

# MNO NODEGEWEN HANNAHVILLE

(Something good you hear about in Hannahville)

*zaw bogya gises – Leaves Turning Moon September 2015*



## ***Construction Project Update***

In August of 2013 the Tribe received a \$600,000 grant award to expand the current Island Oasis building so we can improve services to the tribal community. The new space is being added onto the Signature Sub side of the building and will include a new larger Pharmacy store as well as a small Laundromat, a retail outlet for local tourist type products, and a consignment area for tribal members to sell their handmade products. Construction is expected to be complete mid to end of November.

### **How will this new Pharmacy location be better for tribal members?**

1. It will be much larger and will offer more health care products.
2. The hours of operation for the Pharmacy will be expanded to include some evening and weekend hours.
3. There will be a drive-up window for customers so you don't have to go into the store, you will be able to pick up your medication from the drive-up window, similar to Walgreens.

### **Who will be able to get their prescriptions filled at the new Pharmacy?**

Tribal Members, Tribal community and casino employees and the general public. The current Health Center Pharmacy already serves Tribal Members and community and casino employees, so the addition of the general public is the only difference. This added group will help generate additional revenue for the Pharmacy, which according to the rules of the funding source must be used for health serves for Tribal Members, so any funding that can be generated from providing Pharmacy services to a larger population means more funds for the Tribal Health Center.

### **What if someone cannot get down to the Pharmacy for their medication?**

The Health Center staff has transporters available to assist any client who may need a ride to Pharmacy to get their medication; or they may deliver medication to the Health Center. No client will go without their medication because they can't get to the new location.

## ***FEATURED EVENTS***

***Domestic Violence  
Awareness parade & other  
activities, Thursday,  
October 8th ....page 3***

***Hannahville Farmer's  
Market, every Tuesday  
....page 6***

***Youth Services first  
Family Recreation Night of  
the school year, Tuesday,  
September 22nd ....page 9***

***Discover Your Child  
Screenings, Friday,  
October 2nd ....page 10***

***Family Fun Night at Bay  
College, Thursday,  
October 1st ....page 15***

## ***In This Issue***

Community Info.....	pages 2-4
Gaming Commission .....	page 5
Farmer's Market .....	page 6
Escanaba Library .....	page 7
Potawatomi Gathering .....	page 8
Youth News .....	page 9
FACE Program .....	page 10
Parent Institute Tips ..	pages 11-13
Activities .....	page 14
Birthdays/Personal Ads .....	page 15

# Community Information

## TRIBAL COUNCIL

Meetings are held on the first Monday of every month at 10:00 am in the Tribal Council chambers at the Administration Building. To be added to the agenda call Tammy Meshigaud, Tribal Council Secretary at 723-2604.

## ADULT & CHILD WELFARE

Meetings are held on the second and fourth Monday of every month at 10:00 am within the Visions Center.

## GAMING COMMISSION

Meetings are twice a month on Wednesday's at 10:00 am within the Casino. Call Brad Madalinski, Gaming Commission Director at 723-2046 with any questions.

## HEALTH BOARD

Meetings are on the fourth Thursday of every month at 3:00 pm in the upstairs conference room of the Health & Human Services building.

## HOUSING BOARD

The Housing Board meets on the first Tuesday of every month at 2:00 pm within the Housing Department.

## SCHOOL BOARD

The School Board meets on the second Thursday of every month at 3:00 pm in the School conference room.

## AMERICAN LEGION POST 116

Post 116 meets on the first Tuesday of every month at 6:00 pm in the Elder's Building #1 Commons Area.

*All times and dates are subject to change. Due to confidentiality reasons, some meetings may have closed sessions.*

## From your Enrollment Department

It is very important that all Tribal Members and Registered Descendants keep their contact information current with the Enrollment Office, whether you live on or off tribal lands.

Your residential address is used in a variety of ways. Examples: when you enroll a child, your residency accuracy is very important; for fire/safety reasons; during tribal elections for voter and board eligibility; census data, etc. Therefore, anytime you move, please be sure to contact the Enrollment Officer with your new address and phone number and the names of other members residing at the address.

Hannahville Indian Community      Phone: 906-723-2601  
Enrollment Officer, Jackie Kang      Fax: 906-466-2933  
N14911 Hannahville B-1 Rd      Email: enrollment@hannahville.org  
Wilson, MI 49896

Days/hours of operation: Monday – Friday 8:00 am – 4:00pm EST.

## From the Accounting Department

If you have any changes to your account information, the Accounting Department needs notice at least one week prior. For example, if you want to stop direct deposit and get your per capita in check form, the Accounting Department needs to know this one week before per capita comes out. The Accounting Department has to finalize this information in a timely matter, so if you call the day before, the change cannot be applied to your account until the following month. If you have any questions, call Kelli Danz, Accounting Director at 723-2631.

## Drug Take Back Initiative

**What:** Prescription/Non-Prescription Medication (Pill Form Only)

**Where:** Hannahville Tribal Police Department

**When:** Mondays – Fridays, 8:00 am – 4:00 p.m. or by appointment

**Why:** To help keep harmful medications out of the hands of innocent children and drug abusers. Individuals that have known medications, increase their chance of becoming a victim of a crime. The purpose of this program is to provide a safe disposal method to you at no costs and no questions, to help you from becoming a victim. If we can work together to dispose of expired/unused medications, we decrease the chance of these medications getting into the hands of a drug abuser or innocent child. Please consider disposing of these medications today!

**How:** Bring your expired or unused medications to the Hannahville Tribal Police Department and place them into the disposal box located in the lobby.



# Community Information

## Recovery Meetings

Monday at 2:30 pm  
Recovery Support Group at  
Hannahville Behavioral Health

Wednesday at 7:00 pm  
Talking Circle at Three Fires Housing

Thursday at 2:30 pm  
Recovery Support Group at Hannahville  
Behavioral Health

Friday at 10:00 am  
Social Support Group at Hannahville  
Behavioral Health or other designated location

Saturday at 10:00 am  
NA meeting at Hannahville Community Center  
Call 466-2878 for more information.



## Hannahville Housing Department Homes for Rent

To apply, stop in the Housing Department to fill out or update an application. Housing hours of operation are Monday – Friday, 8:00 am – 4:00 pm (est).

3 Elderly Apartments are currently available. Two are 1-bedroom and the other is a 2-bedroom apartment. Rent is \$100.00 per month.

Call Housing with any questions at (906) 723-2294.

## For Sale on Bids

- 1998 CHEVROLET MID SCHOOL BUS with 250,000 miles. Engine is in good condition; has been properly maintained. Body is in poor condition. Minimum bid is \$1200.

Bus can be seen at the Hannahville Indian School, Monday through Friday from 8:00 – 2:00 EST. Please contact Jeff Murray @ 906-723-2704 with any questions regarding condition of bus. Vehicle to be sold “as is”. Bids will be accepted through September 25, 2015.

- 2005 DODGE GRAND CARAVAN SE – Dodge Caravan is in fair condition and mileage is 78570. The minimum bid is \$1100. Vehicle can be seen at the Administration Building, Monday through Friday from 8:00 – 4:00.

Vehicle will be sold “as is”. Bids will be accepted through 2:00 PM on Friday, September 25, 2015.

Hannahville Indian Community offers no expressed or implied warranties.

Bids may be sent to:  
Cindy Janofski  
Hannahville Indian Community  
N14911 Hannahville B-1 Road  
Wilson, MI 49896  
906-723-2650



## October is Domestic Violence Awareness Month Save the Date for Domestic Violence Awareness Day

The We’We’ Netth e ge’ Program is pleased to invite the community to participate in the annual DOMESTIC VIOLENCE AWARENESS DAY on **Thursday, October 8th!** This year's theme is **“Keep Our Traditions Alive... Stop Domestic Violence”**.

**The parade will start at 10:15 a.m. followed by the annual bridge walk, cookout and informational fair at the Community Center.** Tentative rain date set for Oct. 9th – *this only includes the parade, all other activities will continue as planned.*

We are currently seeking individuals and groups who are interested in participating. If you have any questions, please call: Nora Williams, STOP Coordinator at 723-2663.

*This project was supported by Grant No 2013-TW-AX-0034 awarded by the Office on Violence Against Women, US Department of Justice. The opinions, findings, conclusions, and recommendations expressed in this publication/program/exhibition are those of the author(s) and do not necessarily reflect the views of the Department of Justice, Office on Violence Against Women.*



# Community Information



## The Men of Sweetgrass

Standing (left to right): Justin Gurney (Chemical Tech), Erik Pifke (Chemical Tech), Chuck Megenuph, Matt Sly (Assistant Supervisor), Pete Hirn, Roger Lanaville, John Holberton (Supervisor), Mark Sagataw, Alec Wandahsega, Kyle Wandahsega, and John Valiquette (#1 Mechanic).

Kneeling (left to right): Josh Kirkpatrick, Chris Rose, Reid Rahoi, Bentley (Golf Course Protector), Brett Langenfeld (Chemical Tech), Dane Caspersen, Jerry Ingraham, Steve Wandahsega (Irrigation Tech), and Bob Tovar.

Missing: Taren Halfaday

Submitted by: Marilyn Shawano

## Homemakers

The ladies of Homemakers will be at the Homemakers building every Tuesday from 2:00 – 8:00 p.m. beginning October 6th until May 31st. Any community member is welcome to attend. The ladies are willing to help you with your projects, but you must supply your own materials. Sewing machines are available for use.

If you have any questions, call 723-2298 during Homemakers hours.



## GED & Diploma Registration

Registration closes on Friday, October 9th. The next semester for open registration will be mid-January.



There are 4 GED tests. Each test costs \$10. Students are responsible for the costs.

Open to any community member. Call Robin Ville-neuve at the Visions Center with any questions at 723-2584. Her office hours are Mondays from 9:30 a.m. – 12:30 p.m. and Fridays from 12:00 – 3:00 p.m. est.

# Gaming Commission

## Island Resort & Casino Key Employee and Non-Key Employees

On July 22, 2015, the Tribal Gaming Commission voted unanimously to change positions within the Casino from Key Employee to Non-Key Employee positions. All employees will still need to have a background completed regardless of position.

Employees who make more than \$50,000.00 per year are still considered key employees per the gaming ordinance section 2.26 (B). *Applicants with more than 2 criminal misdemeanor convictions of a crime defined as a crime of dishonesty, such as theft, retail fraud, larceny, etc., in the last 5 years, will not be eligible for a non-key employee position.*

**This applies to tribal members and non-tribal members.** If you were unable to apply for a job at the Casino in the past due to your background, you may now qualify for a Non-Key position. If eligible, tribal members will still be required to meet with the Gaming Commission to receive a letter of rehabilitation in case of transfer to a key position in the future.

All positions within the following departments are now considered **Non-Key** positions:

- Family Dining
- Entertainment
- Hotel
- Transportation
- Maintenance
- Sub Shop
- Retail
- Convention
- Coral Reef
- Custard Shop
- Bar
- 5 Bridges Staff



This decision is effective immediately. Also, Human Resources is currently reviewing policies pertaining to hiring 16 year olds. If hired, they are not permitted to play any Class III gaming while off duty. The Gaming Commission system to accommodate these changes is currently in place.

Please contact Gaming Commission Director, Brad Madalinski with any questions at 906-723-2046.

### The Wellness Center

*located on the 2nd floor of the Palm Tower of the Island Resort & Casino.*

Individuals must meet the following criteria to use the Wellness Center:

- Employed by the Casino or Hannahville Indian Community or Registered Tribal Member
- 18 years of age or older

For more information call the Wellness Center office at 723-2038.



**OPEN  
24  
HOURS**



Looking for that extra boost?

Join us at the **REACH for Wellness Fitness Center**, located on the upper level of the Health Clinic.

Choose from a variety of classes, one-on-one with a personal trainer or just use the equipment on your own.

Call us at 723-2565 or stop in anytime!



### WELLNESS FITNESS CENTER HOURS:

Monday & Wednesday 7:00 am - 5:00 pm  
Tuesday, Thursday & Friday 7:00 am - 4:00 pm

*Open to Tribal Members and Employees 18 & over.*

# EAP

help. when you need it.

EAP is FREE and CONFIDENTIAL to employees & their dependants.

Remember your **EMPLOYEE ASSISTANCE PROGRAM** is here to help you and your family. It's just a call away!

Mark Hallfrisch is available every Monday, in the office located within the Casino.

For an appointment call:  
**786-7838.**

# Farmer's Market

The Farmer's Market is open every Tuesday from 11:30 am – 4:30 pm (est) in the upstairs parking lot of the Health Center.

Why should you buy your food from the Farmer's Market?

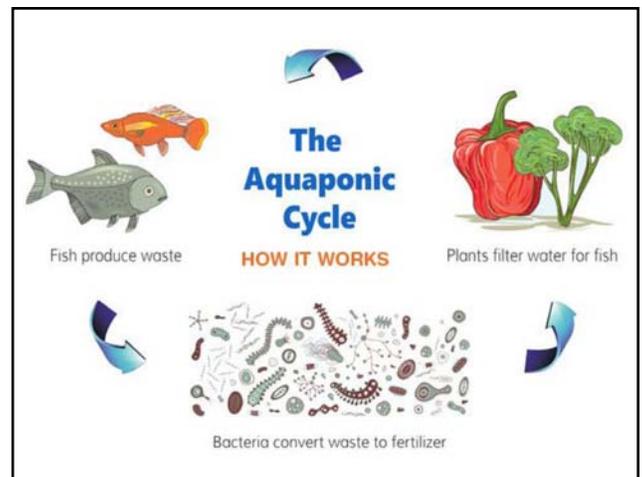
- **The food is locally grown.** Immediately after the vegetable or fruit is removed from the plant, the nutrient level starts to decline. Most grocery store produce comes from South America or the West Coast. It is possible that it has been on a truck for several days to get across the country, only to sit on the shelves for another 1-2 weeks. This means a lower nutrient content, as well as a shorter shelf-life by the time it gets to your household.



- **Save some gas!** It is 20 miles to Escanaba, so 40 miles round-trip.

- **Often the food is pesticide-free or organic:** We are not exactly sure what all of the commercial fertilizers and pesticides will do to us in the long run. A person's best bet is to avoid them! One of our vendors, Miller Family Farms, offers produce that has been grown aquaponically (without harmful chemicals).

- **Better quality meat and eggs:** The meat sold in the grocery store is usually from commercial farms or feed lots. Basically, this is a large, crowded, dirt pen, where the animals just eat grain/corn and fatten up quickly for mass production. Our farmers feature pasture-raised meat. Pastured meat and eggs contain healthier fats, like omega-3 fatty acids.



- **Use your bridge card and get double the money!**

- Bring your SNAP (Supplemental Nutrition Assistance Program) Bridge Card to the education booth before you shop. Market staff is there to help.
- Buy any SNAP-eligible foods at the market with your Bridge Card dollars.
- We'll match what you spend with FREE Double Up Food Bucks – up to \$20, every market day. Use them right away or later on to buy Michigan grown fruits & vegetables. And you can do this every Tuesday, all summer long!



➔  
Get \$10 worth of  
FREE Food Bucks!

Farmer's Market  
Double Up Food Bucks

Date \_\_\_\_\_ Expiration Date \_\_\_\_\_

This Gift Certificate Entitles \_\_\_\_\_

To Receive \_\_\_\_\_ Worth \$ \_\_\_\_\_

Presented by \_\_\_\_\_

Authorized Signature \_\_\_\_\_

SAMPLE

If you have questions, please call Kris Blahnik-723-2530, Shanna Hammond-723-2570, or Erin Davis-723-2534.

# *Escanaba Library*

## **Escanaba Library Programs for Children to Young Adults**

Listed below are the various programs that are available for children and are FREE. For more information on children's programming, group visits or special events call the Children's Library at 906-789-7328 or visit [www.escanabalibrary.org](http://www.escanabalibrary.org)

### **Story Hour**

Story hours in the Children's Library are held on Saturdays and will start again for the fall beginning on October 10 at 1:30 p.m. and run through May 2016. The program is FREE and for children 4 years and older. No registration is required. Storyhour will include stories, simple crafts, book bingo, and occasionally a book-related movie or special guest. Storyhour will NOT be held on the following Saturdays: November 28, January 2 (2016), and March 26. Final Storyhour is May 7, 2016.

### **Toddler Time**

Toddler Time in the Children's Library are held on Wednesdays and will start again for the fall on October 14 at 10:30 a.m. This program is FREE and designed for toddlers age 2 to 4 years. Participation is limited and registration is required. The first 2 sessions are already full, so if you're interested in attending, please call to reserve your spot today!

### **Library Babies**

Library Babies in the Children's Library is held on Fridays and will start again for the fall beginning with October 16 at 10:30 a.m. The program is FREE and designed for babies 3 months to 23 months. Participation is limited and registration is required. Children must be accompanied by an adult. The first 2 sessions are already full, so if you're interested in attending, please call to reserve your spot today! The program involves simple stories, rhymes, movement, song's/music and playtime.

---

## *Upcoming Pow Wows*

### **11th Annual Hunting Moon Competition Pow Wow October 16 – 18, 2015**

**UW-Milwaukee Panther Arena 400 W. Kilbourn  
Avenue, downtown Milwaukee**

Grand Entry Times:  
Friday at 6:00 pm  
Saturday at 1:00 pm & 7:00 pm  
Sunday at Noon

#### **Head Staff:**

Host Drum - Midnite Express  
Youth Host Drum - Tomahawk Circle  
Emcee's - Artley Skenadore and Manny King  
Arena Director - Ron Goodeagle  
Head Dance Judge - Jo Young  
Head Drum Judge - Darryl Frank  
Head Dancers chose daily

Visit [www.huntingmoonpowwow.com](http://www.huntingmoonpowwow.com)  
for more information.

### **38th Annual UWM "Honoring All Nations" Pow Wow Saturday, October 24, 2015**

**Union Ballroom 2200 E. Kenwood Blvd.  
Milwaukee, WI**

Grand Entries at 1 & 7 p.m.

Host Drum: Grass Whistle

For more information call 414-229-5880 or find them  
on facebook at [www.facebook.com/UWMilwAISS](http://www.facebook.com/UWMilwAISS)

---

### **UW Oshkosh Inter-Tribal Student Organization Traditional Pow Wow November 7th**

**UW Oshkosh Campus, Albee Hall. 800 Algoma  
Boulevard, Oshkosh, WI**

Host Drum: Medicine Rock

For more information call Chris Annis at  
920-424-0229 or email: [annisc@uwosh.edu](mailto:annisc@uwosh.edu)

# Potawatomi Gathering in Pictures



Hannahville Indian Community members presenting Forest County Chairperson Gus Frank with a handmade quilt by Karol Sagataw.



Newly crowned Miss Potawatomi Dania Wahwasuck from the Praire Band of Potawatomi in Kansas.



# Youth News



## Events Calendar-September 2015



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
20	21 <b>First Day KidZone</b> 	22 KidZone 3-5pm  <b>Family Recreation Night</b> <b>5:30 pm</b> HAMBURGERS 	23 KidZone 3-5pm	24 KidZone 3-5pm	25 <b>HYS CLOSED</b>  National Native American Day	26
27	28 KidZone 3-5pm	29 KidZone 3-5pm <b>Family Recreation Night</b> <b>5:30 pm</b> BAKED CHICKEN 	30 KidZone 3-5pm	Oct 1	Oct 2	Oct 3

All events and activities are for YOUTH unless designated as a "family" event and are subject to change. Youth must be 7 or older to utilize the Youth Center unsupervised. Youth under age 13 are not allowed after 6:30 pm except for special events. Youth Center Hours of Operation: Daily 1:00 - 9:00 pm. Closed days for holidays and/or staff development are marked in yellow. If you have questions, please call the Youth Services Department at 466-5397.

### Volleyball & Soccer Schedule

- 9/22 Volleyball at Ojibwe Charter 
- 9/25 Volleyball at Maplewood Baptist
- 9/26 Northern Lights League Volleyball Tournament in the Sault Ste. Marie
- 9/28 Soccer and Volleyball vs Munising Baptist
- 10/1 Volleyball and Soccer at Big Bay
- 10/5 Soccer at Manistique
- 10/8 Volleyball vs Escanaba - Summit Volleyball (home)
- 10/9 - 10/10 Soccer at Grand Marais
- 10/12 Soccer vs Manistique (home)
- 10/17 Northern Lights League Soccer Tournament at Mackinac Island

### School starting times & ending times:

Breakfast (available to all)  
7:50 a.m. to 8:12 a.m.

Kindergarten to 3rd Grades: 8:15 a.m. to 3:10 p.m.  
4th to 12th Grades: 8:15 a.m. to 3:15 p.m.

**Mark it on your calendar – October 15: Picture Day!**

#### Contact Us!

Nah Tah Wahsh/Hannahville Indian School Office  
906-466-2952  
Open 7:30 a.m. – 4:00 p.m. during the school year

#### Leadership Team

- Adrienne Soucy, Director of Instructional Services 723-2712
- Bill Boda, Director of Operations 723-2702
- Holly Adcox, Director of Student Supports 723-2722



# FACE

## Family and Child Education (FACE) – Making a Difference

An old man walked up a shore littered with thousands of starfish, beached and dying after a storm. A young man was picking them up and flinging them back into the ocean. “Why do you bother?” the old man scoffed. “You’re not saving enough to make a difference.” The young man picked up another starfish and sent it spinning back to the water. “Made a difference to that one,” he said.

Hannahville FACE makes a difference, every day. **The goals of the FACE program are:**

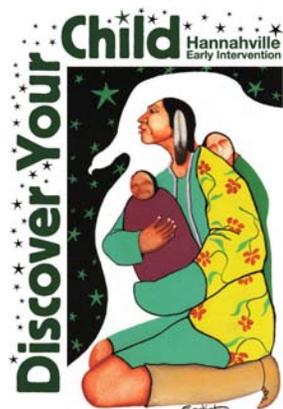
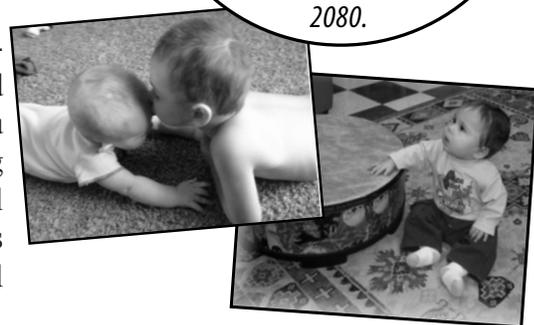
- To support parents/primary caregivers in their role as their child’s first and most influential teacher.
- To increase family literacy.
- To strengthen family-school-community connections.
- To promote the early identification and services to children with special needs.
- To increase parent participation in their child’s learning.
- To promote lifelong learning.
- To support and celebrate the unique cultural and linguistic diversity of each American Indian community served by the program.



**FACE Centerbase** is a “free of charge” preschool program designed for children ages 3-5 to attend with a significant adult in their life. The adults receive instruction and support while working towards their GED, college completion, job skills, or any other goals they may have. The children are taught in a safe, fun and rewarding preschool environment that is accredited by NAEYC (National Association for the Education of Young Children). FACE is one of only a few programs in the Upper Peninsula of Michigan to receive this (NAEYC) accreditation. For more information, call Amy Hall at 723-2711.

**FACE Family Circle** on Shaken Baby Syndrome will be held on **Monday, September 28th** from 4-6:00 pm at the school. *Daycare and transportation is available if contacted beforehand. Call or text Cara at 399-2080.*

**FACE Home Based Services** has openings available. Are you pregnant or have a child birth to 3 years of age? Are you or your child Native American? Are you looking for community resources? Do you need someone to help support you in following through with accessing resources or following through with goals? FACE parent educators will come to your home 2 hours a month. This “free of charge” program is a great opportunity to learn more about yourself and your child. Call Cara 723-2719 or 399-2080 for more information.



## Discover Your Child Screenings

Screenings will be held on Friday, October 2nd for families of children ages 0-5. The following areas will be assessed:

- Speech
- Behavior
- Movement
- Hearing
- Vision
- Developmental skills

**WHEN:** Friday, October 2nd  
from 11:00 a.m. – 1:30 p.m.

**WHERE:** Hannahville School,  
Upstairs Youth Center

Lunch will be provided from 11:00 – 1:00 p.m.  
Screenings are free and confidential.

Please call Tammy at 723-2707 with any questions.

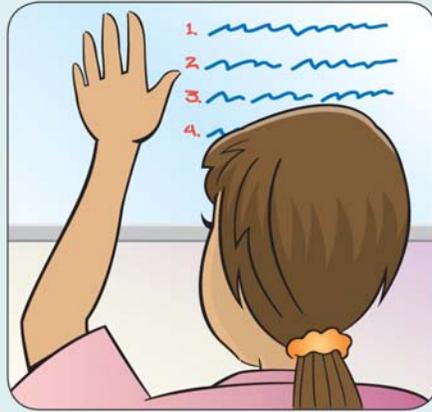
## Your child must be in school in order to succeed in school

Your child's most fundamental school-related responsibility is to get to school on time every day.

When kids miss school or arrive late unnecessarily, *everyone* suffers. Teachers spend time collecting makeup work and re-teaching. Meanwhile, other students—who are ready to learn—must wait.

Research shows chronic absence (missing 10% or more of school days) hurts success in school. To prevent it, families can:

- **Stick to a schedule.** Help your child develop habits that prepare her for school each day.
- **Schedule carefully.** Make medical and other appointments during non-school hours when possible. School should be a priority when planning family trips, too. If your child must be absent, work with her teacher to help your child complete makeup work.
- **Seek help when needed.** Many problems contribute to missing school. If your family struggles with health, transportation, work, child care or other issues, talk with school staff. Our shared goal is to help kids get to school and do their best.



Source: H.N. Chang and M. Romero, "Present, Engaged, and Accounted For," National Center for Children in Poverty, niswc.com/attend\_research.

## Are you helping your child live a healthy lifestyle?



Children need good health and physical well-being to learn. Are you setting your child up for success by helping him establish healthy habits? Answer *yes* or *no* to each question below to find out:

- \_\_\_ **1. Do you enforce** a regular bedtime? Being well-rested will help your child focus in school.
- \_\_\_ **2. Do you provide** breakfast for your child? Research shows that students who skip breakfast in the morning don't do as well in school as students who do eat breakfast.
- \_\_\_ **3. Do you encourage** your child to eat nutritious snacks, including fruits and vegetables?
- \_\_\_ **4. Do you remind** your child that smoking and substance abuse will hurt his health and ability to learn?
- \_\_\_ **5. Do you encourage** your child to have an outlet for stress, such as exercising or writing in a journal?

### How well are you doing?

Each *yes* means you are helping your child establish healthy habits. For each *no* answer, try that idea in the quiz.

## Encourage your child to take action and promote kindness



Children aren't always kind to one another. They pick on other kids. They say mean things behind people's backs.

But your child doesn't have to accept that unkindness as the norm. Instead, you can teach your child a simple rule: Do something about it.

If your child witnesses a classmate being treated unkindly or left out, help her think through actions she could take. She could:

- **Start a conversation** with the classmate about a book she has read or a school assignment.
- **Ask the classmate** to sit with her at lunch.
- **Compliment the classmate** on something. "Your handwriting is neat," or "I like that shirt."
- **Smile at the classmate.** Sometimes all it takes is a simple smile to make someone's day.

Challenge your child to do at least one kind thing for a classmate each week and ask her to report on what she did—and how it made her feel.

As your child takes these actions, she will learn *many* lessons. She will learn how good it feels to do something positive to help another person. Even more importantly, she will learn that when she sees something wrong, she doesn't have to accept it. Instead, she has the power to make a difference. She can do something about it.

Source: L. and R. Eyre, *Teaching Your Children Values*, Fireside Books, Simon & Schuster.

**"No act of kindness, no matter how small, is ever wasted."**

—Aesop

**Parents**  
make the difference!

Practical Ideas for Parents to Help Their Children. ISSN: 1523-1275

For subscription information call or write:  
The Parent Institute®, 1-800-756-5525,  
P.O. Box 7474, Fairfax Station, VA 22039-7474.  
Fax: 1-800-216-3667.

Or visit our website: [www.parent-institute.com](http://www.parent-institute.com).

Published monthly September through May by The Parent Institute®, a division of NIS, Inc., an independent, private agency. Equal opportunity employer. Copyright © 2015 NIS, Inc.

Publisher: John H. Wherry, Ed.D.  
Editor: Rebecca Hasty Miyares.  
Illustrator: Joe Mignella.

## Have a conversation with your child about drugs and alcohol



In middle school, your child is far more likely to be exposed to drugs and alcohol than she was in elementary school. It's important that you speak honestly and openly with her about the dangers of substance abuse.

Here are some issues that may come up:

- **“My friends say trying it a few times won't hurt anyone.”** In fact, studies have shown that young brains are especially susceptible to drug and alcohol addictions.
- **“As long as no one is driving, it's not a big deal.”** Recreational drug use is illegal *all the time*. Alcohol use is illegal before age 21. An arrest for either one will establish a record. Use at school can lead to suspension or expulsion.

- **“Everyone says it makes you feel good.”** The “good” feeling is temporary and deceiving. Poisoning your body can lead to a short-term “crash” and illness. In the long term, both physical and mental health can be damaged.
- **“But I see you and other adults drinking.”** Alcohol use is legal for adults 21 and older. Adults, with grown brains, can safely consume limited amounts of alcohol, if they choose. There is no safe amount of alcohol for a growing brain.
- **“Who says this besides you?”** Check out [www.thecoolspot.gov](http://www.thecoolspot.gov) for all the facts.

**Source:** National Institute on Alcohol Abuse and Alcoholism, “Too Much, Too Soon, Too Risky,” The Cool Spot, [niscw.com/drugs\\_middle](http://niscw.com/drugs_middle).

## Stay involved to boost your middle schooler's success

**M**any parents wonder if their involvement in school really makes a difference once their kids reach adolescence. The answer is yes! Study after study shows that parents have an enormous effect on their kids' ultimate success in school—even during the middle school years.

Years of research have proven that students whose parents are continuously involved in their education have:

- **Better grades and test scores.**
- **Higher graduation rates.**
- **Lower levels of drug and alcohol abuse.**
- **Stronger self-esteem.**

What does all this mean? It means that staying involved in your middle schooler's education won't just help

her today—it'll help her tomorrow and for the rest of her life.

To play an active role in your child's education:

- **Show an interest** in what she's learning. Ask your child what she did in class today and make sure you *really* listen to her answer.
- **Set realistic expectations.** Your child is more likely to believe in herself if she knows you believe in her. So set the bar high and cheer her on as she strives to reach it.
- **Be a role model.** Inspire your child to work hard by displaying perseverance yourself.

**Source:** “What Research Says About Parent Involvement in Children's Education in Relation to Academic Achievement,” Michigan Department of Education, [niscw.com/involve\\_middle](http://niscw.com/involve_middle).

## Exercise is linked to school performance



Exercise helps your child build the strong body he needs for good health. Research suggests that exercise can also improve your child's academic performance.

A review of 14 studies, involving 12,000 students, found that active students performed better in school than students who weren't active. Exercise may help your child with academics by:

- **Increasing the flow of blood and oxygen** to his brain. This improves cognition (thinking skills) and his ability to focus.
- **Putting him in a better mood.** Exercise is known to increase positive feelings and reduce stress. Stress and anxiety work against school progress.
- **Reinforcing certain lessons** that help him do better in school. This is especially true if your child is on a sports team. Sports require players to follow rules and to take turns. These are traits associated with school success.

**Source:** A. Singh, Ph.D., “Physical Activity and Performance at School: A Systematic Review of the Literature Including a Methodological Quality Assessment,” *Archives of Pediatrics & Adolescent Medicine*, American Medical Association.

**“Limits and structure form the foundation of the stable platform that adolescents use to launch themselves into adulthood.”**

—Michael Riera

# Teach your teen that persistence leads to success in school & in life



Sometimes it seems easier to give up on a tough assignment than to push through and complete it. However, that is not going to get your teen very far in life. Life is full of difficult jobs and tasks, so it will benefit your teen to learn to be persistent as soon as she can.

Persistence and determination will lead to your teen's success in school. Large projects will look less daunting to her—and her grades will probably improve as a result.

Challenge your teen to see complex projects through to the end. To encourage her:

- **Notice her progress.** Say things like, “You’re really coming along with that.” Your teen will love the pat on the back.
- **Teach your teen** to cheer herself on. Positive self-talk, such as,

“I am going to do this” or “I can do a great job on this,” can see her through the most difficult tasks.

- **Be a role model.** If you’ve been putting off a big chore, such as cleaning out a closet, decide to do it. Say, “Today, I am going to work until I get this finished.” Then keep your word.
- **Offer your help.** If your teen is struggling to complete something, a little help may motivate her to stick with it.
- **Treat your teen** to something special when she finishes a challenging task. You could watch a movie together or cook a fun dinner. Your teen showed persistence through a tough task—she deserves to celebrate!

**Source:** M. Borba, *Parents Do Make a Difference: How to Raise Kids with Solid Character, Strong Minds and Caring Hearts*, Jossey-Bass.



## Attendance should always be top priority



Attendance can make the difference between graduating from high school and dropping out.

Educators focus on the importance of attendance, but that message is more effective when you support it at home.

To promote attendance:

- **Talk about it.** Discuss the importance of showing up on time—whether it’s at school, a job or an appointment. Set a good example for your teen by always arriving on time.
- **Don’t make** staying home a treat. Consider making a “no TV or computer” rule on sick days. She’ll be less likely to say she’s sick just to get out of going to school. If your teen is really sick, she can stay home, rest and read.
- **Set a goal** and offer a reward for reaching it. Start with a realistic goal at first—like having your teen go to school every single weekday for a month. Decide on a reward for her success. Even something as simple as a weekend lunch together can be a great motivator!

## Self-discipline can help your teen develop responsibility



Research shows that self-discipline has a positive impact on students’ grades, test scores and attendance.

To promote self-discipline:

- **Avoid rescuing your teen.** If he forgets his homework, let him experience the consequences. He needs to learn how to think ahead and solve problems.
- **Avoid doing things for your teen** that he can do for himself. Yes, it might be faster for you to clean

his room. But he needs to learn how to pick up after himself.

- **Encourage your teen** to participate in activities that develop self-discipline. Playing a musical instrument requires your teen to practice regularly. Team sports require your teen to show up for training on time and give his all.

**Source:** D. Laitsch, “Research Brief: Self-Discipline and Student Academic Achievement,” Association for Supervision and Curriculum Development, [nswc.com/self-discipline](http://nswc.com/self-discipline).

# Activities

POTAWATOMI LANGUAGE WORD SEARCH

N	H	W	L	S	M	M	A	M	V	T	X	W	A	M
E	K	T	A	D	E	E	A	L	W	E	P	S	Y	C
D	X	X	E	W	Y	N	M	V	Q	W	F	M	T	B
O	L	K	N	G	A	N	N	I	S	K	A	D	E	T
N	A	C	L	Y	A	S	Q	S	T	N	S	T	J	R
I	J	U	M	E	Q	W	M	E	W	A	W	I	H	O
S	E	S	I	G	A	Y	G	O	B	W	A	Z	T	T
A	W	Q	G	Z	Q	M	C	D	K	G	L	S	H	D
U	Y	X	T	Y	A	W	L	X	A	N	G	H	U	G
J	E	N	T	Y	T	O	U	L	F	N	I	S	Y	A
S	R	T	E	R	B	E	Y	K	D	G	I	G	X	W
J	C	K	F	S	Z	M	W	O	W	Y	M	W	F	G
T	T	Y	D	P	K	Z	M	E	X	J	Q	Y	U	E
M	M	D	H	B	P	G	W	Q	D	A	M	E	S	T
C	J	T	R	N	E	N	E	W	O	M	G	E	Z	Y

Although words are shown with spaces between below, they appear as one word within the search.

ZAW BOGYA GISES  
Leaves Turning Moon

WI NA DGWA GET  
It is going to be fall

DGAW GET  
Fall

WA WA SMOK  
lightening

GMO WEN  
it is raining

THHI GWE  
thunder

NODEN  
It is windy

KSEN YA  
cold weather

NGWA NKWET  
It is cloudy

TKE YAMGET  
It is cool

NISKA DET  
It is stormy



To learn more Potawatomi, visit  
[www.potawatomilanguage.org](http://www.potawatomilanguage.org)

## CAN YOU FIND 5 DIFFERENCES BETWEEN THESE PHOTOS?

ORIGINAL

CHANGED



PICTURE TAKEN AT THE FARMERS MARKET, HELD ON TUESDAYS IN THE HEALTH CENTER PARKING LOT.

ANSWERS: PERSON MISSING, SIGN MISSING, PARKING LOT LINE, POLE ON TENT.

# September Birthdays

Ashton Wandahsega . . . . . 9/1	Tina Meshigaud. . . . . 9/14	Dae'a Sagataw . . . . . 9/22
Courtney Peters. . . . . 9/1	Carissa Keshick. . . . . 9/14	Tianna Halfaday . . . . . 9/22
Carmen Keshick . . . . . 9/1	Harriet Meshigaud . . . . . 9/14	Jennifer Halfaday . . . . . 9/22
Isabelle McCullough. . . . . 9/1	Christopher Halfaday . . . . . 9/14	Joseph Sagataw . . . . . 9/22
Franklin Medlin . . . . . 9/2	Kathryn Gresh. . . . . 9/14	Justice Williams . . . . . 9/23
Christopher Teeple . . . . . 9/3	Gloria Wandahsega . . . . . 9/14	Heather Sagataw . . . . . 9/23
Mickey Smith . . . . . 9/3	Debrianna Sagataw . . . . . 9/15	Eugene Thunder Sr. . . . . 9/23
Sharon Philemon. . . . . 9/5	Brian Williams II. . . . . 9/15	Vivian Trudeau . . . . . 9/23
Terrance Sagataw . . . . . 9/6	Jeremiah Jackson . . . . . 9/15	Ahmya Smith . . . . . 9/24
Becky Halfaday. . . . . 9/7	Kevin Halfaday . . . . . 9/16	Sasha Paz . . . . . 9/24
Shyanna Halfaday . . . . . 9/9	Alisia Williams . . . . . 9/17	Phyllis Englund. . . . . 9/24
Aaliyah Williams . . . . . 9/9	Warren Gustafson . . . . . 9/18	Janice Anderson . . . . . 9/24
Tyler Gustafson Halfaday . . . . . 9/9	Troy Teeple . . . . . 9/18	Takoda Whitehead. . . . . 9/25
Bradley McDorman . . . . . 9/9	Lexie Keshick Sr. . . . . 9/18	Debra Little. . . . . 9/25
Justin Larson Jr. . . . . 9/10	Debra Williams . . . . . 9/18	Griffin Philemon . . . . . 9/26
Brittany Wandahsega-Couillard 9/10	Nigani Wabanimkee . . . . . 9/19	Erica Wandahsega. . . . . 9/26
Mellissa Metzger. . . . . 9/10	Edward Doherty . . . . . 9/19	Christophertodd Peters . . . . . 9/26
Gregory Williams Sr. . . . . 9/10	Jody McCullough . . . . . 9/19	David Metzger Jr. . . . . 9/27
Errol Sagataw . . . . . 9/10	Judy McCullough . . . . . 9/19	Annika Lea . . . . . 9/28
London McCullough. . . . . 9/13	Silas Williams-Boda . . . . . 2/20	Clayton Sagataw . . . . . 9/28
Nacey Larson . . . . . 9/13	Francine Britt . . . . . 2/20	Deanna Thunder . . . . . 9/28
Connie Metzger. . . . . 9/13	Nelson Larson. . . . . 2/20	Jesse Wandahsega . . . . . 9/29
David McCullough . . . . . 9/13	Cylie La Fave . . . . . 2/21	Lisa Keshick . . . . . 9/29
	John Decota Jr. . . . . 2/21	Tyson Seymour . . . . . 9/30
	Bonita Meshigaud . . . . . 2/21	Rodney Frye Jr. . . . . 9/30

Great Start Presents – **FAMILY FUN NIGHT**  
 at Bay College Library  
 on Thursday, October 1st  
 from 6:30 – 7:30 p.m.   
 Featuring *Early Childhood & The Very Hungry Caterpillar*  
 Public welcome! No registration required.  
 Questions? Contact Laurie Mold at 906-786-9300 x111

**CITY OF GLADSTONE FALL FEST**  
 Saturday, October 3rd from 1:00 - 3:00 p.m.  
 Gladstone DDA Central Gathering Place, 911 Delta Avenue  
 Join us for FREE FAMILY FUN!  
 Activities include face painting,  
 petting zoo, pony rides, children's  
 games, pumkin decorating, and a DJ  
 playing all of your favorite spooky tunes!  
  
 For more information please call Amber at 906-280-5169.



Happy 2nd Birthday to our beautiful baby girl Brilee Nadine Eonna Williams-Boda. Love, Mommy & Daddy (Cherice & Kyle)

Happy 4th birthday to our handsome little big boy, Silas. Mommy & Daddy love you forever & ever!  
 Cherice & Kyle

Happy birthday Connie.  
 Love your sister Carol

Happy birthday Mia!  
 Love, Aunt Carol

Happy 2nd birthday to our princess Ahmyah! Love, Mommy & Daddy

Happy 2nd birthday Ahmyah. Love, GramMA Carol

Happy birthday Sue Smith-Gorzinski! From your bff Carol

**Hannahville  
Indian  
Community**



Like us on  
**Facebook**

## *Hannahville Happenings*

Published by – Hannahville Indian Community

Advisor – Ken Meshigaud

Newsletter Editor –  
Molly Meshigaud

Photographer/Reporter/Graphic Artist –  
Molly Meshigaud

Office: (906) 723-2612

Email: [newsletter@hicservices.org](mailto:newsletter@hicservices.org)

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

We welcome letters, editorials, articles and photos from our readers. Submissions are entered into each newsletter based on priority. Space is limited. Thank you for understanding.

### **DEADLINE FOR SUBMISSIONS**

Submissions for the October issue must be received by Friday, September 25, 2015.

Visit our facebook page to view job posting's and reminders of events.



[www.hannahville.net](http://www.hannahville.net)

Visit the Hannahville Indian Community web site for job posting's, event calendar and more!

TRIBAL MEMBERS – your birthday wishes, graduation announcements, holiday greetings, classified ads and other notices can appear in the newsletter for FREE. Submit your ads to the newsletter by phone, email or facebook.

### **HOLIDAY SCHEDULE FOR EMPLOYEES OF HANNAHVILLE INDIAN COMMUNITY**

*Please take note – during the following days offices of the Hannahville Indian Community will be closed:*

- Friday, September 25, Michigan's Native American Day

## *Hannahville Happenings*

Hannahville Indian Community  
N14911 Hannahville B-1 Road  
Wilson, Michigan 49896

PRSR STD  
U.S. POSTAGE PAID  
PERMIT 03  
WILSON, MI  
49896