communities today, but also to impact the lives of our children and our grandchildren, as we all know that decisions made by our leaders today will impact the next seven generations."

The Next Seven Generations! This rings out loud and clear throughout Indian country. With your votes, our unborn Indian children, our children, and grandchildren will be able to look proudly at Native people and understand how far we have come - from near extinction to a place of cultural renaissance and political awakening. It was only 82 years ago that Native Americans were not able to vote - today we can! Uphold our Native

American commitment to support the next seven generations and let your voices be heard on Election Day not only to ensure our children's prosperity, but to show gratitude to all our Grandfathers, Grandmothers, and warriors who died prematurely to ensure our survival and the right to vote.

If you are not a registered voter and would like to participate in the upcoming election and cast your Native vote, you can obtain the instructions and become registered online by visiting the Center for Civic Participation website at www.centerforcivicparticipation.org or by calling the National Congress of American Indians - Native Vote at 1-202-466-7767 for registration questions and instructions. You may also contact the Michigan Bureau of Elections, Voter Registration at 1-800-292-5973.

IN MICHIGAN, YOU MUST REGISTER TO VOTE NO LATER THAN OCTOBER 10, 2006.

OUTSIDE OF MICHIGAN - Contact your State's Bureau of Elections Office or call NCAI at 1-202-466-7767.

Take the initiative to protect our sovereignty and the next seven generations. Let your voices be heard on Election Day, November 7, 2006.

Let's GET OUT THE VOTE and make a difference!

VICTORIES CASINO AND HOTEL EMPLOYMENT CORNER

By Lynn Trozzo, Victories Casino and Hotel Recruiter

Jobs! Jobs! Jobs!
We've Got Jobs!

The aggressive recruiting campaign has started for the new Odawa Casino Resort, located behind the Wal-Mart Supercenter, on Lears Road, in Petoskey, MI.

The recruiting plans are in place, and we will begin the search for talent. We are looking to fill more than 250 new positions at Odawa Casino Resort.

The Victories Casino and Hotel Human Resources team is ready and the word is out. We are looking for Four-Star Team Members to open the new, exciting Four-Star Odawa Casino Resort. Our goal is to tell people how excited we all are to be a part of this project and to have the opportunity to build something from the ground up with such dedication and enthusiasm.

"We want to spread the word about the outstanding spirit and the number of great opportunities here for entry level, mid-level and management positions," Victories Casino and Hotel Human Resources Director Denise White said.

"The company benefits package, working environment, company sponsored training courses, personal education benefits, and career development program are outstanding."

We are participating in career fairs on October 3 from 9 a.m. to 4 p.m. at Michigan Tech University in Houghton, MI, on October 5 from 11 a.m. to 4 p.m. at Ferris State University in Big Rapids, MI, and on October 11 from noon to 4 p.m. at Northern Michigan University in Marquette, MI. We are looking for individuals with talent in the areas of customer service, friendly faces, and those who have the motivation and eagerness to grow with us to establish the Four-Star resort.

We plan to host several career fairs in the northern Michigan area beginning in January. More information about those career fairs will appear in upcoming *Odawa Trails*.

Interested individuals can apply online at www.victories-casino.com, stop by the Human Resources office at 911 Spring St. in Petoskey, or call 231-439-5380.