40th Annual Keweenaw Bay Maawanji’iding Held

This year Keweenaw Bay Indian Community held its 40th Annual Maawanji’iding on July 26-29, 2018. The event was held at the Ojibwa Powwow Campgrounds in Baraga, Michigan, where participants and spectators enjoyed the songs and danced with 16 registered drums. There were 616 registered dancers who participated in exhibitions, inter-tribals, and an array of special events.

Events commenced on Thursday morning at 6:00 a.m. with a Sunrise Ceremony and Lighting of the Fire, followed with a traditional teaching by facilitator Karlene Chosa and again Friday morning. A Ground Blessing and Feast was held on Thursday at 12:00. Wiikwedong Ogichidaa (KBIC Honor Guard) presented the colors and led dancers into the arena for all the Grand Entries held Friday at 7 p.m., Saturday at 1 p.m. and 7 p.m., and Sunday at 1 p.m. John Teller, Jr. honored KBIC as their Head Veteran Dancer, Ronnie Preston as Head Male Dancer, Jamie Awonohopay as Head Female Dancer, Devin Connor as Head Male Youth Dancer; and Starr Dunleavy as Head Female Youth Dancer. Bob Blackdeer and George Gauthier served as Arena Directors. Smokeytown was Host Drum, Young Kingbird was Co-host Drum, and the two invited drums were Woodland Singers and Four Thunders. Pete Gahbow and Mike Sullivan did an outstanding job keeping everyone informed about the events.

Friday evening brought a new Miss Keweenaw Bay and Junior Miss Keweenaw Bay to our Community. Alana Schofield was crowned as the 2018 Miss Keweenaw Bay and Dalanna Connor was crowned as the 2018 Miss Junior Keweenaw Bay.

Saturday’s events began with fry bread competitions. Alisha Sellers took 1st place in the adult division, and Alice Curtis took 1st place in the youth division. This year the Powwow Committee honored Barbara Jean Swartz and Eugene “Cowboy” Loonsfoot as their Honored Elders, and an Honored Elders’ Song was held after Grand Entry on Saturday afternoon (see separate article). A grand feast was

US Navy Seebee BU 2 Richard Alexander who was home on leave assisted the Wiikwedong Ogichidaa Society and proudly carried the KBIC Eagle Staff for Friday evening’s, July 27, 2018, Keweenaw Bay Maawanji’iding Grand Entry.

Head dancers with newly crowned KBIC Royalty, left to right: John Teller, Jr., Head Veteran Dancer; Alana Schofield, Miss Keweenaw Bay; Starr Dunleavy, Head Female Youth Dancer; Devin Connor, Head Male Youth Dancer; Dalanna Connor, Junior Miss Keweenaw Bay; Jamie Awonohopay, Head Female Dancer; and Ronnie Preston, Head Male Dancer.

Continues page nine.
In a letter dated August 10, 2018, to Keweenaw Bay Indian Community Tribal President Warren “Chris” Swartz, Jr., Timothy LaPointe, Regional Director (Midwest), stated, “We received the results of the Secretarial election held on July 17, 2018, by the qualified voters of the Keweenaw Bay Indian Community. The election was called in accordance with an order issued on April 27, 2018, by my office, authorizing the qualified voters of the Community to vote on the adoption or rejection of one proposed amendment.

According to the record, the election results were posted on July 17, 2018, and no challenges were filed. As evidenced by the Certifications of Results of Election, proposed Amendment ‘A’ was adopted by a vote of 101 for; 82 against; 0 cast ballots found separated or spoiled in an election in which 274 members entitled to vote, cast their ballots. Therefore, by the authority delegated to me, as Regional Director, by the provisions of Section 20 of the By-Laws of the Keweenaw Bay Indian Community, Amendment ‘A’ which is designated as ‘Amendment Number IV’ to the Constitution and By-Laws of the Keweenaw Bay Indian Community to become effective on this date. This decision is final for the Department.

August 4, 2018 Tribal Council Meeting

The Regular Monthly Tribal Council Meeting was held on Saturday, August 4, 2018, at the Big Bucks Bingo Hall in Baraga, Michigan. President Warren Swartz, Jr., president, presided over the meeting with Jennifer Misegan, Susan J. LaFernier, Toni Minton, Doreen Blaker, Robert R.D. Curtis, Jr., Randall Haataja, Michael F. LaFernier, Sr., Gary F. Loonsfoot, and Rodney Loonsfoot present. Fred Dakota and Elizabeth D. Mayo were not present.

President Swartz shared numerous Thank You and For Your Information items addressed to Council.

Vice President Jennifer Misegan gave the Vice President’s Report (page two), and Secretary Susan J. LaFernier gave the Secretary’s Report (page three). Council approved the Department Head Replacement: Frank Hulan (Munger), and Secretary Susan J. LaFernier gave the Secretary’s Report (page two), and Secretary Susan J. LaFernier gave the Secretary’s Report (page three). Council approved the Department Head Replacement: Frank Hulan.

Further discussion occurred in regards to youth summer camp chaperones. Council moved into closed session with Gary Loonsfoot, Jr. on the agenda in regards to youth summer camp chaperones (Camp Nesbit) prior to adjournment.

U.S. DEPARTMENT OF THE INTERIOR, BUREAU OF INDIAN AFFAIRS CERTIFIES SECRETARIAL (MAIL-OUT) ELECTION
Tribal Council Secretary’s Report for the Months of July 2018

We continue to recognize the richness of Native American contributions, accomplishments, and sacrifices to the political, cultural, and economic life of Michigan and the United States.

The results of the Secretarial Election held on July 17, 2018, which was entirely by mail out ballot, is as follows: The proposed Amendment A, to add Article IX, Judicial Branch to the KBIC’s Tribal Constitution was duly adopted by a vote of 101 For and 82 Against. Zero cast ballots were found spoiled in which at least 30 percent of the 27,171 registered voters cast their ballots in accordance with Section 16 of the Indian Reorganization Act of June 18, 1934, as amended. Have a happy summer!

Mino-Bimaadiziwin “Live Well”
Respectfully, Susan J. LaFemier

During July, the Tribal Council held one Regular Council meeting on Saturday, July 14, 2018, three Special Council meetings on July 12, 19, and 25, 2018, which was a Finance meeting. Following are the unapproved minutes. This report will be published in the KBIC “Wiikwedong Dazhi-Ojibwe” newsletter, and the approved minutes may also be found on the Keweenaw Bay Indian Community Website.

July 12, 2018 Special Council Meeting (unapproved):
- Results of the June 28, 2018, Tribal Council Poll to authorize the President to sign the Guaranteed Maximum Price (GMP) documents for the casino projects prior to final approval of financing was approved: 6 For/4 Opposed/1 No Response.
- Approved the April 26, April 30, and May 10, 2018 Tribal Council Meeting Minutes.
- Approved the renewal fireworks permit to Pete Morin “Morin Fireworks” and a residential waiver for one year.
- Approved the renewal business license to Angela Kelly “Sweet Grass Spa (Salon)” for one year.
- Approved the renewal business license to Jody and Stacey Davis “Davis Gun Works (Gunsmith)” for one year.
- Approved the renewal business license to Sue Ellen and Brian Elmblad “Back Road Organic Supply (Indoor/Outdoor Garden Supplies and Retail)” for one year.
- Approved the Memorandum of Understanding with the Michigan Department of Environmental Quality and the U.S. Environmental Protection Agency Region 5 to implement the Safe Drinking Water Act’s public water system supervision program requirements that pertain to the construction and operation of KBIC’s new Chocolay Public Water System.
- Approved the Master Agreement with LifeWorks US Inc. for the employee assistance program for one year for $19,770.00.
- Approved a grant agreement with NEO Philanthropy for $10,000.00 to complete the Sand Point Lighthouse exterior roof work and preserving the light tower which was first lit in 1878.
- Approved the L.H.S, Sanitation Deficiency System (SDS) Priority List as presented.
- Approved the HUD Indian Housing Plan for 2019.
- Approved the changes to the KBIC Housing Department’s “Admission and Occupancy” Policy; “to qualified individuals on a yearly (change back to monthly) lease and add the definition of ‘essential’.
- Approved $500.00 travel donations to Alden Connor, Jr. and Angela Loonsfoot to attend their son’s police academy graduation in Artesia, New Mexico.
- Approved a budget modification to add $5,000.00 Tribal support for the BIA CTGP Tribal Court budget for additional consultant funds.

July 14, 2018 Regular Council Meeting (unapproved):
- Approved the Tribal Council President’s June 2018 Report (Warren C. Swartz, Jr.).
- Approved the Tribal Council Vice President’s June 2018 Report (Jennifer Misegan).
- Approved the Tribal Council Secretary’s June 2018 Report (Susan J. LaFemier).
- Approved the CEO’s June 2018 Report (Larry J. Denomie, III).
- Approved the May 17, 2018 Tribal Council Meeting Minutes.
- Approved Cultural Day as a holiday on the Friday of the annual KBIC Powwow.
- Approved Resolution KB 027-2018 Sandra J. Swartz added Robin E. Roe to her residential lease.
- Approved the bid from Arbore Croche for the Phase I Archaeological Survey of the Ojibwa Casino Expansion/Improvememts at Chocolay Township for $18,810.40 to be completed by July 31, 2018.

July 19, 2018 Special Council Meeting (unapproved):
- Approved Jill Hodges for the KBOCC Board of Regents slate.
- Approved the SCA Entertainment, LP Contingent Prize Contract for the PrizePro42 Football Pick’em (Pigskin Payday) for both casinos.
- Approved the Tier III Services Agreement with Arbre Croche Cultural Resources to provide a Phase I archaeological survey of the Ojibwa Casino Expansion/Improvements in Chocolay Township.
- Approved the Language Instructor Employment Agreement with George Howard Kimewon as an instructor of the Anishnabemowin Language.
- Approved the bid from RC Mechanical, Inc. for a replacement roof top (conditioning) unit for the Pressbox Sports Bar and Grill.
- Approved the bid from ABC Supply Company, Inc. for new windows for the KBIC Housing Department Projects 65-2 and 65-3.
- Approved $31,800.00 to DSA Housing and $1,650.00 for setup of a 2017 manufactured singlewide series home to replace the trailer home for the Marina caretaker and to compensate the caretaker to set the new home up and that the home be certifi ed for the northern climate.
- Approved the back wages request from a reinstated terminated employee from 6-6-18-22-18 and to develop a policy.
- Approved the Settlement Agreement with the Community Development Corporation (CDC).

July 25, 2018 Finance/Special Council Meeting (unapproved):
- Approved a waiver of the Indian Child Protection (ICP) clearance for the Pow-wow temporary golf cart driver job and waive the drug test for the temporary registration workers and parking attendant’s jobs.
- Approved an additional $3,000.00 (northern climate walls) to the DSA Housing estimate for the 2017 manufactured single-wide series home for the Marina caretaker.
- Approved the bid from REDW LLC for on-site training (up to 50 employees) in August on Purchasing, Procurement, Contracting and Implementation of the Federal Uniform Guidance, 2 CFR 200.
- Reviewed and discussed the FY 2019 Budget Timeline for the Department/Council review.
- PowerPoint review with the Chief Financial Officer and CEO of the Ojibwa Casinos Financial Statement Summary ending June 30, 2018; the House Profits since 2006; the Slot Revenue 2005-2018; the KBIC Revenue Allocation Plan (RAP); and the loan structures for the proposed Casino Expansion/Improvement projects.

Respectfully Submitted,
Susan J. LaFemier

Happy Birthday To Our Eldest Seniors

Keweenaw Bay Indian Community wishes our Ojibwa Seniors who are 80-years and older in this month a very Happy Birthday! “Let us respect gray hairs, especially our own.”

~J.P. Sears

Helen K. Aho
Elizabeth J. Dotts
Duanne B. Duscheine
James J. Kavanaugh
Jane A. Nelson
Garet M. Peters
Barbara M. Richards
Walter M. Tody

Please let our Enrollment Office know if someone was missed or information is incorrect by call (906) 353-6623, ext. 4111. Miwgech.
EDUCATION INCENTIVE PROGRAM

The Keweenaw Bay Education Committee offers the Education Incentive Program to local KBIC tribal students. Monetary incentives are awarded at the end of each of the four marking periods of the academic year. Awards are given for Honor Roll and Perfect Attendance. Students must meet the following criteria:

1. Must be enrolled KBIC members.
2. Must reside in one of the following four counties: Baraga, Houghton, Ontonagon, or Marquette.
3. Must attend a public or private school.

A student’s Honor Roll status is defined according to the regulations of their school district. Students in grades 4 through 12 are eligible to receive this award.

Perfect Attendance follows the school policy also but time for doctor or dental appointments and elections may be allowed. Please contact the following people for more information:

- L’Anse Area Schools – Shellee Denomie 524-6000 ext. 369, sidemec@laschools.us
- Baraga Area Schools – Helen Jondreau 353-6661 hjondreau@up.net
- All others contact Amy St. Arnold 353-4117 amy@kbic-nsn.gov

Houghton, Ontonagon, and Marquette students must provide a copy of the student report card. If attendance is not noted on the card, please have a school official document by signature. Report cards may be mailed to Keweenaw Bay Tribal Center, Education Office, 16429 Beartown Rd. Baraga, MI 49908.

EDUCATION INCENTIVE PROGRAM AWARDS STUDENTS

The Keweenaw Bay Education Committee defined according to the requirements of their school district.

The following 43 students were placed on the Honor Roll for the fourth marking period of the 2017-18 academic year:


Marquette – Neebin Ashbrook-Pieltie, Zoe Halamanainen, Anna Lindgren, and Brenden Lindgren.

The following 42 students received awards for achieving Perfect Attendance:


Negaunee – Brayden Velmer.

PUBLIC ANNOUNCEMENT

Is your charitable organization planning on holding a raffle or selling raffle tickets on the L’Anse Indian Reservation? Federal law, through the Indian Gaming Regulatory Act, granted Tribes exclusive right to regulate gaming activity on Indian lands. Even if you or the members of your organization are not tribal members, the Keweenaw Bay Indian Community Gaming Commission has the authority to regulate your raffle. It is unlawful to conduct or sell raffle tickets without a license.

Please contact the KBIC Gaming Commission Office at (906) 353-4222 or stop by the office located at the Tribal Center for an application and a copy of the rules and regulations.

Application deadline for submission of ALL Class I Drawings is 30 days and Class II Raffles is 60 days prior to your event. License Fee will be waved when the application is received within this timeline.

2018 Ann Misegan Memorial Scholarship Recipient Chosen

Grayson Roe has been selected as the recipient of the Tribe’s 2018 Ann Misegan Memorial Scholarship. The Tribal Education Committee, along with a member of the Health Board, selected Roe to receive the scholarship.

Grayson is a graduate of L’Anse High School. He is a sophomore at Michigan Technological University majoring in Biological Sciences – Pre-Med.

Ann Misegan was a long time Tribal Council member whose priority was the health of the Tribal membership. She was adamant that Tribal members be trained for as many positions as possible within the Tribe, and also encouraged members to seek further education, specifically in health fields. She was a member of the Tribe’s Health Board and was the Dental Assistant at the Tribal clinic for many years.

Please contact Amy St. Arnold 353-4117 amy@kbic-nsn.gov

Houghton, Ontonagon, and Marquette students must provide a copy of the student report card. If attendance is not noted on the card, please have a school official document by signature. Report cards may be mailed to Keweenaw Bay Tribal Center, Education Office, 16429 Beartown Rd. Baraga, MI 49908.
The Keweenaw Bay Ojibwa Community College recently received a $90,000 grant from the First Nations Development Institute of Longmont, Colorado. This award will support the efforts of the KBOCC’s Indooziitaamin Project.

This project is titled Indooziitaamin. This translates to “We are preparing,” as this project will prepare the community to revitalize and sustain Ojibwe language for future generations. The goal of this project is to increase use of Ojibwe language throughout the College and within the Community. To prepare the Community, KBOCC will provide classroom teachings, trainings, and engagement events to a variety of age groups. Indooziitaamin will prepare our young learners for continued language teachings provided by the KBOCC K-12 language program; prepare Migiziinsag teachers and KBOCC Daycare staff to utilize language more frequently; and support the KBOCC mission to provide life-long learning. Indooziitaamin will support language revitalization efforts within the Community by hosting language and culture events. These events will be family-oriented while promoting language use between Community members and bringing use of the culture home. This will also promote healthy family well-being.

KBOCC President Lori Ann Sherman states, “The mission of KBOCC is to provide post-secondary education rich in Ojibwa culture, tradition, and beliefs that support life-long learning. The Indooziitaamin Project is in direct line with our goals and strategic plan.”

There will be a strong focus on increasing Ojibwe language usage amongst our youngest population served, the Migiziinsag pre-school group. Indooziitaamin will build a foundation for their lifetime of Ojibwe language use. This will aid in retention of Ojibwe language and increase use within the Keweenaw Bay Indian Community.

~ submitted by Christine Awonohopay, KBOCC

TRIBAL COURT CRIMINAL SENTENCES

The Tribal Court has agreed to comply with the request of the Keweenaw Bay Indian Community’s CEO’s office to publish criminal sentencing on a routine basis.

Christopher Voakes, case #17-027, §3.1210, Fraudulent connection or use of utility or telecommunication services – 1st offense
Sentencing on 07/25/2018, #17-027, §3.1210:
1. Fine $300.00.
2. Restitution of $85.95 for Public Works Department to be paid with the Tribal Court.
3. Ninety days jail, credit for one day served, 89 days jail suspended pending the successful completion of probation. Defendant shall be financially responsible for the costs of lodging and any expenses incurred while incarcerated.
4. Three to six months standard alcohol and drug restricted probation. Defendant shall be financially responsible for the costs of drug and PBT testing, if any.
5. Defendant shall obtain a gambling assessment for educational purpose. Whatever they recommend should be followed.
6. While on probation, the Defendant shall not gamble in any casino or be physically in any casino.

Trevor McPherson, case #18-076, §5.5, Leave scene of accident – duty to report – 1st offense
Sentencing on 08/06/2018, #18-076, §5.5:
1. Fine $100.00.
2. Twenty-six jail days, credit of 26 days. Defendant is financially responsible for the cost of lodging and any expenses incurred while incarcerated.
3. Defendant shall be responsible for all drug and PBT testing.
4. Defendant shall pay the restitution in the amount of $1,187.96 for vehicle repair and $235.39 for child car seat replacement to the victim, payable at the Tribal Court Clerk’s office.
5. Defendant consents to 25% garnishment of Lac Vieux Desert per capita distribution.

Trevor McPherson, case #18-077, §3.1308, Disobedience of a lawful court order – 1st offense
Sentencing on 08/06/2018, #18-077, §3.1308:
1. Fine $100.00.
2. Forty-five jail days, 45 days suspended. Defendant is financially responsible of the costs of lodging and any expenses incurred while incarcerated.
3. Defendant shall be responsible for all drug and PBT testing.
4. Defendant shall be banned from all lands of the Keweenaw Bay Indian Community, for a minimum of a one-year period or thereafter until such time that he successfully completes a substance abuse screening. Restitution is paid in full in case number #18-076, and all Court obligations are paid in full. In the event the Defendant violates the Probation Order, he shall immediately serve the 45 days suspended in #18-077; thereafter he shall be subject to Contempt. The Defendant has two hours from being released from jail to remove himself from the lands of the Keweenaw Bay Indian Community.

Charlotte Lee Loonsfoot, case #18-041, §3.608, Obstruction of process – 1st offense
Sentencing on 08/06/2018, #18-041, §3.608:
1. Fine $100.00.
2. One-hundred eighty days jail, credit for 130 days jail, serve 20 days jail, 30 days jail suspended pending successful completion of treatment. Defendant shall be financially responsible for the costs of lodging and any expenses that occur while incarcerated.
3. Twelve to eighteen months of standard alcohol and drug restricted probation with a $10.00 monthly fee. Defendant shall be financially responsible for the costs of drug and PBT testing.
4. Defendant shall report to the probation office within 24-hours of release from jail or the next business day and thereafter shall report as directed by the probation office but at a minimum of one time weekly in person to the probation office until deemed otherwise by the probation office.
5. Defendant shall be banned from all lands and properties of the Ojibwa Housing Department at all times of probation and any completed.

Vanessa Beaver, case #18-074, §16.507, Obstruction of process – 1st offense
Sentencing on 08/08/2018, #18-074, §16.507:
1. Fine $100.00.
2. Ninety days jail, 90 days suspended.
3. This case shall transfer to the Defendant’s Healing To Wellness status.
Back to School Lice Prevention

This year is predicting an increase in the number of head lice cases among school-aged children as lice have gown immune to standard chemical treatments. It is common not to have results from these lice treatments for this reason so prevention is crucial.

Facts: A reminder that head lice are not dangerous and do not spread disease, but that they do cause crawling insects. Lice are also not a sign of poor hygiene! Their bites may make an individual’s scalp itchy and irritated and shaving the scalp will not get rid of lice. Lice also do not jump but can live up to two days off of the scalp, and they feed on blood. Continuous scratching can lead to infection, so it is important to check head lice in their earlier stage of life before they multiply. Lice are highly contagious as they spread quickly from person to person; especially in schools, day care centers, libraries, camps, sports activities, etc. Infants should not be treated with chemical treatments! Natural methods or hand removal with a fine-tooth comb must be used with infants.

Life Cycle and Appearance: Lice can be seen with the naked eye and start out as eggs, also known as nits. The nits are tiny yellow, tan, or brown dots before they hatch and stick to the hair—

Tips: Check your child weekly. Teach your child not to share hats or combs with friends. It is important not to swap jackets and to avoid jacket piles during school or after-school activities. I personally use Fairy Tales Lice Prevention hair products (Rosemary Repel gel and conditioning spray) and am pleased with results. Fairy Tales also has a product (Lice Good-Bye) to help with nit removal and elimate lice naturally without the use of harsh chemicals. There is a Fairy Tales Lice Good-Bye Survival Kit, too, which is great to have on hand just in case. There are other natural prevention brands on the market, too, and some studies have shown that plant oils are great for lice prevention (rosemary oil, citronella oil, tea tree oil, lavender oil, and lemon grass oil). Remember, lice happen, and don’t be embarrassed! Educate yourself, ask questions, and be prepared. If your household does have head lice, think of everywhere you’ve been in the last two to three weeks and talk to everyone involved to stop the cycle. Milgweh and have a great school year.

Submitted by Kristine Maki, BS
Family Health Educator

For more information our services, programs, and upcoming events visit us at kbciofhealth.org, our facebook page, or call 353-4521.

Stop by our second floor waiting area and check out the monthly education table, new topic every month.

What is Fiber?

Fiber, also known as roughage, is the part of plant-based foods (grains, fruits, vegetables, nuts, and beans) that the body can’t break down. It passes through the body undigested, keeping your digestive system clean and healthy, easing bowel movements, and flushing cholesterol and harmful carcinogens out of the body.

Fiber comes in two varieties: insoluble and soluble. Insoluble fiber does not dissolve in water. It is the bulky fiber that helps to prevent constipation, and is found in whole grains, wheat cereals, and vegetables such as carrots, celery, and tomatoes. Soluble fiber dissolves in water and helps control blood sugar levels and reduce cholesterol. Good sources include barley, oatmeal, beans, nuts, and fruits such as apples, berries, citrus fruits, and pears.

The latest figures show that nine out of ten Americans are not eating enough fiber, and people in other parts of the world are also falling well short. Part of the problem may be due to the association between fiber and bathroom habits. Yes, fiber offers a healthy and effective way to stay regular. But that’s not the only reason why we should be including more in our diets. Many different studies have highlighted how eating a diet high in fiber can boost your immune system, overall health, and improve how you look and feel. Some of the benefits include:

Digestive health. Let’s get this one out of the way first. Dietary fiber normalizes bowel movements by bulking up stools and making them easier to pass. This means less need to use laxatives, and can prevent both constipation and diarrhea. Eating plenty of fiber can also reduce your risk for diverticulitis (inflammation of the intestine), hemorrhoids, gallstones, kidney stones, and provide some relief for irritable bowel syndrome. Some studies have also indicated that a high-fiber diet may help to lower gastric acid and reduce your risk for gastroesophageal reflux disorder (GERD) and ulcers.

Heart disease. Fiber, particularly soluble fiber, is an important element of any heart-healthy diet. Eating a diet high in fiber can improve cholesterol levels by lowering LDL (bad) cholesterol.

A high fiber intake can also reduce your risk for metabolic syndrome, a group of risk factors linked to coronary heart disease, diabetes, and stroke. Fiber can also help to lower blood pressure, reduce inflammation, improve levels of HDL (good) cholesterol, and shed excess weight around the abdomen.

Diabetes. A diet high in fiber—particularly insoluble fiber from cereals—can lower your risk for type 2 diabetes. If you already have diabetes, eating soluble fiber can slow the absorption of sugar and improve your blood sugar levels.

Cancer. There is some research that suggests eating a high-fiber diet can help prevent colorectal cancer, although the evidence is not yet conclusive. Diets rich in high-fiber foods are also linked to a lower risk for other common digestive system cancers, including stomach, mouth, and pharynx.

Keep fruit and vegetables at your fingertips. Wash and cut fruits and veggies and put them in your refrigerator for quick and healthy snacks. Choose recipes that feature these high-fiber ingredients, like veggie stir-fries or fruit salad.

Replace dessert with fruit. Eat a piece of fruit, such as a banana, apple, or pear, at the end of a meal instead of dessert. Top with cream or frozen yogurt for a delicious treat.

Eat whole fruits instead of drinking fruit juice. You’ll get more fiber and consume fewer calories. An 8 oz. glass of orange juice, contains almost no fiber and about 110 calories; while one medium fresh orange contains about 3g of fiber and only 60 calories.

Incorporate vegetables into your cooking. Add pre-cut fresh or frozen vegetables to soups and sauces. For example, mix chopped frozen broccoli into prepared spaghetti sauce or toss fresh baby carrots into stews.

Make snacks count. Fresh and dried fruit, raw vegetables, and whole-grain crackers are all good ways to add fiber at snack time. A handful of nuts can also make a healthy, high-fiber snack.

- Select a side of beans for a healthy fiber boost.
- Choose nuts or a salad over fries or potato chips.
- Combine a baked potato and a side of chilli, available at some burger chains, can make a tasty, high-fiber meal.
- Several chains offer oatmeal bowls for breakfast, a higher fiber choice than most breakfast sandwiches. Try to choose lower sugar versions if possible.
- Finish a fast food meal with a fruit, oat and yogurt parfait, apple slices, or a piece of fresh fruit.

Submitted by Elizabetha "Popcorn" Mayo
Community Health Representative
Keweenaw Bay Indian Community Office of Child Support Services  
P.O. Box 490, Baraga, MI 49908  
Phone: 906-353-4566  
Fax: 906-353-8132

“YOUR Children ... OUR Priority”

We provide the following services:

- Paternity Establishment
- Establishment of Child Support
- Outreach Services
- Mediation

New Employees - Who's Who and Who's New!

Pictured above are Honorable Violet M. Frisvall Ayres (center) Officer Mark Smith (left) and Officer Tyler Rasanen (right). Smith and Rasanen recently were hired as Keweenaw Bay Tribal Police Officers. Judge Ayres presented both officers with their oath to serve the Keweenaw Bay Indian Community as law enforcement officers on June 25, 2018. The two new officers will be heading to the police academy in Artesia, New Mexico in the near future.

~ Submitted by Lauri Denomie, Editor

Meet Brandy Chosa. Brandy is the new Administrative Assistant at the Keweenaw Bay Indian Community Health Systems Donald A. LaPointe Health and Education Center.

Brandy said “I am both very excited and thankful for this new opportunity to serve my Tribe.”

Brandy is married to Tom Chosa, Jr., and they have two daughters. In her spare time, she enjoys spending time with her German Shepherd “Thor”, or in her craft room, and in the early spring helping her husband with his Maple Syrup business.

KBIC Breastfeeding SUPPORT CIRCLE  
FIRST WEDNESDAY OF EVERY MONTH  
KBIC Health System Upstairs Conference Room  
1-3PM

For those that breastfeed, thinking about breastfeeding, or are currently breastfeeding

Snacks

Social outlet for new and experienced mothers

Transportation is available
Register with Dawn for reminder calls 353-4521

Make & Take Craft

Childbirth Education  
Free to Participants

Where: KBIC Health System  
2nd Floor Conference Room

When: Thursday, September 6, 2018  
1:00 – 4:00 pm

Open to Pregnant Women and Birth Partners

Father of Baby Encouraged to attend!!!

$25 Gift Card per Family  
(upon completion of entire course; must attend all 3 hours)

Registration is Required  
Call Dawn at 353-4521

Sponsored by: KBIC Healthy Start – Family Spirit & WIC Programs

WIC is an equal opportunity service and programs provider.

(7) Niizhwaaswi
Enjoying all the produce that you or your neighbors worked so hard to grow is a pleasure for all the senses. So admire the beauty of those bright red tomatoes and beautiful ladys; feel the firm crisp apples, peppers, and cukes; and of course knock gently on the giant squashes and melons. (See below for the tasting and smelling.) Farmers market produce is picked at peak ripeness, so flavors are optimal. Our harvest season is a short one here in the U.P. It can be a challenge to figure out how to use all the produce bought from the Farmers Market supports a canning class to help people learn or advance their food preservation skills, so check the Health Center activity calendar for dates and times. Freezing is also a good way to preserve many vegetables and fruits (especially berries). Washing berries and then laying them out on a baking sheet in the freezer results in IQF (individually quick frozen) berries that can be eaten fresh or frozen in smoothies, for cereal, fruit salads, etc.

Consider your trip to the Farmers Market as something of an adventure. You will probably see fruits and vegetables that you haven’t seen before (Kohlrabi, huh? Purple heirloom tomatoes?) Don’t be shy about asking questions of the grower. They will be delighted that you are interested, and they know that you’re not always familiar with a food or how to prepare it. Shop in small quantities, especially a food that is new to you. One of the advantages of the new technology is that you can search a food on a smart phone before you even leave the market, and you can find many recipes for almost any food on the internet in a matter of minutes.

Farmers market produce was grown in the area, so your purchases are great for the local economy. Bringing cash in small bills is helpful to vendors, and if possible bring your own shopping bags. This helps vendors keep prices down, and is better for the environment too.

Some of our most abundant produce in September includes tomatoes, cucumbers, and peppers. These are the main ingredients in gazpacho, which is a zingy cold vegetable soup originally from Spain. It’s a great way to enjoy all these vegetables together. It makes a great light lunch with some bread and cheese, or a wonderful side dish with dinner.

Gazpacho
2 pounds ripe tomatoes, peeled and seeded; 1 cucumber, peeled and seeded; ½ cup chopped onion; 1 tablespoon red wine vinegar; 1 teaspoon salt; 1 teaspoon black pepper
Chop the vegetables coarsely so that they fit into a food processor or blender. Blend until smooth. If your blender is small, do this in batches. Chill for at least four hours or overnight. Serve cold, gazpacho can be garnished with parsley, finely chopped yellow peppers, and a few dollops of plain Greek-style yogurt makes a nice addition too. Keeps well in the refrigerator for a week.

Reference: American Academy of Nutrition and Dietetics website, Farmers Market article by Emilie Fielder, MS, RDN, LDN, is lead registered dietitian at the Rockford Health System in Rockford, Ill., August 2017. – submitted by Dr. Dale Schmeisser.

The Harvest Season is Upon Us. So take a stroll through the Farmers Markets in L’Anse/Baraga and Marquette.

Inter-Tribal Council of Michigan represented with Michigan Cancer Consortium Board

Noel Pingatore to begin serving on MCC board in September.

Sault Ste. Marie, Michigan — The Inter-Tribal Council of Michigan’s Noel Pingatore, Director for Health Education and Chronic Disease Department, has been named to the Michigan Cancer Consortium’s Board of Directors. Pingatore will serve a three-year term beginning in September. This is a great honor. The Michigan Cancer Consortium is a wealth of knowledge and resources on every issue related to cancer prevention and control in Michigan. They have also been supportive of the unique needs of Michigan’s Native American population,” said Pingatore.

The Inter-Tribal Council of Michigan was a founding member of the Michigan Cancer Consortium and shares a spirit of collaboration and award in partnership with the Michigan Cancer Consortium. Mrs. Pingatore has been active in consortium activities and currently sits on the Evaluation Subcommittee.

According to the MCC, their mission statement is, “The MCC is a statewide, broad-based partnership that strives to include all interested public and private organizations and provides a forum for collaboration (communication, coordination, and the sharing of resources) to reduce the burden of cancer among the residents of Michigan by achieving the Consortium’s research-based and results-oriented cancer prevention and control priorities. For more information on the Michigan Cancer Consortium, visit http://www.michigancancer.org/.

Improving Life for Anishinaabe Cancer Survivors

To Address Native American Cancer Survivors Needs

Improving Life for Anishinaabe Cancer Survivors was awarded by the Michigan Cancer Consortium to adapt Cancer Survivorship Training materials to Anishinaabe culture and the Indian Health Service Tribal Health System. The focus of this training is to improve the quality of life of Native American cancer survivors and caregivers and reduce death and disability due to cancer by focusing on the importance of helping survivors achieve optimal health and well-being. Physicians, nurses, and public health professionals who complete this training provided professional continued education credits from George Washington University and the Indian Health Service.

“The purpose of this collaboration is to improve Anishinaabe cancer survivorship rates across the state of Michigan. Cancer Survivorship Care Training addresses the physical, psychological, social, and spiritual needs of patients both during and after cancer treatment,” said Beth Sieloff, Program Manager with Inter-Tribal Council of Michigan.

Participating partners include: Amanda Leonard, Raeanne Madison, Beth Sieloff, Program Managers at Inter-Tribal Council of Michigan; McKenna Roberts, Intern at Inter-Tribal Council of Michigan; and Amanda Leonard, Program Managers at Inter-Tribal Council of Michigan. The Inter-Tribal Council of Michigan is currently scheduled to visit five Tribal Health Centers throughout the summer of 2018.

“The Inter-Tribal Council of Michigan is a 501(C)3 non-profit corporation duly organized under a state charter filed April 16, 1968. The agency represents all twelve federally recognized tribes in Michigan. The agency is divided into several different divisions, including: health services; early childhood education services; child, family, and education services; and administration. The agency employs approximately 160 employees. 35 of these employees are based in the agency’s central office in Sault Ste. Marie, while member tribes have offices and staff on site. Visit http://www.itcmi.org/ to learn more about the agency.

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K.B.I.C. Maawanji'iding continued:

...held between grand entries as well on Saturday.

The weekend special events included: a Hand Drum contest (1st place – Myron Pawasit III, 2nd place – Ronnie Orladovec, and 3rd place – Demery Jackson); a Jingle Dress competition (1st place – Neil Pawasit, 2nd place – Ronnie Orladovec, and 3rd place – Garett Christensen, Jr.); a Jingle Shirt competition (1st place – Rajer Kingbird; 2nd Place – Mark Kingbird, and 3rd place – Garrett Lemieux); adult-two-step competition (1st place – Ronn Preston and Jamie Awohnonopay, 2nd place – Angela Trudu and Richard Awohnonopay, and 3rd place – Garett Christensen, Jr. and Jasmine Pawlicki); and the youth-two-step competition where the crowd chose Starr Dunleavy and Preston Oja as 1st place youth two step champions (winning two years in a row).

Honored Elders
Barbara Jean Swartz
Barbara was born September 27, 1942, the daughter of Ellsworth Darcy and Eleanor “Rabideaux” Darcy. She attended school in Baraga and graduated from the Community Schools in 1976 alongside her mother and brother Tom. Barb did attend college but did not finish due to family and work. In 1960, she married Clyde Swartz and had five children, nine grandchildren, and 12 great grandchildren. The love of her life, Clyde, passed away in December of 2008.

Barbara and Beatrice Hugo started the New Day Halfway House in 1973, which was located on the third floor of the old Tribal Center. Throughout the years, it has changed significantly and is now the New Day Treatment Center. She also worked for 12 years at Big Bucks Bingo. Barbara was also the first housekeeper/laundry supervisor for the Bear’s Den Motel and assisted with getting all the rooms set up when they first opened in 1991. She worked as a bus driver and office worker for the Tribal Head Start Program for 26 years, where she retired from in September of 2017.

Barbara said, “I have traveled a lot in my life. I love tours and go at least two or three times a year. I am very grateful for this honor today. If it wasn’t for the Tribe I couldn’t make a go of things.”

Eugene “Cowboy” Loonsfoot
Eugene is a KBCI elder and a member of the KBCI Tribal Veterans, Wilkwedong Onghooden Society. He is a U.S.M.C Combat Veteran who served from October 1966 to 1970 and was honorably discharged. He has been a member of the American Legion continuously for 30 plus years. Cowboy has worked for the Tribe for 33 years, 19 of those as a Security Supervisor before retiring.

Cowboy said, “I raised 13 children and have 28 grandchildren and 19 great grandchildren. In my spare time I like to hang out with family, watch sports, and go for long drives to enjoy scenery.”

Wendy Mae Brown
(Wendy Mae Brown, age 51, of Acorn, Trail, Chocolay Township, left Mather Earth and walked on, Thursday, August 16, 2018, at ThedaCare Regional Medical Center in Appleton, Wisconsin. She was born to Patricia (Madosh) Brown and Richard Lucas. Ernie Brown adopted her and that is how she became known as Wendy Brown for the remainder of her life.

Wendy attended the Marquette Area Schools and graduated from Bi-County High School in 1984. An adventurous journey took her in her twenty’s to Massachusetts where she resided in the Boston area and owned an arcade gaming business. She returned to the U.P. in the 90’s. Through Wendy’s years, she worked at many local businesses, waitressing and bartending, as a CNA at Mather Nursing Center and the Marquette County Medical Care Facility, and at the Sara Lee (Bunny Bread) Bakery. Wendy was known for her vibrant personal and her love for her two nieces and family. She loved life, talking with everybody. If you wanted to know about makeup or fashion, she was your girl! She was always on the phone talking with somebody and loved roller skating in her younger years.

She loved her two nieces, Autumn and Neebin, spending time with them at the cottage, sleepovers, late night Walmart runs, watching the Golden Girls, and so much more. They will miss having conversations with her about everything. Wendy was a member of the Keweenaw Bay Indian Community and proud of her Native American heritage.

She will be missed by her surviving family members: her mother, Patricia Brown (Roy Peterson); her siblings, Clifford “Sonny” (Diane Truscott) Brown, Carrie (Keith) Ashbrook; nieces, Autumn (Matt) and Neebin Ashbrook-Pietila, her fiancée, Johnne Marqueter; and special cousin, Nora Logan. She was preceded in death by her grandparents, Peter and Helen Madosh; her adopted father, Ernie Brown; several aunts and uncles; and her fur babies, Scrapy and Tigger.

A celebration of Wendy’s life was held at the Swanson-Lundquist Funeral Home, on Tuesday, August 21, 2018. In her memory, play one of your favorite Shania Twain songs and “belt it out!”

The Swanson-Lundquist Funeral Home of Marquette, Michigan, assisted the family.

FOOD DISTRIBUTION PROGRAM ON INDIAN RESERVATIONS (FDPIR)
FY 2018 NET MONTHLY INCOME STANDARDS*
(Effective Oct. 1, 2017 to Sept. 30, 2018)

*The net monthly income standard for each household size is the sum of the applicable Supplemental Nutrition Assistance Program (SNAP) net monthly income standard and the applicable SNAP standard deduction.

FOOD DISTRIBUTION PROGRAM ON INDIAN RESERVATIONS (FDPIR)
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A CULTURALLY RELEVANT NAME (ANSHINAABEMOWIN PREFERRED) & SLOGAN THAT IS APPROPRIATE FOR A TREATMENT CENTER STEP DOWN PROGRAM WHOSE FOCUS IS ON REINTEGRATION.

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Each additional member + $349

Each additional member + $436

Wendy Mae Brown
October 30, 1966—August 16, 2018

Wendy Mae Brown, age 51, of Acorn Trail, Chocolay Township, left Mother Earth and walked on, Thursday, August 16, 2018, at ThedaCare Regional Medical Center in Appleton, Wisconsin. She was born to Patricia (Dadish) Brown and Richard Lucas. Ernie Brown adopted her and that is how she became known as Wendy Brown for the remainder of her life.

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(9) Zhaangaswi
The Keweenaw Bay Indian Community held their Annual Government Picnic for their employees on Friday, August 24, 2018. The event was held at the Big Bucks Bingo Hall due to the forecast of rain.

Employees participated in a number of activities — bingo, cribbage, corn hole toss, and a fishing tournament. Lucky 7’s prepared a Taco Bar for lunch. Following the games and lunch, employees were honored for years of dedicated service to the Community. Prizes were distributed for the competitions, and everyone received a special prize ranging from $50 to $500 and one lucky employee won two NFL Game Tickets to a Packer Game in Green Bay, Wisconsin in October.

KBIC Recognizes Government Employees at Annual Picnic

2018 GATHERING OF EAGLE STAFFS
Zeba Community Center, September 21, 22, and 23, 2018

The Wiikwedong Ogichidaa Society will be hosting the 2018 GATHERING OF EAGLE STAFFS at the Zeba Community Center on SEPTEMBER 21, 22, and 23, 2018. The Eagle Staff gathering is an opportunity to learn about the first flag of our Indian people. Eagle Staff carriers will be coming from all over the Great Lakes Area and Canada. The three-day event will be filled with stories, teachings that are free and open to the public. The Saturday evening feast will be potluck, and we ask the KBIC Community to please bring a dish to pass.

All the Eagle Staffs will be feasting following the teachings of paying respects to our staffs. George Martin, who is a Korean and Vietnam Veteran, will serve as Head Veteran. George has served as Head Veteran and Lead Ogichidaa for the Eagle Staff Gathering for many years.

All Eagle Staffs will be brought into as a pow-wow grand entry then posted in a circle and all Eagle Staff carriers will share about their Eagle Staff teaching and stories.

Sunrise ceremonies will be held both days (Saturday and Sunday). The Eagle Staff Gathering shall be completed on Sunday with closing remarks and a giveaway to show our appreciation and to honor our Eagle Staff carriers who have come to our Community.

Donations and volunteers are greatly appreciated. For more information please contact Rodney Loonsfoot at (906) 201-4448.
We worked very hard to finish our grant application for the Substance Abuse and Mental Health Services Administration’s (SAMHSA) Tribal Opioid Grant (TOR). A multi-disciplinary, cross-department team worked together against a tight deadline, collaborating with the Michigan Public Health Institute and the Inter-Tribal Council of Michigan, Inc. to put together a unique application that will benefit the community in a number of tangible ways. The grant is a two year opportunity funded for at least $210,848. As a primary goal, the grant will seek to implement comprehensive, national guidelines for the optimal management of pregnant women with diagnosed Opioid Use Disorder (OUD) based on the recommendations presented in the SAMHSA publication “Clinical Guidance for Treating Pregnant and Parenting Women with Opioid Use Disorder and their Infants”. The treatment approach will emphasize behavioral counseling, a patient advocate role, peer support groups, community education, and traditional approaches, in addition to Medication Assisted Treatment (MAT) in an integrated model. The traditional component will be provided by contracting with a medicine man for a clinic one day per week. Additionally, a comprehensive Naloxone distribution program will be offered to the community as an approach to reduce the risk of overdose deaths. The patient load will initially be limited in the 1st year to gain the necessary experience and then expand to a wider population within the Tribe in the 2nd year. With the implementation of an evidence based MAT program that integrates patient advocacy, behavioral, and traditional components, we hope to increase the number of pregnant women receiving essential care close at home in the community, reduce the community risk of overdose deaths, and lessen the stigma and misinformation that results in barriers to obtaining care. Ultimately, as our treatment model expands to a wider population, we hope to help expecting mothers to keep individuals away from receiving care for diagnosed OUD close to home, seeking care, or continuing to engage in care, thereby avoiding worse outcomes. I believe our integrated MAT program is a major leap forward for the DHHS, implementing a new competency to address a critical community need and opening up access to significant future grant dollars downstream. I am very proud of the team who worked on the project and look forward to the work ahead after receiving notification of the grant award.

The DHHS celebrated August 13th through August 17th as National Health Center Week. It is an annual celebration that raises awareness about the services, mission, and accomplishments of the DHHS. I would like to recognize a number of DHHS staff, although not an exhaustive listing, that helped with the various tasks and planning necessary to make the week a resounding success: Heather Wood, Health Promotion Coordinator; Dawn Kemppainen, Community Health Receptor; Tashina Emery, Former BALAC Coordinator; Mary Dee Shanahan, Community Health Representative; Kristine Maki, Family Health Educator; Brandy Chosa, Administrative Assistant; Kristy Clisch, Community Health Representative; Kristine Maki, Family Health Educator; Brandy Chosa, Administrative Assistant; Kristy Clisch, Community Health Worker; Ginger Shellffe, Family Health Educator; Micah Petoskey, IT Site Manager; Kim LeClair, Medical Transporter; and Mindy Lantz, Public Health Nurse. Additionally, I would like to thank all of the departments involved within the DHHS and programs for their contributions: Diabetes, Health Start-Family Spirit, REACH, Tribal Breast Health, BALAC, Food Access Collaborative, ACS Community Initiatives Change, Methamphetamine & Suicide Prevention Initiative, WIC, Tribal PREP, Dental, Medical, GI, Pharmacy, PRC/ Benefits, and Maternal Child Health. Finally, I would like to thank Gladys Anderson from UP Oils; Doreen Blaker from the KBIC Culture Committee; and Evelyn Ravindran, Kathleen Smith, Karena Schmidt from the KBIC Natural Resources Department. From the sheer number of people mentioned above, it is clear that National Health Center Week was a large undertaking requiring many hands to make it a success. To all involved, and anyone I missed who contributed, thank you sincerely for all your contributions!

Beatrice Menaseqwe Jackson, Guest speaker

Update for August 2018 from DHHS Health System

By Soumit Pendiakhark, Health Director

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Summer Programs Wrap-up and Fall programs begin!

By Angela Badke—Librarian

Even though the Ojibwa Community Library’s Summer Reading Program has ended for the year, the Library still has a lot of programming coming up! September is Library Card Sign-up month, and getting your card with us is free and easy. You need to live in Baraga County, and have an ID with a current address. Drop in during business hours, fill out our form, and we’ll get you a card! With a card, everything in the Library is free to use or checkout. In addition to having access to thousands of books (both in print and audio—from our very own library and from libraries across the UPI), cardholders are also able to check out DVDs, and access online e-books and e-magazines at no cost. Stop in and sign up today!

B.A.S.I.C. (Building Adult Skills in Computing) is back this month! During these sessions, participants may ask tutors from Michigan Tech University to help them with smartphones, tablets/Pads, or laptop computers. The tutors will work closely with participants to solve their most pressing questions about their devices. The first session will take place on September 13th from 6:00-7:30 PM in the Library’s front classroom. Attendees are encouraged to come early to ensure that the tutors will be able to work with you. Please note that we cannot guarantee that we will have enough tutors to work one-on-one, and there may be a waiting period. Additional sessions will occur on October 18th and November 15th, both starting at 6:00 PM. If you have any questions about this program, please call us at 353-8163, and ask for either Angela or Dawn.

Also, did you know that Baraga County is full of Reading Rock Stars? This summer, our Summer Reading Program participants read a total of 54,000 minutes, which is a 900 hours! Library patrons embarked on a reading challenge to read 20 minutes at a time to reach a 1200 minute per person goal. Participants also had the option to join in the summer events happening at the library. The events put a fun spin on the Science, Technology, Engineering, Mathematics (STEM) theme with sessions about music and dance, bead-making, and rocket building. We ended the summer with a game day party that included a Library Scavenger Hunt, Plinko, and Giant Jenga.

Finally, we’d like to thank everybody for their support of the Summer Reading Program. We’d like to extend a huge thank you to our participants, and a special thank you to Lisa Denomie and Tashina Emery for hosting events at the library, to Greg Loonfoot for building the best Plinko game board, to the KBIC Youth Programs for their assistance this summer, and to the KBIC Education Department and the KBIC Tribal Council for their continued support of the Summer Reading Program. Also, I’d like to thank my library assistant, Dawn Uphoff, and my summer youth worker, Riley Koski, for all of their amazing work this summer! Milwech!

For more information about our upcoming events, hours and closure notifications, book sales deals, and new books please like and follow the Ojibwa Community Library on Face-book.
KEWEENAW BAY INDIAN COMMUNITY
2018 TIMBER STAND IMPROVEMENT PROJECT

The Keweenaw Bay Indian Community will be offering Timber Stand Improvement (TSI) units to be cut this fall to registered Tribal members. Cutting areas are 8-9 acres in size. All cutting must be completed by October 31, 2018.

Those who sign up must be registered Tribal members of Keweenaw Bay Indian Community living within Baraga, Houghton, Keweenaw, Ontonagon, or Marquette Counties. The sign-up sheet is located at the Keweenaw Bay Tribal Center. Last day to sign-up will be September 28, 2018. Cutters will be selected by the KBIC Tribal Council. Those selected will be notified by phone and/or mail. Selected Tribal members must be willing and able to do the cutting they are hired for. No subcontracting of cutting will be allowed. All cutters are required to provide their own boots and chainsaws. Eye, head, ear, leg, and hand protection will also be required, but can be provided upon request. Preference will be given to those who are unemployed.

Please contact Rachel McDonald, KBIC Forester, at 353-4591 or rmcdonald@kbic-nsn.gov for additional information.