Keweenaw Bay Indian Community’s Elected and Re-Elected Council Members Sworn Into Office

January 7, 2017 TRIBAL COUNCIL MEETING

The Regular Saturday Tribal Council Meeting was held on January 7, 2017, at the Ojibwa Casino Resort Conference Room in Baraga, Michigan. President Warren “Chris” Swartz, Jr., presented over the meeting with Jennifer Misegan, Susan J. LaFernier, Toni Minton, Doreen Blaker, Robert R.D. Curtis, Jr., Fred Dakota, Randall Haataja, Michael F. LaFernier, Sr., and Gary F. Loonsfoot, Sr. present. Not present: Eddy Edwards and Donald Shalifoe, Sr.

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 three), Susan J. LaFernier gave the Secretary’s Report (page four), and Larry Denomie gave the Treasurer’s Report (page four). Council approved the November 2016 Department Head Reports and Meeting Minutes for December 3, 2016, December 9, 2016, and December 19, 2016. Treasurer Doreen Blaker presented the January 2017 donations requests. Motion by Jennifer Misegan to approve the January 2017 donations as: $500 for Daniel Curtis’ travel to New York City with LHS Band, supported by Michael F. LaFernier, Sr. Eight supported (Misegan, S. LaFernier, Minton, Blaker, Dakota, Haataja, M. LaFernier, Loonsfoot), 0 opposed, one abstained (Curtis), two absent (Edwards, Shalifoe), motion carried.

Diana Chaudier, Election Board Chairperson, presented the December 17, 2016, General Election results for certifi- cation. Results for Tribal Council in the Baraga District were: Donald Shalifoe, Sr. (Inc.) 269 votes; Lyndon Ekdahl 197 votes; and Gary F. Loonsfoot, Jr. 227 votes. For Associate Judge: Violet M. Friisvall Ayres (Inc.) 312 votes. There are 721 registered voters, of whom 391 (54%) actually voted in this election. Of the 831 individuals who are eligible to register to vote, 47% of them voted in this election. Motion by Robert R.D. Curtis, Jr. to certify the 2016 General Election results, supported by Randall Haataja. Seven supported (Misegan, Minton, Blaker, Curtis, Dakota, Haataja, Loonsfoot), 0 opposed, two abstained (S. LaFernier, M. LaFernier), two absent (Edwards, Shalifoe), motion carried.

President Warren “Chris” Swartz, Jr. recognized Eddy Edwards, Gary F. Loonsfoot, Sr. and Donald Shalifoe, Sr. for their years of service as a Council Member. Gary F. Loonsfoot, Sr. was presented with a plaque and a parting gift on behalf of the Keweenaw Bay Indian Community and the Tribal Council. Eddy Edwards and Donald Shalifoe Sr. will receive their gifts and plaque at the Tribal Center as they were not present at to- day’s meeting. President Swartz ex- pressed to all three departing Tribal Coun- cil Members, “I express my sincere thanks and gratitude for everything you’ve done while on the Council. Sometimes the things we discuss at this table can be con- tentious and the debate can be spirited, but at the end of the day, we can hold our heads up high when we leave knowing that we’ve done the best that we could do for the people of the Community.” President Warren “Chris” Swartz, Jr. 

Continues on page two.
Council Meeting continued:

conducted the oath of office to the re-elected Associate Judge, Violet M. Friswalt Ayres. President Warren "Chris" Swartz, Jr. conducted the oath of office to the newly elected and re-elected Council Members: Michael F. LaFernier, Sr., Gary F. Loonsfoot, Jr., Rodney Loonsfoot, Jr., and Elizabeth Mayo. Reorganization nominations were made as follows:

- (Nominations for President). Council Member Elizabeth "Popcorn" Mayo asked, "Is this an hourly paid position of the Tribe?" Vice President Jennifer Misegan replied, "It has been. So, sometime this summer it was made a 20-hour a week position at $32.00/ hour. It is for every employee. There is an amount that is taken off for our wage when we attend meetings." Elizabeth "Popcorn" Mayo asked, "Do you take your Council wage off the stipend?" Vice President Jennifer Misegan replied, "It is in the bylaws that the Council wage is combined, and there's an average of the two. And that's what is taken off." Elizabeth Mayo nominated. "For the record, I do not support the paid position of the Vice President. The Vice President has always been paid by a meeting stipend. An hourly paid position is an hourly paid Executive Board should be brought forward to the Community to be voted on. Rodney Loonsfoot nominated Jennifer Misegan for Vice President. Rodney Loonsfoot nominated "Popcorn" Mayo for President. Toni Minton nominated Jennifer Misegan for Secretary. Rodney Loonsfoot, Sr., Gary F. Loonsfoot, Jr., Rodney Loonsfoot, and Elizabeth Mayo nominated. George "Popcorn" Mayo nominated. "I do not all know what is going on; sometimes just a few sit who sat at this table. I don't like that. People ask me, and I don't have an answer. What I do know is that there is a need to stop. We need to work as a team, and we always need to be on the same page." President Warren "Chris" Swartz, Jr. said, "There is an opportunity to work on the same page, and it's in regard to treaty rights. We need to work with the state and private industry to provide for our home territory here and convince Lac Vieux Desert that is what we want to do here in Michigan. It would be good to get them on board. Money is an issue and in Michigan similar to what the VOIGT Model Code does over in Wisconsin." President Warren "Chris" Swartz, Jr. said, "So, the opportunity to work on the same page. I think we have a good team. I believe the future is bright for the community."

Motion by Susan J. LaFernier to continue with the wage analysis of Council, top executives, and the Tribal Court. Ten supported (Misegan, S. LaFernier, Blaker, Dakota, Loonsfoot, Mayo), 0 opposed, 0 abstained (R. Loonsfoot, Roosta, Mayo), 0 opposed, 0 abstained, 0 motion, carried.

Motion by Larry Denomie III stated that the Tribal Court check signers be the Council, Chief Judge, Judge Associate, and Court Clerk. Ten supported (S. LaFernier, S. Mayo, Minton, Dakota, Loonsfoot, Mayo), 0 opposed, 0 abstained, 0 motion, carried.

Motion by Doreen Blaker to approve the Depository of Funds with Superior National Bank and Wells Fargo Bank, supported by Michael F. LaFernier, Sr. Ten supported (Misegan, S. LaFernier, Haataja, M. LaFernier, G. Loonsfoot, Roosta, Loonsfoot, Mayo), 0 opposed, 0 abstained, 0 motion, carried.
Vice President's Report for the Month of December 2016

- Progress continues to be made regarding tobacco manufacturing. We have funded the escrow account as required in the term sheet. We are currently reviewing the draft Management Agreement as well as the Licensing Agreement. I have completed my background application for the TTG license application as required, as have several other members of the board. Our weekly progress calls will resume on January 10 since we took a few weeks off due to the holidays.
- Groundbreaking ceremonies were held in both Baraga and Marquette for our exciting expansion projects. Considering the cold weather, they were both very well attended, and I would like to thank everyone who helped to make them a success. It was an honor to be a part of such a historical advancement for the Keewenaw Bay Indian Community.
- Some Tribal members have already filed amended tax return for 2014 and 2015, deducting the income they received from the General Welfare Support Program and the Elder and Disabled Pension. Those members are receiving letters back from the IRS asking for either a corrected Form 1099 or a letter from the Tribal stating the total amount of the General Welfare payments. Please be advised that we are not able to provide amended Form 1099s; however, we are currently working on letters for each member who received the benefits. These letters will be in the mail to those members by the end of February. It is going to be a difficult, coordinated task between the Enrollment/Licensing Department, Accounting Department, and the Attorney’s office. We are also continuing to work with Attorney Robert Porter to educate the Social Security Administration and the State of Michigan Department of Human Services on those benefits.
- We have arranged for Trooper Tim Scholander of the Upper Peninsula Substance Enforcement Team to give a presentation to the Council and the Community on January 23 at 2:30 p.m. in the Ojibwa Casino Resort Conference room. The topic of the presentation will be on the prevalence of Heroin use and the dangerous potentiates drug Carfentanil. This presentation is open to everyone and is sure to be a great learning experience.
- With the change in the Federal Administration, it will be extremely important to stay on top of all the developments, especially those affecting Indian Country. There is a plan to provide updates to the Council on a weekly basis. We will all need to be reading, researching, and paying attention to the challenges and opportunities ahead.
- I would like to say Congratulations to those who won our annual election, and Chi Migwech for the service to those who will be sitting at this table for the last time. It can be a difficult yet rewarding position. Respectfully submitted, Jennifer Misegan

Tribe Council Secretary’s Report for the Month of December 2016

ANNI! We honor the greatness in you. Remember: “Indian Country Counts”

“Our People, Our Nations, Our Future”

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.

Let us pray for a year of new peace and contentment and new fortune and friends, and may God bless us throughout 2017. Have an amazing year and opportunities ahead.

December 3, 2016 Regular Council Meeting (on 01 December 9, and 19, 2016. The unapproved motions for December 3, 9, and 19, 2016, follow. Actions taken were:

December 3, 2016 Regular Council Meeting (on 01-17 agenda for approval):

- Approved the Tribal Council President’s Report for November 2016 (Warren Chris Swartz, Jr.)
- Approved the Tribal Council Vice President’s Report for November 2016 (Jennifer Misegan).
- Approved the Tribal Council Secretary’s Report for November 2016 (Susan J. LaFernier).
- Approved the CEO’s Report for November 2016 (Larry J. Denomie III).
- Approved the October 2016 Department Head Reports.
- Approved the October 27, 2016 Tribal Council Meeting Minutes.
- Approved the Great Lakes Water Tribal Council, Inc. Tribal Sub-Area Agreement with the Bemidji Area Leaders Acting for Change (BALAC) Program.
- Approved the December 2016 Donations: $500.00 for the Calumet Art Center membership renewal; $1,500.00 for the Salvation Army for holiday donations; $1,000.00 to the Wounded Warrior Project to help veterans; $500.00 to Michigan Indian Legal Services, Inc. to assist low income Indian families; $500.00 to Taylor Shelafoe for her Teen Pageant fees; $300.00 to Legal Services of Northern Michigan to assist local communities; $250.00 to Little Brothers Friends of the Elderly for holiday dinners; $250.00 to the Superior Health Foundation for equipment; and $1,000.00 to St. Vincent DePaul.

December 9, 2016 Special Council Meeting (on 1-7-17 agenda for approval):

- Approved Resolution KB 058-2016 Marquette 2% $162,572.67.
- Approved the U.S. Department of the Interior Geological Survey Joint Funding Agreement for the streamgaging station on the Silver River near L’Anse for $26,526.00, October 1, 2016 - September 30, 2018.
- Approved the Upper Peninsula Health Plan, LLC Maternal Infant Health Program Provider and Medicaid Health Plan Care Coordination Agreement.
- Approved the Upper Peninsula Health Care Solutions/Upper Peninsula Health Information Exchange Business Associate Agreement.
- Approved Resolution KB 065-2016 Tribal Transportation Improvement Plan (TTIP) and Inventory 2017-2020.
- Approved the proposed location on Brewery Road across from the New Day Treatment Facility for the new KBIC Halfway House.
- Defeated a motion to table the appointment of William “Bill” Jondreau as an Appellate Justice until discussion in closed session.
- Approved the appointment of William “Bill” Jondreau as an Appellate Justice.

December 19, 2016 Special Council Meeting (on 1-7-17 agenda for approval):

- Approved the November 5, 10, 17, and 23, 2016 Tribal Council Meeting Minutes.
- Approved to draft loan documents for the KBIC Tobacco Company in the amount of $500,000.00 for start-up costs and manufacturing set-up.
- Approved a donation of $250.00 to the Baraga County Shelter Home.

Respectfully Submitted,

Susan J. LaFernier

(3) Niswi
Deepest Sympathy

Barbara Jeanne Bryan (Morin) “Punkin”

(October 12, 1962—December 31, 2016)

Barbara Jeanne Bryan (Morin) “Punkin”, age 54, of Crystal Falls, MI, passed away on Saturday, December 31, 2016, at Iron County Medical Care Facility.

Barbara was born October 12, 1962, in Detroit, MI, the daughter of Hubert and Darlene (Norback) Morin. She graduated from L’Anse High School in 1980, then received a Bachelor degree in Criminal Justice from NMU. Barbara previously worked for the Michigan Indian Child Welfare Agency (MICWA) and as the KBIC Recording Secretary. She was a member of the KBIC Tribal Court.

She attended school in L’Anse and Baraga where she graduated High School and then attended Suomi College. In 1988, Paula began working as a bartender/cook at the Ojibwa Casino in Baraga, MI, and then managed the EJ Bar in L’Anse, MI, with herself and hoped to be a good example for her children to follow.

Preceding her in death are her parents.

Surviving are her husband: Kenneth; sons: Shaun (Ashley) Bryan of Baraga, MI, and David (Melissa) Bryan of L’Anse, MI; brothers: Roger “Scott” Morin of L’Anse, and David (Chris) Rantanen of Baraga, MI; sisters: Cheryl “Sissy” Morin with her family. A memorial service was held on Friday, January 6, 2017, at the Jacobson Funeral Home.

A celebration of her life was held on Sunday, January 8, 2017, at the Ojibwa Senior Center in Baraga, MI. The Jacobson Funeral Home is assisting the family.

Understanding Addiction and Avoiding Enablement

Free Training

First Monday of the Month

5:00 p.m. — 7:00 p.m.

Location: Hope Works Counseling

409 N. Main Street, L’Anse, MI

Presented by: Mark Panasiewicz, Hope Works Counseling

Sponsored by: KBIC Tribal Court

This class is open to all family members and community members who want to learn about addiction and enablement.

Enablement Prevention Training

5:00 p.m. — 7:00 p.m.

This training teaches the difference between helping and enabling. It provides knowledge about addiction, enablement, and recovery. It teaches skills for coping with the addiction of someone close and how to best help and support.

- Understand the importance of safe islands of sobriety and how the community can help.
- Learn the dynamics of enablement.
- Learn how enablement can affect a community.
- Build and strengthen values.
- Gain understanding of drug abuse and addiction.
- Learn how to support recovery.

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 Keewenaw Bay Indian Community Gaming Commission has the authority to regulate your raffle. It is unlawful to game without a license. For more information, 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.

(4) Niwin
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-eight students were placed on the Honor Roll for the first marking period of the 2016-17 academic year:


L’Anse-Baraga Community Schools — Richard Tilson.

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Keweenaw Bay Indian Community Employment Opportunities


For current job listings, complete job announcements, applications, and employment details contact KBIC Personnel Department, 16429 Bear Town Road, Baraga, MI 49908-9210 or 906-353-6623, ext. 4176 or 4140 or visit: www.kbic-nsn.gov.

- Ecologist, KBNRD, (full-time), open until filled
- Air Quality Specialist, KBNRD, (part-time), open until filled
- Physician/Medical Director, DHHS, (full-time), open until filled
- Law Clerk, Office of the Attorney, (full-time, temporary), open until filled
- Tribal Assistant Attorney, (full-time), Office of the Attorney, open until filled
- Tribal Attorney, open until filled
- Environmental Specialist, (full-time), open until filled
- Office of Water Quality Specialist, (part-time), open until filled
- Physician/Medical Director, DHHS, (full-time), open until filled
- Law Clerk, Office of the Attorney, (full-time, temporary), open until filled
- Tribal Assistant Attorney, (full-time), Office of the Attorney, open until filled
- On-call positions (open continuous): Pharmacy Technician, Facility Attendant, Registered Nurse, Licensed Practical Nurse, Internal Sales Specialist, Pharamacist, Receptionist/Clerical Worker, Fill-in Receptionist, Board Operator, Cashier, Account Executive/Sales, Community Service Supervisor, Unit Manager, Unit Manager (Newday), Unit Manager (OWW), Van Driver, Cleaning Person, Natural Resources Technician.

For complete job announcement and application requirements contact: KBIC Personnel Department, 16429 Bear Town Road, Baraga, Michigan, 49908. (906)353-6623, ext. 4176 or 4140, or visit us at www.kbic-nsn.gov.

Happy Valentine’s Day!

NEW YEARS EVE POWWOW HELD AT KBIC

The Keweenaw Bay Indian Community’s Powwow Committee held a New Years Eve Powwow on December 31, 2016, with two grand entries. The event was held at the Keweenaw Bay Ojibwa Community College gym. Drumming was provided by Host Drum Woodland and invited drums: Young Kingbird, Pipestone, and Crazy Boy. Wikwedog Ogichidida Society (KBIC Honor Guard) led the veterans in grand entry. A feast was held between grand entries for participants. Shown (left to right) are: Shane Mitchell, Head Male Dancer; Jailyne Shellie, Miss KBIC; Darrell Kingbird, Emcee; Demery Jackson, Head Female Dancer; and Donald Chosa, Jr., Head Veteran.

- submitted by Lauri Denomie, Newsletter Editor.

(5) Naanan
February is Healthy Heart Month

Heart disease is a serious health problem that can lead to stroke and heart attack. It develops over time, starting as the blood vessels going to the heart become narrowed and clogged. High blood pressure and cholesterol, family history, smoking, obesity, and diabetes all increase your risk for developing heart disease. Reducing your risk starts with making small lifestyle changes. Talk to your doctor to see if you are at risk for developing heart disease.

Healthy choices can reduce your risk of heart disease. Small lifestyle changes can have a big impact on your health. Losing weight can reduce your risk of developing heart disease and many other health problems. Eat smaller portions, reduce sodium, saturated, and trans fat intakes, and limit beverages, and foods high in sugar. Eat more fruits and vegetables. Get at least 30 minutes of moderate intensity physical activity most days of the week. You can reach the 30 minute goal by breaking it up into 10 minute increments throughout the day. If you use commercial tobacco products, quit.

Sometimes, even if we try our best to prevent it, heart disease can result in a heart attack or stroke. Knowing the signs and symptoms, and quickly responding could save your life or the life of someone you love.

Classic symptoms of a heart attack include: sudden chest pain with shortness of breath, pain in the neck, jaw, arms, or upper back, unexplained nausea or vomiting, cold sweats or clammy skin, and dizziness or lightheadedness. Women may experience fewer typical symptoms than men, and often have pain in the upper back instead of chest pain.

Heart attacks aren’t always as dramatic as we see on TV. Warning signs of a heart attack can happen hours, days, even weeks in advance, and often begin with recurrent chest pain that starts when you’re physically active and stops when you rest.

When watching for a stroke, it’s important to note the time symptoms start. How long the signs have been present will help guide treatment decisions. The sooner a person gets treatment the better the outcome.

Signs of a stroke include trouble walking, loss of balance, dizziness, trouble speaking or understanding; like slurring words and confusion; sudden trouble seeing with one or both eyes, paralysis or numbness of the face, arm, or leg, especially on one side of the body, unable to raise both arms, or one side of your mouth droops when you smile, or a sudden, severe headache that may be accompanied by vomiting.

Caring for your heart is one of the most important things you can do for your health.

Submitted by: Heather Wood-Paquet, Health Promotions Coordinator

Breastfeeding Medicine Wheel

The Medicine Wheel teachings refer to four races of people on Earth and how each has responsibilities for their time here. The First Nations people’s responsibility is to care for Mother Earth which includes the water.

Water is referred to as the life blood of Mother Earth. Without water we would not survive. Women carry the responsibility of looking after the water. Water is life, and women are the life givers and carriers of water.

There are four waters:
- The waters that flow from the heavens to nourish and cleanse the earth;
- The waters that flow through the trees and provide us with medicine;
- The lakes, rivers, and streams that form the lifeblood of Mother Earth; and
- The waters that flow within us and protect and nurture our babies.

Just like the water that surrounds fetuses as they grow, breast milk is part of the waters that flow within women. Not only does breast milk nourish newborns, it supports their connection with Mother Earth. Breastfeeding encourages the bond between mother and baby and aids in the connection to all of creation, developing their emotions and spirit, and enhancing their sense of belonging and identity. Breast milk, with its nutritional value, provides a good foundation for the healthy body and mind of baby.

Upcoming Events:
- Survivors of Suicide Loss Support Group, February & March 7th 5:30 p.m.
- Diabetic Talking Circle, February 15th 11 a.m.
- Car Seat Clinic, February 9th by appointment
- PATH, starting February 3rd
- Parent Circle, February 13th 5 p.m.
- Healthy Heart Fair, 14th 11 a.m.-1 p.m.
- Diabetic Foot Clinic, February 8th & 22nd, by appointment
- Breastfeeding Support Group, March 1st 1 p.m.
- Walk & Talk program, weekdays
- MSU Farmer Series, February 15th & 28th 4 p.m.

For more information about these or other services and programs call Dawn at (906) 353-4521.
"When families are comfortable enough to talk and share with you, they value and understand the relationship that has been built between you and them", stated Kim Swanson, Program Director and Lead Teacher for Migizinsag (Little Eagles) after the Brazelton Touchpoints Training at Keweenaw Bay Ojibwa Community College (KBOCC). Brazelton Touchpoints is a practical approach for building strong-family-child relationships from before birth through the early years. Through the KBOCC Restorative Teaching Early Childhood Initiative, Joelfre’ Grant and Marlies Sammuto provided a practical, preventative approach that supported local early childhood advocates to form strength-based partnerships with parents. Home-visitors, social workers, parents, mental health and early childhood development specialists, program directors, caregivers, and teachers within our community gathered together for three days of interactive and learner-centered training.

Each day, Christine Awonohopay, KBOCC’s Early Literacy Coordinator, opened with a smudging ceremony to support Bimaadiaiwin (A Healthy Way of Life) which is the premise of our Abinoojiinh Waaka’igan Project through the Restorative Teaching Early Childhood Initiative. The use of the sage during the smudging helped to cleanse and purify any negative energy, disorganization, or troubled feeling prior to the start of each day. Following, Joelfre’ and Marlies offered opportunities to support parents in understanding their child’s behavior and strengths leading to a stronger emotional bond, which is critical to a child’s development.

According to T. Berry Brazelton, author of Touchpoint, The Essential Reference, each close relationship—with fathers as well as mothers, with grandparents, friends, other caregivers, and the child’s doctor—contributes to a child’s emotional and behavioral growth. Individual early childhood advocates built relationships among each other throughout the training. As we shared our roles within the realm of early childhood, we valued our passion for children and were able to discuss matters that go beyond our traditional roles (Touchpoint Guiding Principles). Children have an undertaking, a life journey toward individuality and independence. The more we can cultivate these relationships, the more advocates a child will have on the journey toward success in life.

Eva Hatfield, Program Director of MTU Little Huskies said it best, “I think that during the period of disorganization and vulnerability of the family, an opportunity arises to support parents through their previous strengths. We can reflect on those strengths...and parents can say, "I am a strong parent" and take those strengths and apply them to a new situation.

We are looking forward to our next Brazelton experience in the fall of 2017.

(Back) Susie Thompson, Jackie Treadeau, Sara Oger, Kim Swanson, Delana Hadden, Christine Awenohopay, Ashley Beck, Eva Hatfield, JoAnne DeCota, Joelfre’ Grant, and Laura Cooley. (Front) Amy Wisti, Kristine Maki, Tarajean Yazzie-Minzie, Marlies Zamuto, JoAnne Danielson, Heather Wood, and Cheryl LaRose.
Native Americans with diabetes
Better diabetes care can decrease kidney failure

Native Americans have a greater chance of having diabetes than any other US racial group. Diabetes is the leading cause of kidney failure, a costly condition that requires dialysis or kidney transplant to survive. Kidney failure can be delayed or prevented by controlling blood pressure and blood sugar and by taking medicines that protect the kidneys. Good diabetes care includes regular kidney testing and education about kidney disease and treatment. Kidney failure from diabetes among Native Americans was the highest of any race. As a result, this monthly newsletter focuses on diabetes and its effects on Native American communities.

Health care systems can:
• Use population health approaches to diabetes care.
• Address inpatient outcomes and address disparities. Promote wellness of the entire community and connected people to local resources, including health, food, transportation, housing, and mental health care.
• Develop a coordinated team approach to diabetes care.
• Tear down care silos that include patient education, community outreach, care coordination, tracking of health in advance, and access to health care providers, nurses, diabetes educators, pharmacists, community health workers, and behavioral health counselors.
• Integrate kidney disease prevention and education into medical diabetes care. Screen people with diabetes for kidney disease and make sure that kidney disease is routinely addressed as part of diabetes care.

Want to learn more? www.cdc.gov/tribalhealthdiabetes

Problem:
Kidney failure from diabetes was highest among Native Americans.

Native Americans are more likely to have diabetes.
• Native Americans are at high risk of developing diabetes.

Native Americans are more likely to have kidney failure from diabetes than other races and at a younger age.
• Native Americans were nearly twice as likely as whites to have kidney failure from diabetes in 1990.

Disparities related to kidney failure among Native Americans continue declined by 80% from 1980 to 2013.
• The Indian Health Service uses population health and team-based approaches to diabetes and kidney care.

Native Americans with diabetes have had important improvements:
• Use of medications to protect kidneys increased from 20% to 67% in 4 years.
• Average blood pressure in those with hypertension was well controlled (139/79 mm Hg).
• Glucose levels which were controlled by 51%.
• Kidney testing in this group was 50% higher compared to the Medicare diabetes population.

Kidney failure is a disabling and expensive complication of diabetes. Throughout the U.S.,
• Medical costs for kidney failure from diabetes were about $32,000 per person in 2013.
• Medicare spent $14 billion to treat people with kidney failure from diabetes in 2013.

A Model for Diabetes Care

Public health and population management:
• Arrange communications for priority access to healthy food, housing, jobs, transportation, and places to exercise.
• Work with local government and other organizations to make improvements.
• Carry someone’s care mid data to identify people who need to be linked to health care.

Care manager calls to ask if someone needs help.
During a home visit, nurse brings in his medicine, checks his blood pressure, and draws blood for lab tests.

Nurse records care to community food and transportation resources. She schedules a clinic visit for his next day off.

What Can Be Done?

The federal government can:
• Fund diabetes treatment and prevention services to Native American communities through the Special Diabetes Program for Indians. https://www.cdc.gov/diabetes
• Improving diabetes outcomes for populations who receive direct health care from federal agencies, including Native American, veterans, and others. https://www.hhs.gov
• Assisting nationally and health centers through the US foster care comprehensive diabetes care.
• Developing a comprehensive system for tracking chronic kidney disease (CKD). https://kdsi reels.hhs.gov/CKD

Health care systems can:
• Use population health approaches to diabetes care.
• Tear down care silos.

Team-based Patient Care
The diabetes care team helps patients avoid kidney failure:
• Controlling blood pressure and blood sugar.
• Using medicine to protect kidneys.
• Checking kidney lab tests regularly.

Team-based diabetes care.

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• Glucose levels which were controlled by 51%.
• Kidney testing in this group was 50% higher compared to the Medicare diabetes population.

Kidney failure is a disabling and expensive complication of diabetes. Throughout the U.S.,
• Medical costs for kidney failure from diabetes were about $32,000 per person in 2013.
• Medicare spent $14 billion to treat people with kidney failure from diabetes in 2013.

A Model for Diabetes Care

Public health and population management:
• Arrange communications for priority access to healthy food, housing, jobs, transportation, and places to exercise.
• Work with local government and other organizations to make improvements.
• Carry someone’s care mid data to identify people who need to be linked to health care.

Care manager calls to ask if someone needs help.
During a home visit, nurse brings in his medicine, checks his blood pressure, and draws blood for lab tests.

Nurse records care to community food and transportation resources. She schedules a clinic visit for his next day off.

What Can Be Done?

The federal government can:
• Fund diabetes treatment and prevention services to Native American communities through the Special Diabetes Program for Indians. https://www.cdc.gov/diabetes
• Improving diabetes outcomes for populations who receive direct health care from federal agencies, including Native American, veterans, and others. https://www.hhs.gov
• Assisting nationally and health centers through the US foster care comprehensive diabetes care.
• Developing a comprehensive system for tracking chronic kidney disease (CKD). https://kdsi reels.hhs.gov/CKD

Health care systems can:
• Use population health approaches to diabetes care.
• Tear down care silos.

Team-based Patient Care
The diabetes care team helps patients avoid kidney failure:
• Controlling blood pressure and blood sugar.
• Using medicine to protect kidneys.
• Checking kidney lab tests regularly.

Team-based diabetes care.

Kidney failure from diabetes was highest among Native Americans.

Native Americans are more likely to have diabetes.
• Native Americans are at high risk of developing diabetes.

Native Americans are more likely to have kidney failure from diabetes than other races and at a younger age.
• Native Americans were nearly twice as likely as whites to have kidney failure from diabetes in 1990.

Disparities related to kidney failure among Native Americans continue declined by 80% from 1980 to 2013.
• The Indian Health Service uses population health and team-based approaches to diabetes and kidney care.

Native Americans with diabetes have had important improvements:
• Use of medications to protect kidneys increased from 20% to 67% in 4 years.
• Average blood pressure in those with hypertension was well controlled (139/79 mm Hg).
• Glucose levels which were controlled by 51%.
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"For me it's my daughters. I want to show them a better way. I want to be here for them."

get healthy
for the people that depend on you.
Start with exercise.

MoveMoreNow.org
Beginning Farmer Webinar Series
MSU Extension - 2017 Webinar series

A new Beginning Farmer web-based training is planned for January-May 2017. Presenters include MSU Extension educators and others. The following evening “Getting started with...” webinars will provide valuable start-up information on nine general and more specific farming topics, including:

4:00 - 6:00PM at Each Location

BARAGA LOCATION
(Chippewa Rooms | Ojibwa Hotel)

L’ANSE LOCATION
(Jay Loonsfoot Room | KBOCC L’Anse Campus)

TUESDAY JAN, 31ST
1. Small Vegetable Farm Systems
TUESDAY FEB, 28TH
3. Maple Syrup
TUESDAY MARCH 28TH
5. Blueberries
TUESDAY APRIL 11TH
7. Aquaculture (Fish Farming)
TUESDAY APRIL 25TH
8. Planning and Operating a Mixed Fruit Orchard

WEDNESDAY FEB, 16TH
2. Hoophouse Management
WEDNESDAY MARCH 15TH
4. Fencing and Watering Systems for Livestock
TUESDAY APRIL 4TH
6. Crop Nutrient Management
TUESDAY APRIL 25TH
8. Planning and Operating a Mixed Fruit Orchard

An archive of 56 Beginning Farmer Webinar Series programs from 2012-2016 on a wide variety of topics can be accessed free of charge at the Beginning Farmer Webinar Series webpage.

Library News and Events,
by Angela Badke, Librarian

February is a busy month for the library—there are events, a book sale, and NEW BOOKS! Our Healthy Eating Group is back, and in February, we will focus on the heart healthy foods of the Mediterranean Diet. We want to invite the community to join us on February 16th at 6:00 - 7:30 P.M. in the library’s front classroom as we discuss this topic.

The library will also be participating in the Healthy Heart Fair, which is being held in the Niiwin Akeaa Center’s gym on February 14th from 11:00 A.M. - 1:00 P.M. We will have a short survey for community members to take, and participants can pick out a free book! We have a variety of different topics to choose from, so stop by our table! We would also like to announce that we have added new books to our book sale! Authors such as James Patterson, Janet Evanovich, Tom Clancy, Lee Child, and many others are now available for purchase. We have also added new non-fiction books, young adult titles, and some juvenile chapter books to the book sale. Hardcover books are $1.00 and Paperback books are $0.50!

We’ve recently got new books in available for checkout. Here are a few titles currently available:

Fiction
Paris for One by Jojo Moyes
Ring of Fire by Brad Taylor
Night Watch by Iris Johansen
Below the Belt by Stuart Woods

Non-fiction
Pioneer Woman Cooks: A Year of Holidays by Ree Drummond
Jump by Steve Harvey

We also want to remind folks that we have changed our hours. We are now open Monday and Friday - 9:00 A.M. to 4:00 P.M.; Tuesday, Wednesday, and Thursday - 9:00 A.M. to 6:30 P.M.; and Saturday 9:00 A.M. -1:00 P.M. Please like and follow our Facebook page for the most up-to-date information from your library!

Take Charge of your PATH to Living a Healthy Life with Chronic Conditions

Program Details

PATH
Personal Action Towards Health

Learn to manage symptoms, Problem Solving, Relaxation, Communication Skills, Medication Usage and more!

PATH

WHERE: KBIC Health System 2nd Floor Conference Room
WHEN: February 3, 2017 & every Friday for 6 weeks
TIME: 9 AM to 11:30 AM

Need to register for classes, space limited.
Call Dawn Kemppainen @ 353-4521.

Sponsored by KBIC Health System, UPCAP and REACH Journey to Wellness

ATTENTION: ALL TRIBAL COMMERCIAL FISHERMEN

Applications for Small Boat and Large Boat Commercial Fishing Licenses for the Year 2017-2018 Commercial Fishing Season are available at the License Department located in the KBIC Tribal Center. The new license year will begin: May 1, 2017. Applications must be returned to the Licensing/Motor Vehicle Office by: Friday, February 3, 2017. All applications for licenses will be reviewed and selected by the Tribal Council. All Tribal members who apply must have completed the required U.S. Food and Drug Administration Hazard Analysis and Critical Point (HACCP) Training and present a copy of the certificate with the application. A Boat Safety Fishing Vessel Examination with a certified official must be completed and that documentation must be provided with the application. The application also requests fishing vessel information including the vessel name, number, and length.

For: Boat Safety Inspections contact the Tribal Police/Conservation Department at (906) 353-6626 to make an appointment or contact U.S. Coast Guard/Hancock at (906) 482-1520.

February 2017 Calendar Events

- Feb. 14: Healthy Heart Fair, 11 am, Niiwin Akeaa.
- Feb. 20: President’s Day, Gov’t offices closed.

- submitted by newsletter editor
FY 2017 NET MONTHLY INCOME STANDARDS*

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Each additional member + $347

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.

Job Bank Applications are also available online at http://www.ojibwa.com/content/tero

To place an ad, submit a newsletter, or request more information, contact (906) 353-6623 or mail to the mailing address.

WORD LIST

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The language page was designed from reference of The Ojibwe People’s Dictionary at http://ojibwe.lib.umn.edu.

Sponsored by REACH Journey to Wellness

Wiikwedong Ogichidaa (KBIC Veterans) Meeting

The Wiikwedong Ogichidaa Meeting will be held on Wednesday, February 16, 2017, 1900 hours, at the Wiikwedong Ogichidaa Building, KBIC Industrial Park (off M-98), Baraga, MI 49908.

Future meeting dates: March 15, April 19, May 17, June 21, July 19, August 16, September 20, October 18, November 15, and December 20, 2017.

The Wiikwedong Ogichidaa Society (KBIC Honor Guard) will hold a Special meeting on February 1, 1900 hours, at the Wiikwedong Ogichidaa Building, KBIC Industrial Park, Baraga, MI 49908. Please bring a dish to pass for potluck. Arrow Construction will present design concepts for our KBIC Veterans’ Memorial discussion. Please remember to bring your new hat or cover designs.

What is Secondhand Smoke?

- Secondhand smoke is smoke from burning tobacco products, such as cigarettes, cigars, or pipes.
- Second hand smoke also is smoke that has been exhaled, or breathed out, by the person smoking.
- Tobacco smoke contains more than 7,000 chemicals, including hundreds that are toxic and about 70 that can cause cancer.

Secondhand Smoke Harms Children and Adults

- There is no risk-free level of secondhand smoke exposure; even brief exposure can be harmful to health.
- Since 1984, approximately 2,500,000 nonsmokers have died from health problems caused by exposure to secondhand smoke.

Health Effects in Children

- Ear infections
- More frequent and severe asthma attacks
- Respiratory symptoms (for example, coughing, sneezing, and shortness of breath)
- Respiratory infections (bronchitis and pneumonia)
- A greater risk for sudden infant death syndrome (SIDS)

To learn more about secondhand smoke & references go to: https://www.cdc.gov/tobacco/data_statistics/fact_sheets/secondhand_smoke/general_facts/index.htm
Michigan Tribes Continue to Tackle Obesity With Ad Campaign

Michigan, U.S.—Phase 2 of a media campaign urging Native Americans to get healthy for the ones they love launched January 1st in seven cities across Michigan. What Moves You?, features inspiring images of Native American parents exercising with their children, highlighting family responsibility and mentorship as motivation for being more physically active. The goal is to reduce the risk for chronic diseases while improving long-term health.

"My words to him every day are ‘You are my HERO!’ Honestly, he has been hitting the gym every day of the week, and it has inspired me to be healthier. The more activities where I can at least try to keep up with him keep our father son competition going," said Billy McNamara, a parent featured in the campaign and a member of the Little Traverse Bay Band of Odawa Indians Tribe and Natural Resources Chairman.

Six federally recognized tribes and one urban American Indian agency in Michigan, will distribute campaign materials and build upon the success of year one of What Moves You?, to encourage their communities to continue being physically active: The Saginaw Chippewa Indian Tribe, The Nottawasaggi Huron Band of the Potawatomi, The Little Traverse Bay Bands of Odawa Indians, The Keweenaw Bay Indian Community, The Hannahville Indian Community, The Bay Mills Indian Community, and American Indian Health and Family Services.

The campaign website, MoveMoreNow.org, provides information about the benefits of exercise, outlines physical activity recommendations and highlights different types of activities to do year-round. It also includes local and online fitness resources.

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The project is funded by the CDC and the U.S. Department of Health and Human Services.