NMU HOLDS 23RD ANNUAL “LEARNING TO WALK TOGETHER” TRADITIONAL POWWOW, KEWEENAW BAY INDIAN COMMUNITY MEMBERS PARTICIPATE

Northern Michigan University’s (NMU) Annual “Learning To Walk Together” Powwow was held on Saturday, March 12, 2016, at the Vandament Arena on NMU’s campus. The powwow is always well attended by Native American communities throughout the Upper Peninsula of Michigan, downstate Michigan, and Wisconsin, including the Keweenaw Bay Indian Community who provides essential support for this mid-March event. Glen Bressette, Sr., KBIC, led the KBIC Veteran’s Honor Guard along with Head Dancers; Royalty; and a vast number of Traditional, Fancy, and Jingle Dress Dancers, into the arena. Julie Whitepigeon and Ray Cadotte (both Saginaw Chippewa) served as Head Dancers for this event. Twice crowned, Miss Keweenaw Bay, Kayla Dakota, was seen representing KBIC throughout the arena, enjoying many of the Inter-tribals, the Jingle Dress exhibition, and many honor dances. Bahweting Singers served as Host Drum with invited drums: Crazy Boy, Mukwaa Gizik, and Sturgeon Bay Singers. Emcee, Stanley Spruce, and Co-Emcee, Mitch Bolo, (both KBIC), kept everyone informed of the events, and things moved quite smoothly. This year’s Arena Director, Robert Blackdeer, was very attentive to the arena needs, and Firekeeper, Sam Doyle, kept the sacred fire well attended.

A grand feast was held between the grand entries at the Jacobetti Center where a Hand Drum Competition was also held. Kristina Misegan, (KBIC), and the former Miss Keweenaw Bay 2013, served as the powwow chairperson for this year’s event. Kristina, a sophomore at NMU, welcomed all to the Native American Students Association (NASA) Annual Powwow. Kristina said, “Putting this powwow together has taken a tremendous amount of work, and it couldn’t be possible without all the generous businesses, tribes, volunteers, drum groups, dancers, and vendors. The NASA is very thankful for all the support we did receive, and I hope everyone had a delightful time!

SPECIAL POINTS OF INTEREST

- KBIC Participates at NMU Learning To Walk Together Powwow
- Secretarial Election Notice for KBIC
- Lake Superior Fishery Management—Top Priority
- Anishinaabe Ziinzibaak
- Ojibwa Senior Citizens News
- New Employees
- Deepest Sympathy

April is Alcohol Awareness Month

Drinking too much alcohol increases people’s risk of injuries, violence, drowning, liver disease, and some types of cancer. This April, during Alcohol Awareness Month, I encourage you to educate yourself and your loved ones about the dangers of drinking too much.

In Michigan alone, there have been over 500,000 drunk driving accidents within the past year. To spread the word and prevent alcohol abuse, KBIC DHHS is joining other organizations across the country to honor Alcohol Awareness Month.

If you are drinking too much, you can improve your health by cutting back or quitting. Here are some strategies to help you cut back or stop drinking:

- Limit your drinking to no more than one drink a day for women or two drinks a day for men.
- Keep track of how much you drink.
- Choose a day each week when you will not drink.
- Don’t drink when you are upset.
- Avoid places where people drink a lot.
- Make a list of reasons not to drink.
- If you are concerned about someone else’s drinking, offer to help.
SECRETARIAL ELECTION NOTICE
March 11, 2016
KEWEENAW BAY INDIAN COMMUNITY

At the request of the Keewenaw Bay Indian Community’s Tribal Council by Resolution KB-002-2015 the Midwest Regional Director has authorized a Secretarial Election to permit the qualified voters of the Keewenaw Bay Indian Community to adopt or reject a proposed amendment to Article VI, Section 1(h) of the Tribal Constitution.

The election will be conducted in accordance with Tribal Constitution Article VIII — Amendment and By-Laws, Article IV—Adoption of Constitution and By-Laws; the regulations set forth in Title 25, Code of Federal Regulations, Part 81 (25 CFR §81) and Pub. L. 100-420, as amended by Pub. L. 101-301.

ELECTION DATE: Tuesday, April 26, 2016

MAILOUT BALLOT: The Secretarial Election will be conducted entirely by Mailout Ballot.

VOTER REGISTRATION PACKETS are being mailed March 11, 2016, to tribal members who are 18 years or older on April 26, 2016, and whose name is on the Eligible Voters List. A side-by-side comparison of the current constitutional language and the proposed amendment will be included in each voter registration packet. It will also be available in all tribal offices and the Bureau of Indian Affairs, Michigan Agency. An adult tribal member who resides on the reservation and does not receive a voter registration packet in the mail should contact the Chairman of the Election Board or an Election Board member.

Your voter registration form must be received by the Secretarial Election Board by U.S. Mail only no later than March 31, 2016. No other form of delivery will be accepted.

REGISTERED VOTERS LIST: On April 5, 2016, the Registered Voters List will be posted at the Michigan Agency, Tribal headquarters, and any other public places determined by the Secretarial Election Board. It is possible to challenge the inclusion, exclusion, or omission of a name on the Registered Voters List. The procedures to submit a challenge will be posted with the list. Challenges to the Registered Voters List must be submitted, in writing, to the Election Chairman no later than 3:00 p.m. Eastern Time on April 11, 2016.

MAILOUT BALLOT PACKETS: On April 12, 2016, a Mailout Ballot Packet will be sent U.S. Mail to each registered voter. The instructions on how to return the ballot will be included. A ballot can be returned by U.S. Mail or by hand delivery to the Ojibwa Senior Citizens Center no later than 3:00 p.m. Eastern Time on the day of the election.

With the list. Challenges to the Registered Voters List must be submitted, in writing, to the Election Chairman no later than 3:00 p.m. Eastern Time on the day of the election.

Ballots will be counted:

Date: April 26, 2016
Place: Ojibwa Senior Citizens Center, Baraga, Michigan
Time: Beginning at 1:00 p.m.

Immediately after the ballots are counted, the election results will be posted in all tribal offices and at the Bureau of Indian Affairs, Michigan Agency.

The Election Board appointed to conduct the election is composed of the following people:

Jason D. Oberle, Election Board Chairman
Kim Klopstein, Member
Peggy Loonsfoot, Member

EVEN IF YOU ARE REGISTERED TO VOTE IN TRIBAL ELECTIONS, YOU MUST REGISTER TO VOTE WITH THE SECRETARIAL ELECTION BOARD.

Current Language
Constitution of the Keewenaw Bay Indian Community

Article VI — Powers and Duties of the Tribal Council

Section 1. The Tribal Council shall have the power, subject to any limitations imposed by the Statutes or the Constitution of the United States, and subject to all express restrictions upon such powers contained in this Constitution and attached By-laws:

(h) To appropriate for tribal use any available tribal funds, provided, that any appropriation in excess of $10,000 in any one fiscal year shall be of no effect until approved at a popular referendum.

To be added to the mailing list or to correct your mailing address, contact the enrollment office at (906) 353-6623 ext. 4113.

OJIBWA SENIOR CITIZENS
REGULAR MEETING
Helene C. Welsh Senior Citizens Building
February 10, 2016

The meeting was called to order by Vice President Lois Bedell at 12:15 p.m.

The roll call of Executive Board
Present: Vice President Lois Bedell, Treasurer Marsha Pharr, Assistant Treasurer Agatha Cardinal, Assistant Treasurer Ron Spruce, Secretary Veronica Adams, and Assistant Secretary Shirley McAlvey.

This statement was made by Secretary Shirley McAlvey.

The Lord’s Prayer was led by Vice President Lois Bedell with a moment of silence for those who have passed on.

Quorum declared present.
Present: Don Funke, Marsha Pharr, Nancy and Henry Chosa, Jeannene Mayo, Theresa Velmer, Wanda Seppanen, Mary Kaupilla, Ralph Eckerberg, and Mike Cardinal.

Approval of Agenda: Marsha Pharr requested to be added to the agenda. No motion was made to approve the agenda.

Approval of December 2, 2015 meeting minutes: Vice President Bedell allowed those present time to read the minutes that were available for review. Motion made by Don Funke to approve the minutes as printed, supported by Henry Chosa. All in favor. Motion carried.

Reading/Approval of Treasurer’s Report:
Treasurer Susie Crawford gave a brief overview of the distributed Treasurer’s Report. Ending balance is $8,909.93 with the potatoes and L’Anse Sentinel bills being prepaid. Outstanding revenue is the Nutrition Program of $420, and NewDay of $100. Motion made by Don Funke to approve the Treasurer’s Report, supported by Betty Kaupilla. All in favor. Motion carried.

Business:
2. Gift Shop Report — No report available. Don Funke inquired how much revenue has been received from the Gift Shop since the inventory of over $8,000 was done. Treasurer Susie Crawford stated that all the consignment items were included in the inventory and she has no documentation on how much that was. She will work on a total revenue received since the inventory was taken after she returns from her trip in April.
3. Pasty Sale — Don Funke said that 1072 pasties were made in January and we sold out. He stated the dough machine has been acting up and may need a new motor. Hopefully it will be fixed before the February Pasty Sale of February 24 and 25. He is getting materials for approximately 900-950 pasties. We need additional baking help.

Other: A discussion followed regarding the possibility of doing small (overnight) trips. This item is to be placed on the February agenda for more discussion. This item was tabled.

Marsha Pharr: Marsha said that she had some concerns on the senior van and safety issues. Nutrition Director Beth Koski informed her that it is inspected before any long trips are taken by the seniors.

Mike Cardinal: Mike stated that there will be a Secretarial Election to change our Constitution and outlined the necessary steps to increase the expenditure ceiling from $10,000 to $50,000 for voter approval. All KBC members will receive an informational packet/registration in the mail.
and only those KBIC members who register will be sent the ballot to vote. There will also be a second amendment to the judicial system this summer. There will be several informational meetings for members to learn more about this process. Information will be in the L’Anse Sentinel and at all Tribal offices.

Adjournment: Motion made by Agatha Cardinal to adjourn at 12:47 p.m., supported by Susie Crawford. All in favor. Motion carried.

Submitted by Susie Crawford, Recording Secretary/Treasurer

NEWS FROM THE OJIBWA SENIOR CITIZENS

You can now get your blood pressure checked every Thursday at the Ojibwa Senior Citizens Center, 11:00 a.m.

Join us for Tai Chi offered every Wednesday at the Ojibwa Senior Citizens Center, 11:00 a.m.—11:00 a.m. or 4:30 p.m.—5:30 p.m.

April:
- Apr. 13, 12:15 p.m. Senior Meeting. We will be discussing the May Senior Officer Elections.
- Apr. 25, 26, 27, MIEA Meeting in Hancock.
- Apr. 27, Pasty prep starts at 12:15 p.m. until approx. 3:00 p.m.
- Apr. 28, Pasty Sale at 5:00 a.m. All volunteers are needed as early as possible. Clean up immediately follows the baking of the pasties—please plan to stay for clean up; we’re usually done by 11:00 a.m.

May:
- TBD May Senior Meeting date
- May 25, Pasty prep.
- May 26, Pasty Sale.

Please mark your calendars with these dates!

LEGAL NOTICE

Minnesota Chippewa Tribe
In the Bois Forte Band of Chippewa Tribal Children’s Court
Nett Lake, MN

The Bois Forte Band of Chippewa, Department of Family Health Services, Petitioner, v. Casey Marie Chosa, Miles Cameron and Blaze Wold, Respondents, et. al.

TO: The above named respondents, Casey Marie Chosa, Miles Cameron and Blaze Wold, parents of K-J B. P. and K. B. C., minor children.

It is hereby and notice is given an initial hearing will be held on the 27th day of April, 2016 at 1:00 p.m. Central Standard Time, or as soon thereafter as counsel may be heard, at the Bois Forte Tribal Children’s Court, Bois Forte Indian Reservation, 12907 Palmquist Road, Nett Lake, MN 55772, on a child in need of protective services petition filed in this Court on December 8, 2015, by the Bois Forte Family Health Services.

You are hereby notified by this summons and notice that you are required to appear at this hearing at the above time and place.

By The Court
Megan Treuer, Chief Judge
Lucille Morrison, Clerk of Court
Attorney for Petitioner, Chris Allery

Submitted by Amy St. Arnold, Education Director at 906-353-4117 or amy@kbic-nsn.gov.

BIA Scholarship Deadline

The deadline to apply for a BIA Scholarship for the 2016-17 academic year is May 1, 2016.

Applicants must be enrolled KBIC members, legal residents of Michigan attending a 2 or 4 yr. accredited Michigan college in pursuit of a 2 or 4 yr. degree and must complete the FAFSA (Free Application for Federal Student Aid). Presence in the classroom is required.

Applications are available from the Education Office, Keweenaw Bay Tribal Center, 16429 Beartown Rd., Baraga, MI 49908. For more information, please contact Amy St. Arnold, Education Director at 906-353-4117 or amy@kbic-nsn.gov.

EDUCATION INCENTIVE PROGRAM AWARDS STUDENTS

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. Students must be enrolled KBIC members, reside in Baraga, Houghton, Ontonagon, or Marquette counties, and must attend a public or private school. A student’s Honor Roll status is defined according to the requirements of their school district.

The following sixty-four students were placed on the Honor Roll for the second marking period of the 2015-16 academic year:


L’Anse-Baraga Community Schools — Jacob Arens, Nora DeCota, Stacey DeCota, and Diana LaPlante-Veker.

Marquette — Neebin Ashbrook-Pietila, Andre Hamalainen, and Sean Seymour.

Sacred Heart Catholic — Ireland Chosa and Rachael Velmer.

Ontonagon — Courtney Croteau.

The following thirty-eight students received awards for achieving Perfect Attendance:


Sacred Heart — Landen Choza, Zachary Velmer, and Robert Webb-Grisham.

Gwin — Kaitlyn Shelfoe, Kimber Shelfoe, Taylor Shelfoe, Destinee Stanton, and Laci Stanton.

(3) Niswi
Gary Dean Hueckstaedt (December 13, 1962 - March 7, 2016)

Gary Dean Hueckstaedt, age 53, of Baraga, passed away peacefully at his home on Monday, March 7, 2016, following a courageous battle with cancer with his family by his side. He was born in Milwaukee, WI, on December 13, 1962 the son of Ronald Hueckstaedt, Sr. and Agnes Hueckstaedt (Crebessa).

Gary worked various jobs throughout his lifetime. He worked 12 years at Benz Oil Co. in Milwaukee. He served in the U.S. Army and was a member of the Keweenaw Bay Indian Community. His love for his family and friends was evident. He enjoyed spending time with family and friends, playing Bingo, cooking, hunting, and was an avid Packers fan. He married Lynda Gibbins on December 13, 2002.

Gary is survived by his loving wife Lynda (Lynda) Hueckstaedt; children: Joe Scott (Mikka) of Barons on December 13, 2002; and Curtis Nieskes of Lena, WI;; and his special friends who were more like brothers to him: Rich Reed, Marc Trevisan, both of Milwaukee, WI, and Carol (Ronald) Owens of Baraga, MI, and Carol (Ronald) Gretzon of Lena, WI; his uncle, Robert (Cheri) Hueckstaedt of Lena, WI, and his special friends who were more like brothers to him: Rich Reed, Marc Trevisan, both of Milwaukee, WI, and Curtis Nieskes of Baraga.

He was preceded in death by his father, Ronald Hueckstaedt, Sr. and many other loved ones. His out of this world comments and laughter were special to all who knew him. His smiling face will always be remembered. He will be loved and sadly missed by all.

A Memorial Service for Gary was held on Wednesday, March 23, 2016, at the Ojibwa Senior Ceremonial room in Baraga, MI. Following the service the family visited with friends at a fellowship and a luncheon at the Ojibwa Senior Citizens in Baraga. The family was assisted by the Reid Funeral Service and Chapel of L'Anse, MI.

**Artwork and submission forms should be sent to NICWA Event Manager Lauren Shapiro at lauren@nicwa.org no later than May 4, 2016.**

**Call for Artists at NICWA 2017 Annual Conference**

Hillary Davis Kempenich, Walk Me into the Arena (2016 winner)

**National Indian Child Welfare Association**

NICWA invites American Indian and Alaska Native artists to participate in our call for artists. NICWA is excited to once again provide an opportunity for artists to showcase their talents in support of our 2017 Protecting Our Children Conference in San Diego, CA.

The selected artist will be awarded a cash prize of $1,500 for the use of their work in promotional materials for our 2017 conference. Artists interested in becoming conference artists and crafts vendors can opt to receive $1,200 and a booth space at the 2017 annual conference. The image will be published on NICWA’s website and printed in the conference agenda book and NICWA’s conference program.

**Annual Conference**

**Call for Artists**

**Terms of Use Agreement**

By submitting work for consideration, artists agree to the following terms of use of any Native artist looking to achieve exposure on a national scale.

- NICWA shall reproduce image for printed and digital materials associated with its Protecting Our Children National American Indian Conference on Child Abuse and Neglect, including for purposes of marketing, publicity, reporting, and other communications.
- NICWA shall retain rights to use image in future materials in perpetuity. This is at the exclusion of use of the image by other agencies, entities, or groups other than NICWA and the artist.
- Artist shall retain the rights to use image for their own personal purposes but will refrain from using for any other commercial or marketing materials for exactly three years from the last day of the NICWA conference that the work was reserved.
- NICWA may alter or manipulate image for use in marketing and other promotional materials related to the annual conference.
- NICWA will reference the artist, description of art, and artist biography in the conference agenda book and NICWA website.

For entry form and more information visit website at: http://www.nicwa.org/callforartists/

**Behavioral Health Research at KBOCC**

We are pleased to announce that KBOCC has joined the American Indian Higher Education Consortium (AIHEC) Tribal College and Universities (TCU) Behavioral Health Research Network to address behavioral health needs at KBOCC. Funding from AIHEC will enable KBOCC to implement a two-year behavioral health research project to develop capacity within KBOCC faculty, staff, and students to conduct research on behavioral health as well as support the introduction of culturally-appropriate and informed adaptations of evidence-based practices to meet behavioral health needs of KBOCC students, staff, and the community. Behavioral health concerns for Baraga County have been noted, and amongst these are higher than average admission rates for alcohol, non-heroin opioid abuse, marijuana abuse; higher rates of confirmed cases of child abuse and neglect; as well as diagnoses of chronic or episodic depression and related diagnoses.

KBOCC recognizes student behavioral health needs as one of its top priorities and is committed to providing resources that will help students to have a successful higher education experience.

**As the initial step in designing interventions, KBOCC will be conducting a college-specific behavioral health needs assessment as a follow-up to a community needs assessment conducted in 2014-2015 by the Baraga County Communities That Care, which indicated that six risk or protective factors varied significantly from national norms for Baraga County youth. The KBOCC needs assessment will be conducted through anonymous surveys as well as various stakeholder focus groups, led by two co-researchers. From the data collected, student behavioral health needs will be prioritized and intervention measures and outcomes will be identified and adapted to KBOCC. Capacity for research, as well as student services and training, will be developed through training and curricula for students and staff. The second year of the project will focus on implementing an intervention to address an identified behavioral health need. Student researchers will then collect data on the impact of the implemented intervention. Lastly, KBOCC plans to initiate an advisory board to continue to form KBOCC about community needs, priorities, and acceptance of interventions. KBOCC is excited for this opportunity to further our commitment to meet the needs of our students and the community, as well as our commitment to sound and appropriate research.**
Lake Superior Fish Stocking Summary. 2015 numbers, and total numbers to date.

Lake Trout: 2015: >21,000 yearlings to Keweenaw Bay. >1,800,000 total to date.

Brook Trout (Stream Strain): 2015: >39,000 fish; >35 U.P. locations. >700,000; >200 U.P. locations to date.

Brook Trout (Coaster Strain): 2015: >9,000 fish to Lake Superior and connecting waters. >700,000 to date.

Walleye: 2015: 1,500,000 to Lake Superior. >10,000,000 to Lake Superior and the Portage Waterway to date.

KBIC and their management partners use standardized fisheries surveys to develop, implement, and maintain optimal harvest levels for Lake Trout and other historically and culturally important species.

Combined restorative stocking and assessment programs have contributed to the significant recovery of Lake Superior Lake Trout. Efforts have in fact been so successful, Lake Trout stocking has been reduced (or even discontinued entirely) by all agencies stocking them in Lake Superior. KBIC-NRD continues to strategically stock Lake Trout in the Keweenaw Bay region, understanding that with the ever-increasing human demand on the Lake Superior Fishery comes justification and need to utilize stocking in certain circumstances.

KBIC Tribal Fisherman are monitored and regulated. More fish are put back into the fishery than what are taken. Fishermen from other tribes are fishing within the Home Territory of the KBIC, and we don’t know the extent that they are regulated, nor do they stock fish in this area. Unfortunately, these fishermen have been mistaken as KBIC fishermen.

Finally, KBIC-NRD is heavily invested in tracking, managing, and where possible preventing Invasive Species issues on Lake Superior, in restoring fish and aquatic communities to the Air and Water Quality Research, in monitoring and responding to various Environmental issues and in managing regional fisheries, plants and wildlife in a diverse, holistic way. We will continue to strive toward the best stewardship of the resources of Lake Superior and region, and ultimately in conserving and managing the resources that KBIC members have retained through Treaty Rights to hunt, fish, and gather for generations to come.
KEWEENAW BAY INDIAN COMMUNITY

HEALTH ASSESSMENT 2015

With funding from the CDC grant Good Health and Wellness in Indian Country, in 2014 the Great Lakes Inter-Tribal Epidemiology Center (GLITEC) launched a project called Berendi Area Leaders Acting for Change (BALAC). The purpose of the BALAC project is to reduce chronic disease in American Indian communities through policy, system, and environmental changes. The Keewenaw Bay Indian Community was selected as one of four BALAC sub-grantees.

To determine what types of activities would be most beneficial to implement as part of the grant, a community health assessment was conducted in 2015. A survey assessment framework called the Modular Survey for American Indian/Alaska Natives (MOSAC Beta) was utilized to survey the community. Questions about nutrition, physical activity, commercial tobacco, and chronic disease were pre-selected to align the survey’s content with BALAC’s objectives, as well as to ensure that some data could be presented in aggregate. Additional questions were selected and approved by the Keewenaw Bay Indian Community.

Adult American Indian/Alaska Natives aged 18 or older who lived in Baraga, Houghton, Marquette, or Ontonagon County were eligible to take the pen-and-paper self-administered survey. Participants filled out the surveys themselves by filling in check boxes or providing short answers to questions. The survey was administered via convenience methods, primarily at an event and drop-ins at the KBNC clinic.

Two hundred eighty one (281) valid surveys were completed by people who were enrolled or descended from a tribe. Data entry, analysis, and reporting were completed by GLITEC.

Who Participated

Social and economic factors like age, sex, income, employment, and education have enormous influence on the health of a person. These factors affect individuals’ ability to access many types of resources, including safe housing or healthy food. Among this survey’s participants, the largest percentage (29%) reported income between $25,000 and $39,999. Survey participants were asked to be 18 or older and American Indian/Alaska Natives.

Physical Activity

Physical activity reduces the risk of chronic disease and provides health benefits, including improving mental health and mood, strengthening bones and muscles, and reducing the risk of falls for older people. Whether or not someone exercises is strongly influenced by social and other environmental factors, for example, people may be less likely to walk if they do not have safe, well-lit walking paths in convenient, useful locations.

Participants were asked whether they participate in any physical activities or exercise, such as walking, calisthenics, golf, gardening, or walking for exercise. The majority, 78%, said they did. When asked whether they participate in moderate physical activities that increase breathing or heart rate, for at least 10 minutes at a time in a usual week, 81% said they did. Of those, 81% said they engage in these moderate activities 3 or more days per week, with 20% reporting 5 to 6 days per week and 22% reporting 7 days per week of moderate activities.

Health Concerns

When asked whether a health professional had ever told them that they had certain conditions, 39% reported being told they had hypertension. High blood cholesterol at 29% was also a common diagnosis. Of those with a hypertension diagnosis, 61% were taking medication for their high blood pressure. Twenty-three percent reported that an impairment or health problem limited the amount or kind of work they are able to do. While 84% had BMI’s in the overweight or obese range, just 60% perceived themselves as overweight, and same percentage have attempted weight loss in the past year.

Healthy Diet

A healthy diet includes a variety of foods, with an emphasis on fruits, vegetables, lean meat, fish, eggs, and nuts, and with low amounts of saturated fat, trans fat, cholesterol, salt, and added sugars. KBNC MOSAC Beta survey participants perceived that overall their diet was healthy, with 72% reporting their diet was good, very good, or excellent. They reported eating fruits and vegetables frequently. Participants drank an average of one sugary-sweetened soda daily, although 55% of the participants reported drinking less than one per day. They reported eating fast food on average, 1.3 times per week.

Participants were asked about their daily consumption of fruit, orange-colored vegetables (like squash, sweet potatoes, and carrots), dark green and leafy vegetables, other vegetables such as corn, eggplant, peas, and potatoes that are not fruit, for each of these categories, the largest number of participants (from 50% to 58%) reported that they ate a serving of fruit or vegetables once per day.

How often per day, during the past month, did you eat these foods?

<table>
<thead>
<tr>
<th>Food Type</th>
<th>1/day or less</th>
<th>2/day</th>
<th>3/day or more</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fruit</td>
<td>73%</td>
<td>21%</td>
<td>6%</td>
</tr>
<tr>
<td>Green</td>
<td>56%</td>
<td>36%</td>
<td>8%</td>
</tr>
<tr>
<td>Orange-colored</td>
<td>42%</td>
<td>28%</td>
<td>30%</td>
</tr>
<tr>
<td>Other</td>
<td>39%</td>
<td>36%</td>
<td>25%</td>
</tr>
</tbody>
</table>

Average fast food consumption in past 7 days

47% often or sometimes couldn’t afford to eat balanced meals

20% were ever hungry in past year because they couldn’t afford enough food

Encouraged from:
Great Lakes Inter-Tribal Council, Inc. Keewenaw Bay Indian Community Health Assessment 2015. (June 2015). Great Lakes Inter-Tribal Epidemiology Center. Great Lakes Inter-Tribal Council, Inc.; 2015

Great Lakes Inter-Tribal Epidemiology Center. www.glitec.org/epicenter
Hello Everyone! Services are being set up in the new Zeba Community Building. Following is a list of things that are scheduled so far:

Ojibwa Housing: Ojibwa Housing Resident Services will be holding office hours at the Zeba Hall every Tuesday afternoon from 1pm to 3pm beginning April 5, 2016. Zeba tenants with questions or needing assistance regarding housing may call Natalie Mleko at (906) 524-5500 or (906) 353-7117 ext. 112, and she will do her best to help.

Craft Group: There is a craft group that meets every Sunday from 1pm to 6pm. All are welcome. Children must be accompanied by an adult.

Commodity Foods: Darren Webb from Commodity Foods is putting on a Nutritional Meal on April 5, 2016. The meal is open to anyone currently receiving commodities. Call him to reserve a spot, and he will let you know the time. (906) 524-7240.

Pow Wow Sweat: Beginning April 5, 2016, there will be a family exercise program every Tuesday and Thursday evening from 6pm to 7pm. The program will last for six (6) weeks. For information or to sign up, contact Beth Koski at (906) 353-6096. Children must be accompanied by an adult.

Medical Clinic / WIC: The Medical Clinic will be holding WIC hours for Zeba residents on the following dates:

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>June 22, 2016</td>
<td>12:30 pm—3:30 pm</td>
</tr>
<tr>
<td>July 20, 2016</td>
<td>12:30 pm—3:30 pm</td>
</tr>
<tr>
<td>August 24, 2016</td>
<td>12:30 pm—3:30 pm</td>
</tr>
<tr>
<td>September 14, 2016</td>
<td>12:30 pm—3:30 pm</td>
</tr>
</tbody>
</table>

New Day Treatment Center and the Youth Center may also be bringing in programs. You will be notified as they are set up. The hall is available to rent for activities such as Bridal Showers, Anniversary Parties, Wedding Receptions, etc.

For information or to reserve a date, call Natalie at (906) 353-7117 ext. 112! Happy Spring!

---

**Seeking Foster Parents**

Make a difference. Open your heart and home to a foster child.

Our Community. Our kids. KBIC Tribal Social Services

Contact us for a foster care informational pack. 906-353-4201

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**April 11, 2016**

Niwin Akeaa Center, Commons Area, 111 Beartown Rd.

5:00-6:30PM

Second Monday!

- Children 0-5 and siblings of all ages
- Create & Take a poem
- Family engagement—children must be supervised
- Snack will be provided

---

**Supplies are limited. Please register with Dawn. 353-4521**

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**NATIONAL POETRY MONTH**

Sponsored by KBIC Family Spirit and Healthy Start Programs
The Natural Resources Department recently hired Jen Tucker as Environmental Response Program Specialist. Her focus in the NRD will be in administration of grants and projects related to brownfield (environmentally contaminated, or potentially contaminated) sites, hazardous waste management, and the tribe’s emergency response, within the KBIC lands.

Jen attended both Northern Michigan University where she received her Bachelor’s degree in Environmental Conservation and Eastern Michigan University, to pursue her Master’s in Urban and Regional Planning. She comes to us from the Michigan Economic Development Corporation (MEDC) where she worked with municipalities throughout the UP in downtown development and revitalization, and received her certification as an Economic Development Finance Professional (EDFP). Her professional passion lies in “communities that just make sense,” both from a social and environmental perspective, and is excited to be a part of KBIC’s environmental enhancement efforts. She is inspired by Lake Superior, her three pups, and David Bowie.

Sam Spruce was hired on November 2, 2015, as the Water Resources Technician for the KBIC Natural Resources Department. Sam is a KBIC member who was born and raised in New London, Wisconsin. Sam is the son of Ken Spruce and Jennifer Meyer. He moved to L’Anse after graduating High School in the summer of 2014. Sam is currently seeking an Associate’s degree in Environmental Science from the Keweenaw Bay Ojibwa Community College. Sam is an outdoor enthusiast who enjoys his job monitoring the waters on and near the L’Anse Reservation. He plans to work with the tribe for many years to come.

The Anishinaabe ziinzibaakwad (maple sugar) has been a part of the Keweenaw Bay Indian Community’s (KBIC) culture and economics for hundreds of years. Author Charles Cleland (Rites of Conquest) stated that maple sugar was by far the largest export from KBIC. This is also apparent in some of the early reports from the Department of the Interior, especially from the 1865 Mackinac Agency report that stated in L’Anse, “The maple sugar manufactured is reported at 453,252 pounds.”

Commercial fishing and maple sugar production defined our traditional economics. Today, only a few commercial fishermen remain, and only a few families still return to the sugarbush every spring. Of the few who still produce the amazing natural sweetener, typically only enough is made for personal consumption.

The Anishinaabe ziinzibaakwad (maple sugar) produced by our people is deeply rooted in tradition. Our lunar calendar has a maple sugar harvest month dedicated to the sugaring process as El Nino has produced some very odd temperature swings. Typically, a slow gradual warm-up will provide the ideal temperature patterns to induce the sap flow inside the maple trees. This spring, above freezing temperatures were witnessed in a very long time, as our traditional ways were outlawed by the federal government up until the Indian Religious Freedom Act of 1978. Historical logging practices removed the opportunity for Tribal members to tap trees large enough to produce sap. The forest is recovering, as is the tradition.

The KBIC Forestry Department in concert with the KBIC Tribal Council, KBIC Natural Resources Department, KBIC Department of Health and Human Services, Keweenaw Bay Ojibwa Community College, Indian Health Service, National Park Service, and countless invaluable community volunteers have been operating the KBIC Community Sugarchub to provide an opportunity to the local community to reconnect with the ancient tradition and provide maple syrup to the seniors and youth. Sap bags are hung from sugar maple trees and the sap is boiled out at Laugh’s Lake off Indian Road. This year will mark the 4th annual KBIC Community Sugarchub that has seen interest and participation increasing every year.

This spring has presented many challenges to the sugaring process as El Nino has produced some very odd temperature swings. Typically, a slow gradual warm-up will provide the ideal temperature patterns to induce the sap flow inside the maple trees. This spring, above freezing temperatures presented during the day and night have not been favorable for sap production. The St. Patrick’s Day snow accumulation and return of cold weather has allowed for the operation to continue this year. If temperatures would have remained warm we would have cancelled the sugarchub operation for 2016.

Come on out if you would like to learn the process or socialize with friends. There is work for everyone. All ages and abilities are welcome to participate. It’s the perfect time to get some fresh air and welcome in the new spring. Stories and songs are frequently sung around the boiling sap and friendships are forged, renewed, and strengthened. It’s a great way to reconnect with our community, ancestors, and the forest that has maintained our people. For more information, contact the KBIC Forestry Department at (906) 353-4591 or join the KBIC Community Sugarchub page on Facebook.

**FOOD DISTRIBUTION PROGRAM ON INDIAN RESERVATIONS (FDPIR)**

FY 2016 NET MONTHLY INCOME STANDARDS* (Effective Oct. 1, 2015 to Sept. 30, 2016)

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*The net monthly income standard for each household size within the applicable SNAP standard deduction.

**Anishinaabe Ziinzibaakwad**

Jerry Jondreau, KBIC Tribal Forester

Miigwech,

KBIC Forestry Department
Who’s Who—Who’s New—and What Do We Do

I will be running an informational article in this issue and subsequent issues as room allows recognizing Tribal government employees and duties they perform in an effort to allow the Community to know who to contact regarding specific needs and services. I ran the Account- ing Department in January issue and will con- tinue through the departments alphabetically as room allows. Keep watch for the numerous de- partments of KBIC Employees to be the key to our success.

KBIC’s Community Assistance Program (CAP) is located at the KBIC Tribal Center, 16429 Bear Town Road, Baraga, MI 49908. (906) 353-4162.

Debbie Williamson: Community Assistance Programs Administrator. Debbie began her em- ployment with the CAP office on June 22, 2015. Angela can assist you with all of the program’s funding avenues.

Angela Shellie: Community Assistance Programs Clerk/Intake Worker. Angela Shellie began her employment with the CAP office on March 21, 2016. Angela can assist you with all of the program’s funding avenues.

April is National Child Abuse Prevention Month

By working together as a community, we can all play a part in promoting children’s emotional well-being and strengthening families. Ke- weenaw Bay Indian Community Tribal Social Services is dedicated to supporting families and reducing the risk of child abuse and neglect.

Being the best parent you can be involves taking steps to strengthen your family and hold- ing support when you need it. Parenting isn’t something you have to do alone. When you have knowledge, skills, and resources you need, you can raise a happy, healthy family.

Here are known protective factors that par- ents can develop that will strengthen their fami- lies:

Nurture and attachment (Love): Take time each day to connect with your children. Engage your child in family tasks (cooking, shopping, driving) and allow them when they are doing, how was they day, how was school, or play a game such as I spy. Say I love you every day, let your child know how special they are.

Knowledge of Parenting: Ask questions about parenting or child development from your doctor, your child’s teacher, family and friends, look online for information on parenting, take a par- enting class, share what you know about parent- ing with other parents.

Parental Resilience (the ability to cope): Take care of yourself (take a bath, write, sing, read a book, walk), do physical exercise, talk openly with someone you trust, surround yourself with people who support you, and make you feel good about yourself.

Social Connections: Participate in the commu- nity events, join a parenting support group, and attend church to welcome you.

Community Resources: Make a list of places or people to call for support, ask the school, doc- tor’s office, or Tribal social services for people or agencies that can help you, dial 2-1-1 to find out organizations in your area who can help you.

Child emotional and social well-being: Pro- vide structure, routines and consistency for chil- dren so that they know what is happening in their day and they know what to expect and count on. Talk to your children about how im- portant they are and that they feel.

Child abuse: Reducing the risk of child abuse and neglect.

Child abuse.

KBIC Tribal Social Services, (906) 353-4201

KBIC Tribal Social Services, (906) 353-4201

www.dbsalliance.org

KBIC Tribal Social Services, (906) 353-4201

http://www.kbic-nan.gov/content/social-services

http://www.dbsalliance.org

www.kbic-nan.gov/content/social-services

Child abuse

http://www.hopeonline.com

Children’s National Youth Advocacy Hotline

http://www.hopeonline.com

National Suicide Prevention Lifeline

http://www.dalhelp.org

Mental Health Helpline

National Mental Health Association Hotline,

Continues on page ten.

(9) Zhaangawi

Debbie Williamson (left) and Angela Shellie (right).
Keweenaw Bay Ojibwa Community College (KBOCC) students and faculty attended the 43rd Annual American Indian Higher Education Consortium Student Conference in Minneapolis, Minnesota, from March 13 through March 17, 2016. Ten students made the journey to Minneapolis. On Tuesday, Mary Kaye Durant and Jolene DeCota were recognized as the Coca Cola Scholar and Student of the Year. Eight students competed in events at the conference as follows:

- Art: Jane Kahkonen.
- Poetry Slam: Rachael Boyd and Tara Smith.
- Science Bowl Team: Tara Smith, Toni Sanchez, and Mike Rodriguez.
- Web Design: Raymond Cadreaus, Melanie Durant, and Jane Kahkonen.
- Scientific Poster Presentation: Mike Rodriguez and Trey Loonsfoot.

Jessie Koenig, Liberal Studies Department Chair, and Andrew Kozich, Science Department Chair, travelled with the students as coaches. All of the KBOCC students represented themselves and the school in an exemplary manner with Ms. Boyd finishing best of all the competitors making the final four in Poetry Slam.

The KBOCC staff were busy at the conference as well. Joe Eckerberg acted as master of ceremonies at Tuesday’s general session with guest speaker Olympic Gold Medalist Billy Mills and again on Wednesday for the Awards Banquet. Betti Szaroletta and Neil Kromer judged in the speech events and assisted at the awards banquet, and Neil also coordinated a lacrosse demonstration.

Attention KBIC Tribal Members

Job Bank Applications

With the approval of constructing both the Baraga and Marquette Casinos – Tribal Members are urged to apply for the Job Bank as TERO will be referring workers for these projects.

- Some of the jobs that will be available are for Carpenters, Masons, Construction workers, Heavy Equipment Operators, General Labor, and other skilled and unskilled workers will be needed for these projects.
- Native owned business – you also need to register with the TERO Office to qualify for Native Preference. Please contact this office for an application.
- TERO assistance is available during regular office hours in the Tribal Center [Monday – Friday] to assist KBIC Tribal Members in completing the application packet. Job Bank Applications are also available online at [http://www.ojibwa.com/content/tero -- Please stop by or contact Debbie Picciano @ 353-4167 or Email – TERO@kbic-nsn.gov].

KBOCC invites YOU to sign up for Summer 2016 Classes!

Sign up for one of our degree programs:

- Associate Studies (Newly Accredited)
- Business Administration
- Early Childhood Education

For billing questions, call (906) 524-8306.
Keweenaw Bay Indian Community Employment Opportunities

- Pharmacy Technician, DHHS, (full-time), 4/4/2016
- Sales Associate/Project Estimator, Ojibwa Building Supply (part-time up to 37 hours), 4/4/2016
- Lake Superior Program Coordinator, KBTNRD, (full-time), open until filled
- Teaching Assistant II, Pre-Primary (part-time), open until filled
- Youth Mentor, (youth position), Niiwin Akeaa (part-time), open until filled
- IT Help Desk Technician, (1-Baraga, 1-Marquette), IT Dept., (full-time), open until filled

For more information, please contact DeAnna Hadden, 524-7577 ext. 23 or dhadden@kbic-nsn.gov.

Attention Tribal Gardeners!
Do you like gardening, but don’t have the space to do it at home? Don’t have a green thumb, but would like to try and start a garden?

Sign up for a family plot at The People’s Garden in L’Anse (sponsored by the KBIC Natural Resources Department).

Contact DeAnna Hadden, 524-7577 ext. 23 or dhadden@kbic-nsn.gov for more information.

There will also be a cultural gathering area next to The People’s garden that will be open to community members.

Baraga County Spring Games
April 23, 2016
11:00 am - 2:00 pm

Sponsored by Copper Country Great Start and KBIC Youth

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 game 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 waived when the application is received within this timeline.
**KEWEENAW BAY INDIAN COMMUNITY**
**OFFICE OF CHILD SUPPORT SERVICES**
472 N. Superior Ave. • Baraga, MI 49908
Phone: 906-524-6626 • Fax: 906-524-6622
E-mail: ocss@kbic-nsn.gov

“Your Children...Our Priority”
We provide the following:
- Establishment, Enforcement
- Modification of Child Support Orders
- Paternity Establishment
- Location of Custodial and Non-Custodial Parents
- Community Education

http://www.kbic-nsn.gov

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**KEWEENAW BAY INDIAN COMMUNITY**
**Niimigimiwang**
Office of Violence against Women

**APRIL IS SEXUAL ASSAULT AWARENESS MONTH**
Please join KBIC OVW for the following events:

- **Friday, April 8, 2016, 6 p.m. ~ Movie Night & Talking Circle @ Zeba Hall:** excerpts from: The Hunting Ground
  - a documentary about sexual assault on college campuses followed by discussion and talking circle ~ Cherie Dakota and Debbie Williamson
- **Friday, April 22, 2016, 4:30 p.m. @ Ojibwa Casino Chippewa Room:** 3rd Annual ~Zaagibashagabawing~ Stepping out of the Darkness Sexual Assault Awareness Walk & Skype Presentation: Surviving Sexual Assault ~ Vincent Schilling, Native American journalist for Indian Country Today

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**Keweenaw Bay Indian Community Head Start & Early Head Start**

- **For More Information:** Contact Terri Denomie at (906) 524-6626.
- **KBIC Head Start** will not be responsible for accidents, lost or stolen items, including children and spouses. Unfortunately, only invited drums can be paid an honorarium. This is a smoke free environment and absolutely NO alcohol, drugs, or violence will be tolerated.

This event is sponsored by ITC and KBIC THPO.

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**Beading - Regalia - Traditional Crafting Group**

Location: Zeba Hall Every Sunday 1-6 p.m.

Everyone In Our Community Is Welcome

Children 0-18 Must Be Accompanied by a Parent

Refreshments and Snacks Offered

Contract Elizabeth Jaakkuri @ 906-395-1422 for any inquiries about our group.

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The Keweenaw Bay Indian Community Head Start & Early Head Start will be accepting applications for the 2016-2017 school year. Applications are available at the KBIC Health Clinic, KBIC Tribal Center, Ojibwa Community College, and at the Head Start & Early Head Start Center. You may also have an application mailed to you by calling (906) 524-6626. The fax is (906) 524-6622. Reminder, all applications MUST be returned with a proof of income. All applications are due by June 24, 2016.