September 23, 2020 — A government employee tested positive for COVID-19 yesterday. The Western Upper Peninsula Health Department (WUPHD) is working with KBIC Health Systems and our administration to identify employees and those visiting tribal offices who may have been in close contact with the infected employee. Close contact is defined as being within six feet of an infected person while not wearing a mask for a period of 15 minutes or longer. If you are called by WUPHD and are identified as having close contact, please follow their instructions of self-quarantine. The amount of time for self-quarantine will vary based upon when and how long there was contact with the individual. The Tribal Center was closed the remainder of the business day for extensive cleaning and disinfection.

The Keweenaw Bay Indian Community understand that this is a serious situation, and it may be frightening. Additional information about coping with stress can be found on the CDC website. We will continue to provide regular updates about the situation and will promptly notify Tribal Members and personnel if we identify any additional staff with confirmed COVID-19. The safety of our staff and community is our top priority.

How to Protect Yourself and Others

Older adults and people who have certain underlying conditions like heart or lung disease or diabetes are at increased risk of severe illness from COVID-19 illness.

Know how it spreads

- There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19)
- The best way to prevent illness is to avoid being exposed to this virus.
- The virus is thought to spread mainly from person-to-person.
- Exclusively between people who are in close contact with one another (within about six feet).
- Through respiratory droplets produced when an infected person coughs, sneezes, or talks.
- These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
- Some recent studies have suggested that COVID-19 may be spread by people who are not showing symptoms.

Everyone Should

Wash your hands often

- Wash hands often with soap and water for at least 20 seconds especially after being in a public place, after blowing your nose, coughing, or sneezing.
- It’s especially important to wash:
  - Before eating or preparing food
  - After being outdoors
  - After touching your face

Before touching your face

- After using the restroom
- After leaving a public place
- After blowing your nose, coughing, or sneezing
- After handling your mask
- After changing a diaper
- After caring for someone who is sick
- After touching animals or pets

Avoid close contact

Inside your home: Avoid close contact with people who are sick.
- If possible, maintain six feet between the person who is sick and other household members.

Outside your home: Put and keep six feet of distance between yourself and other people who don’t live in your household.
- Remember that some people without symptoms may be able to spread virus.

CDC Centers for Disease Control and Prevention

Cover your mouth and nose with a mask when around others

- You could spread COVID-19 to others even if you do not feel sick.
- The mask is meant to protect other people in case your are infected.
- Everyone should wear a mask in public settings and when around people who don’t live in your household, especially when other social distancing measures are difficult to maintain.
- Masks should not be placed on young children under age two, anyone who has trouble breathing, or is unconscious, incapacitated, or otherwise unable to remove the mask without assistance.
- Do NOT use a mask meant for a healthcare worker. Currently, surgical masks and N95 respira-
tors are critical supplies that should be reserved for healthcare workers and other first responders.

- Continue to keep about six feet between yourself and others. The mask is not a substitute for social distancing.

Cover coughs and sneezes

- Always cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow and do not spit.
- Throw used tissues in the trash.
- Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

Clean and disinfect

- Clean AND disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- If surfaces are dirty, clean them. Use detergent or soap and water prior to disinfection.
- Then, use a household disinfectant. Most common EPA-registered household disinfectants will work.

Monitor Your Health Daily

- Be alert for symptoms. Watch for fever, cough, shortness of breath, or other symptoms of COVID-19.
- This is especially important if you are running essential errands, going into the office or workplace, or into settings where it may be difficult to keep a physical distance of six feet.
- Take your temperature if symptoms develop.
- Take your temperature within 30 minutes of exercising or after taking medications that could lower your temperature, like acetaminophen.
- Follow CDC guidance if symptoms develop.

Protect Your Health This Flu Season

It’s likely that flu viruses and the virus that causes COVID-19 will both spread this fall and winter. Healthcare systems could be overwhelmed treating both patients with the flu and patients with COVID-19. This means getting a flu vaccine during 2020-2021 is more important than ever.

While getting a flu vaccine will not protect against COVID-19, there are many important benefits such as:
- Flu vaccines have been shown to reduce the risk of flu illness, hospitalization, and death.
- Getting a flu vaccine can also save healthcare resources for the care of patients with COVID-19.

Face Masks and COVID-19: What Community Members Need to Know

Wearing a face mask and keeping 6 feet of distance from others is essential to stopping the spread of COVID-19. Masks that cover the mouth and nose can stop germs from leaving and entering the body and keep someone from getting sick.

Follow these steps when using a mask:
1. Clean hands with soap or hand sanitizer before putting on or taking off the mask.
2. Hold the mask up to the light. If light shines through the mask, do not wear. This means the mask is not good.
3. Make sure the mask completely covers the mouth and nose and fits tightly on the chin and the sides of the face. Do not pull down on ear loops or tie around the ears.
4. Wash a cloth mask, make sure it is washed after each use. Do not reuse single-use medical masks.
5. Once the mask is on your face, do not touch it unless it is being removed. This can add germs to the mask.

Choosing the Best Mask to Protect Against COVID-19

Good protection. These masks block most germs from getting into the air.

- Single-use medical mask
- 2-layer, cotton pleated mask

Poor protection. These masks allow many germs to get into the air.

- 1-layer, knitted or beaded mask
- Cloth mask

Face shield. A face shield is used to protect the eyes from germs. It should be worn with a mask that covers the nose and mouth.

How To Make Your Own Non-Sewn Face Mask

Face masks should be worn every time someone will be around people who do not live in their household. Make sure to keep 6 feet of distance from others even when wearing a face mask.

Face masks that are best at trapping germs have at least 2 layers of fabric that cover the nose and mouth and fit tightly on the chin and sides of the face.

See below for instructions for making a simple, effective, non-sewn mask.

MATERIALS
- Bandana, old shirt, or square cotton cloth (cut approximately 20” x 20”). These materials can make effective masks when folded into multiple layers and fitted tightly on the face.
- Rubber bands or hair ties
- Scissors (if you are cutting your own cloth)

STEP 1
Fold the bandana, shirt, or cloth in half.

STEP 2
Fold top down. Fold bottom up.

STEP 3
Place rubber bands or hair ties about 6 inches apart.

STEP 4
Fold sides to the middle and tuck.

STEP 5
The finished product.

(2) Niizh
Good things are a foot for Keweenaw Bay Community Members and the natural resource gifts we so treasure and deeply depend upon around our beautiful Lake Superior – Gitchi-gami. More and more there is recognition and receptivity by the scientific community to the vast knowledge of natural resources which come from Michigan’s tribal communities. A guidance document is being created in partnership with the KBIC Natural Resources Department, Michigan Tech’s Great Lakes Research Center, and the Great Lakes Indians Fish and Wildlife Commission. This document will share KBIC knowledge about natural resource management, governance, and adaptation planning and will help guide KBIC partnerships. Members of our Keweenaw Bay Cultural Committee are involved as participants on the advisory board for this project. Funded by Michigan Sea Grant, this project aims to provide a synthesis of KBIC knowledge to facilitate an integrated approach to stewardship, governance, and research for the natural resources found on our lands and in our waters.

Perhaps you recall being interviewed or receiving surveys about your fishing practices, your use of berries and medicine plants growing in the wetlands, manoomin, or harvesting of deer and waterfowl. Over the years many surveys have been sent out, many interviews have been conducted, and community members have generously shared their insights and stories. With this grant, we will focus on compiling all this information into a meaningful database for KBIC where the information you provided will be honored and used to help guide decisions concerning shared natural resources. This database will be used in the development of a KBIC Indigenous Knowledge Guidance Document. With this document, our Community’s perspectives, observations, and stories can respectfully and equitably guide decision-making in our region.

When COVID-19 restrictions are lifted in the future, the project partners will host community gatherings within KBIC to share results of the data compilation and request your input on the Guidance Document. Please keep an eye out for these upcoming events to participate in strengthening KBIC capacity for environmental stewardship and governance in the Great Lakes Region.

If you would like more information about this project, please contact Val Gagnon, vgagnon@mtu.edu, 906-487-2810. You may also visit the Michigan Sea Grant website michiganseagrant.org/research and link to “Anishinaabe-Gikendaasowin in Integrated Assessment Research in the Keweenaw Bay Indian Community for stewardship and governance partnerships.” We look forward to engaging with you all very soon in this project!

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**Attention Basket Makers!**

The Emerald Ash Borer has been found in black ash trees within the L’Anse Reservation. If you are interested in harvesting live or recently live black ash trees yourself, please contact the KBIC Forestry Department for your Free Use Permit and a map. rmcdonald@kbic-nsn.gov or (906) 353-4591 Miigwech!!
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.

Dutcher, Marlea, case #20-083, §3.904, Domestic animals - Restrains - 1st offense

Sentencing on 08/20/2020, #20-083, §3.904:
1. Fine $100.00 to be paid within 90-days.

Richard Loonfoot, Jr., case #20-107, §8.901, Contempt of court - 1st offense

Sentencing on 08/28/2020, #20-107, §8.901:
1. One-hundred-eighty days of jail, 180 days of jail suspended. Defendant is financially responsible for the cost of lodging and any expenses incurred while incarcerated.
2. Defendant shall write a written plan within ten days that includes what goals he has, how he will reach them, and should include education, employment, sobriety, family life, etc. If this plan is not filed with the probation office within ten days, jail time will be imposed.
3. Defendant shall report by 8:00 a.m. – 8:15 a.m. Monday – Friday at the Courthouse, holiday and weekends at the Tribal Police Department.

Brandon Cote, case #20-103, §8.901, Contempt of court – 4th offense

Sentencing on 09/01/2020, #20-103, §8.901:
1. Ninety-nine days of jail, credit for 14 days of jail served, 85 days of jail suspended pending successful completion of all aspects of probation. Defendant shall be financially responsible for the costs of lodging and any expenses incurred while incarcerated.
2. Defendant shall report to the probation office within 24-hours of his release from the Houghton County Jail to arrange a payment schedule.
3. Remedial Order: Defendant shall serve suspended days if any probation violations occur as follows:
   - 1st violation – 5 days of jail.
   - 2nd violation – 10 days of jail.
   - 3rd violation – 10 days of jail.
   - 4th violation – 15 days of jail.
   - 5th violation – 20 days of jail.
   - 6th violation – 25 days of jail.

Brett Degenera, case #20-063, §3.202, Assault and battery – 3rd offense

Sentencing on 09/10/2020, #20-063, §3.202:
1. Fine $500.00.
2. One-hundred-eighty days of jail with credit for 69 days of jail, 111 days of jail to be served. Defendant shall be financially responsible for the costs of lodging and any expenses incurred while incarcerated.
3. Defendant shall be financially responsible for the costs of drug and PBT testing.
4. Defendant shall be placed on payment probation. Defendant shall report to the probation department within 48-hours of being released from jail.

Sydni Voakes, case #20-104, §5.15, OUIL – 1st offense

Sentencing on 09/10/2020, #20-104, §5.15:
1. Fine $500.00.
2. Ninety days of jail, credit for one-day of jail served, 89 days of jail suspended pending successful completion of all aspects of probation. Defendant shall be financially responsible for the costs of lodging and any expenses incurred while incarcerated.
3. Defendant shall write an apology letter to the victim. This letter shall be given to the probation officer to deem appropriateness.
4. Defendant shall obtain a substance abuse screening and a mental health assessment and shall follow the recommendations until successfully discharged and sign a release of information with all providers.
5. Three to six 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, if any.

Sentencing on 09/10/2020, #20-039, §3.202:
1. Fine $500.00.
2. Ninety days of jail, credit for two days of jail served, 88-days of jail suspended pending successful completion of all aspects of probation. Defendant shall be financially responsible for the costs of lodging and any expenses incurred while incarcerated.
3. Three to six months of standard alcohol and drug restricted probation with a $10.00 monthly probation fee. Defendant shall be financially responsible for the costs of drug and PBT testing, if any.
4. Defendant shall obtain a substance abuse screening and shall follow the recommendations of the screening until successfully discharged.
5. Defendant must complete the Tribe’s Thinking for Change Program or a similar program to develop decision-making and problem solving skills.
6. Transfer of case to the Healing To Wellness Court.

Treasure Cote – Payment (Knipp), case #18-045, §3.1706, Controlled substance – sale of suboxone – 1st offense

Sentencing on 09/15/2020, #18-045, §3.1706:
1. Fine $1,000.00.
2. One-hundred-eighty days of jail, 14 days of jail to be served, 166 days of jail suspended pending successful completion of all aspects of probation. Defendant shall be financially responsible for the cost of lodging and any expenses incurred while incarcerated.
3. Twelve to 24 months of standard alcohol and drug restricted probation with a $10.00 monthly probation fee. Defendant shall be responsible for the cost of drug and PBT testing, if any.
4. Defendant is banished from the Keweenaw Bay Indian Community (the Community) for an indefinite period of time, effective upon her release from confinement.
   A. This banishment means the Defendant is prohibited from re-entering:
      1) the L’Anse Indian Reservation;
      2) any property held in trust for the Community;
      3) any property owned by the Community;
      4) any property owned by a Community-affiliated organization; and the
      5) Ontonagon Reservation.
   B. The sole exception to this banishment includes the Defendant’s travel directly to and from the Community’s health clinic for her own medical care with no stops in between. For this exception to apply, the Defendant must notify the probation officer at (906) 353-4564 as soon as possible before a visit to the health clinic, and afterwards shall provide a copy of the clinic’s documentation of the visit.
   C. Path to re-entry: While the Defendant’s banishment is indefinite and has no set expiration, no earlier than two years after the later of the following:
      1) Her release from her present confinement, or any subsequent confinement in any jurisdiction,
      2) Her successful discharge from a period of probation, or
      3) A subsequent conviction of a crime other than a minor traffic offense.
   D. The Defendant may petition this Court for re-entry. The Court will only consider the Defendant’s re-entry if the petition is accompanied by:
      1) any release of information from all medical, mental health care, and substance abuse treatment providers, and
      2) Sufficient proof that the Defendant has:
         a. No criminal history during the two-year period prior to the petition for re-entry;
         b. Maintained sobriety (refrained from the use of alcohol and drugs), and maintained a sober lifestyle during the two-year period prior to the petition for re-entry;
         c. Complied with all mental health treatment recommendations and maintained her mental health for two years prior to the petition for re-entry (at a minimum, this will include a letter from her regularly-treating mental health professional that the Defendant has complied with the professional’s recommendations, reliably takes the necessary actions to maintain her mental well-being, and actually maintains her mental well-being);
         d. Sustained gainful employment throughout the

(4) Niïwin
two years prior to the petition for re-entry; and

Made regular payments throughout two years prior to the petition for re-entry, and those payments have significantly lowered the amount owed the Court in restitution, fines, fees, and costs.

Shanell Wheelock, case #20-099, §5.15, OUIL — 1st offense

Sentencing on 09/15/2020, #20-099, §5.15:

1. Fine $500.00.

2. Ninety days of jail, credit for one-day jail served, 89 days of jail suspended pending successful completion of all aspects of probation. Defendant shall be financially responsible for the cost of lodging and any expenses incurred while incarcerated, if any.

3. Three - six months of standard alcohol and drug restricted probation with a $10 monthly probation fee. Defendant shall be financially responsible for the costs of drug and PBT testing, if any. Defendant shall report to the probation office at least one time per month or at the direction of the probation officer.

4. Defendant shall pay restitution of $991.90 to the Tribal Court who shall forward to the victim.

5. Defendant shall write an apology letter to the victim and shall submit to the probation officer for review.

6. Defendant shall obtain a substance abuse screening and shall follow the recommendations of the screening until successfully discharged.

Shanell Wheelock, case #20-100, §5.62a, License restrictions (no license) — 1st offense

Sentencing on 09/15/2020, #20-100, §5.62a:

1. Fine $100.00.

2. Ten days of jail, 10 days of jail suspended pending successful completion of all aspects of probation. Defendant shall be financially responsible for the cost of lodging and any expenses incurred while incarcerated.

3. Defendant shall obtain a substance abuse screening and shall follow the recommendations of the screening until successfully discharged.

4. Defendant shall provide proof of a valid license to the probation department.

Brighton Hovey, case #20-092, §5.61, Driver’s license required — 2nd offense

Sentencing on 09/15/2020, #20-092, §5.61:

1. Fine $100.00.

2. Ten days of jail, 10 days of jail suspended pending successful completion of all aspects of probation. Defendant shall be financially responsible for the cost of lodging and any expenses incurred while incarcerated.

3. Defendant shall obtain a substance abuse screening and shall follow the recommendations of the screening until successfully discharged.

4. Defendant shall make attempts to obtain his driver’s license and provide proof to the probation department.

Devin Curtis, case #20-086, §8.901, Contempt of court — 1st offense

Sentencing on 09/15/2020, #20-086, §8.901:

1. One hundred-eighty days of jail, credit for 33 days of jail served, 147 days of jail suspended. Defendant shall be financially responsible for the costs of lodging and any incurred expenses while incarcerated. Remaining time shall be placed in a standard Remedial Order and shall include costs associated with §17-074, §17-075, and §17-076.

2. Defendant is financially responsible for the cost of drug and PBT testing, if any.

3. Payment probation.

4. When defendant is released from dual custody (State), Defendant shall report to the KBIC Tribal Probation Office within 24-hours of being released, or if released on the weekend or holiday, report 8:00 a.m. Monday.

### Haaland’s Bill to Increase Focus on Missing and Murdered Indigenous Women Moving to President’s Desk

September 22, 2020, Washington, D.C. — Monday evening, a bill led by Congresswoman Deb Haaland (N.M.-01) to address the missing and murdered indigenous women crisis passed by a voice vote on the House Floor and will be moving to the President’s desk. If signed into law, the Not Invisible Act of 2019 will be the first bill in history to be introduced and passed by four members of federally recognized tribes: Deb Haaland (Pueblo of Laguna), Tom Cole (Chickasaw Nation), Sharice Davids (Ho-Chunk Nation), and Markwayne Mullin (Cherokee Nation).

This historic bill will increase focus on addressing the silent crisis of missing and murdered indigenous women. Full text of the bill is available at [https://haaland.house.gov/files/wysiwyg/uploaded/Not%20Invisible%20Act%20of%202019.pdf](https://haaland.house.gov/files/wysiwyg/uploaded/Not%20Invisible%20Act%20of%202019.pdf).

“All women deserve to live without fear of disappearing without a trace, but the missing and murdered indigenous women crisis persists and indigenous people continue to go missing. Today, we moved to say ‘enough is enough’ and passed the Not Invisible Act, which includes efforts to get meaningful input from the survivors of these horrific crimes and Tribal leaders to ensure law enforcement has the guidance it needs to address missing persons cases from people who know the issue first hand. A real solution to this crisis will never be found without the explicit inclusion of survivors, which is what is so special about this bill. I’m grateful to my colleagues in the Senate who helped move this bill forward, so that it has a chance of becoming law,” said Congresswoman Deb Haaland, Co-Chair of the Congressional Native American Caucus.

“As the crisis of missing and murdered indigenous women is wreaking havoc on our families and our communities,” said Congressman Tom Cole, Co-Chair of the Congressional Native American Caucus, “we are extrememly proud to have worked with my colleagues to help address the epidemic of missing and murdered Native women and girls, who experience violence at higher rates than any other female population in the country. The Not Invisible Act is an important step to protect women and children and improve law enforcement efforts to combat this crisis. I urge the President to quickly sign the bill into law,” said Congresswoman Sharice Davids.

“The silent crisis of missing and murdered indigenous women is an epidemic that haunts our families and our communities,” said Congresswoman Markwayne Mullin. “Our priority must be to protect native women and children and all parties have to work together to end this epidemic of violence. The Not Invisible Act will give our law enforcement officers the tools they need to address the crisis and will help prevent our sisters from becoming a statistic. I was proud to cosponsor this bill, and I look forward to seeing President Trump sign it into law soon.

The Senate companion bill, led by U.S. Senators Catherine Cortez Masto (D-Nev.) and Lisa Murkowski (R-Alaska) passed the Senate floor in March by unanimous consent and was taken up and passed by the U.S. House Monday.

“For years, the epidemic of missing, murdered and trafficked Native women and girls has been ignored across the country. For too long, Congress has failed to address this crisis. Too many Native women and their families have not received justice. That is simply unacceptable. Today’s House passage of my bipartisan Not Invisible Act begins to change that stark reality. By improving coordination where it matters—between the federal government, law enforcement tribal governments, and community leaders—we are addressing the root cause of the problem and getting to work to prevent these tragedies. I thank my colleagues in the House for their work on this important legislation and look forward to the President signing it into law,” said Senator Catherine Cortez Masto.

“Too many families have faced unspeakable loss as Native women have gone missing, then murdered or trafficked, and then left down by the complex law enforcement systems currently in place to protect them. So many Native people have called on Congress to address the crisis. I also know human trafficking is a horrifying reality across the state of...
Sarah Smith, CEO, introduces and welcomes Liz Julio as our new Education Director as of September 5, 2020. Liz joins us with 19 years of experience working in the education field. She previously held various responsibilities as an employee of Keweenaw Bay Ojibwa Community College and assisted many toward increasing their education, beginning with the youngest learners at OCC Daycare through adult learning. She is proud to serve our Keweenaw Bay Indian Community and looks forward to assisting you in furthering your educational goals. You can reach Liz Julio at the Tribal Center by calling (906) 353-4117, or e-mail ljulio@kbic-nsn.gov.

October 2020 Calendar:
- October 2 — E-Waste, KBIC Solid Waste Facility, 9 am—12 noon;
- October 5-9 — L’Anse side KBIC Fall Cleanup;
- October 10-12 — People of the Heart, Water Walk 2020, Sandpoint Light House;
- October 12-16 — Baraga side KBIC Fall Cleanup;
- October 24 — Tire Drop Off Event, KBIC Solid Waste Facility, 8 am—12 noon;
- October 31 — KBIC Primary Election; Happy Halloween.

VOTE Megan Haataja & Tony Loonsfoot
Baraga School Board – Nov 3rd
We provide the following services:

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

P.O. Box 490, Baraga, MI 49908
Phone: 906-353-4566
Fax: 906-353-8132

"YOUR Children ... OUR Priority"

ATTENTION
A drop box is now available outside of the Tribal Center for your convenience.

Keweenaw Bay Indian Community
Office of Child Support Services

P.O. Box 490, Baraga, MI 49908
Phone: 906-353-4566
Fax: 906-353-8132

This year’s People of the Heart Water Walkers are recruiting volunteers to help in our Journey! We are walking from Sand Point at 7 a.m. Saturday, 10/10/2020, to the Houghton Lift Bridge area. On Sunday, we will lift the Water at 7 a.m. and continue through Lake Linden up towards Eagle Harbor along US-41. On Monday, we walk from US 41/Eagle Harbor intersection area on to Copper Harbor Lighthouse! It’s a crazy year, and our Nibi feels it too! Please help in anyway you can! Offer prayers for our safe Journey, offer food for our Walkers, offer your FEET by walking a mile or more!! We can use vehicles to help transport Walkers! If you can donate ANYTHING, please message me! Chi miigwech! Terri Denomie

American Indians specializing in Home Loans for American Indians

- We are a Native Community Development Financial Institution certified by the U.S. Treasury
- Now offering VA, FHA, Conventional and Reverse mortgages
- Offering HUD’s Section 184 Indian Home Loan Guarantee Program
- Offering USDA’s Section 502 Direct Home Loan Program with Payment Assistance
- Business Loans for Native Farmers and Ranchers!

906.524.5445 | www.lakesuperiorcdc.com

(7) Niizhwaaswi
The Red Ribbon Campaign is the oldest and largest drug prevention program in the nation, reaching millions of young people during Red Ribbon Week, October 23rd—October 31st each year.

What is Red Ribbon Week?
It is an ideal way for people and communities to unite and take a visible stand against drugs. Show your personal commitment to a drug-free lifestyle through the symbol of the Red Ribbon, October 23-31.

Why?
The Red Ribbon Campaign was started when drug traffickers in Mexico City murdered DEA agent Kiki Camarena in 1985. This began the continuing tradition of displaying Red Ribbons as a symbol of intolerance towards the use of drugs. The Mission of the Red Ribbon Campaign is to present an unified and visible commitment towards the creation of a DRUG—FREE AMERICA.

Who?
National Family Partnership is the sponsor of the National Red Ribbon Week Celebration. We are helping citizens across the country come together to keep children, families, and communities safe, healthy, and drug-free through parent training, networking, and sponsoring the National Red Ribbon Campaign.

Why Support The National Theme?
A theme unifies each year’s campaign and helps to broadcast one message creating a tipping point to change behavior.

How?
Plan a Red Ribbon Celebration. Order and display Red Ribbon materials with the National Red Ribbon Theme. Proceeds from the sale of Red Ribbon theme merchandise helps support prevention programs across America. Order for your family, students, staff, patients, employees, and customers and encourage them to wear the red ribbon symbol during red Ribbon Week, October 23rd—October 31st.

Haaland’s Bill to Increase Focus on Missing and Murdered Indigenous Women continued:

Alaska, and it is disproportionately affecting Alaska Native communities,” said Senator Lisa Murkowski. “The Not Invisible Act paves the way for greater collaboration between federal agencies, law enforcement, and elected tribal officials, ensuring Alaska Natives and survivors have a voice in developing methods to end these horrible crimes. Through partnerships, coordination, and pooling resources, we can turn the tide of women and girls falling victim to this epidemic.”

Currently, the leading cause of death for American Indian and Alaska Native Women between ages 10 and 24 is homicide, and American Indian and Alaska Native women experience murder rates 10 times the national average. A 2016 National Institute of Justice report states that more than four in five American Indian and Alaskan Native women (84.3 percent) have experienced some form of violence in their lives. The Not Invisible Act of 2019 is a step toward addressing this crisis.

The Not Invisible Act of 2019 would establish an advisory committee on violent crime composed of law enforcement, tribal leaders, federal partners, service providers, and survivors to make recommendations to the Department of Interior and Department of Justice. The bill also seeks to establish best practices for law enforcement on combating the epidemic of missing persons, murder, and trafficking of Native Americans and Alaska Natives and would create a position for an expert within the Bureau of Indian Affairs charged with improving coordination of violent crime prevention efforts across federal agencies.

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.

E-WASTE RECYCLING EVENT

KBIC Solid Waste Facility

October 2, 2020
9am - Noon
Baraga County Residents ONLY
NO BUSINESSES

The KBIC Solid Waste Facility is now a PERMANENT E-Waste drop off site that will continue with monthly collections.

PRICES

Televisions & Monitors (CRT & LCD, Sorted Type)
Less than 40 lbs, $10.00, 40lbs or more $20.00

Televisions (Projection)
Less than 40lbs, $10.00 40lbs or more $20.00

Desktops/ Laptops/ Tablets (Mixed)
No Charge

Laptops (Separated)
No Charge

Cell Phones
No Charge

Desktop Printers
$5.00 Each

Microwaves
$4.00 Each

If you have any questions please contact:
Serene Gauthier (906) 524-5757 X 4228

FOOD DISTRIBUTION PROGRAM ON INDIAN RESERVATIONS (FDPIR)

FY 2018 NET MONTHLY INCOME STANDARDS*

(Effective Oct. 1, 2019 to Sept. 30, 2020)

*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.

<table>
<thead>
<tr>
<th>48 Contiguous United States</th>
<th>House-</th>
<th>SNAP Net Monthly Income Standard</th>
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CARES ACT-IHBG

COVID-19 Expanded Rental Assistance Program

This rental assistance program is for eligible low income Tribal members renting from private landlords’/property owners, separate of the Tribe’s housing program. A direct payment of up to $500 per month may be made to the private landlord/property owner for eligible tenants impacted by COVID-19. No more than two rental payments will be allowed per family/person. Must live in one of the following counties: Baraga, Marquette, or Ontonagon. This program is on a first come, first serve basis.

If you are currently receiving rental assistance from a federal/state program, you are not eligible for this program.

The following must be turned in with the application:

- A copy of your current lease or signed letter from your landlord/property owner verifying your residence
- Proof of income

Any questions or need of an application mailed to you, please call the Housing Offices at (906) 353-7117 or e-mail doreen@kbic-nsn.gov.

Please turn in a completed application to the KBIC Housing Office or mail it to:

KBIC Housing Office
220 Main St.
Baraga, MI 49908

(9) Zhaangaswi
As this paper is published, The Keweenaw Bay Indian Community enters Binaaawegiizis, which translates so poetically to “Falling Leaves Moon”. It’s such a lovely way to describe this season of cool, brisk days, and crunching through dry leaves as we take walks along the Lake. It’s a time when the appetite for heartier meals returns, and folks are not so reluctant to turn on the oven because the hot weather is done for a while. Most of us are still spending more time at home, so we have more time to prepare meals from scratch. This might be a good time to go through some old favorite soup, stew, and casserole recipes. Be adventurous in trying some new ones.

The extra time we spend at home due to COVID-19 has resulted in many of us being less physically active, and we’ve risked weight gain because we haven’t adjusted food intake to account for the decreased activity. This is compounded by the natural inclination to spend more time indoors as the weather changes. So as we look at some of those favorite recipes, we should consider some adjustments to maintain great taste but decrease the “calories per bite” to account for the new (we hope temporary) reality of spending more time in sedentary activities. Here are a few simple tweaks to recipes that can promote healthy meals without sacrificing taste or satisfaction:

- As a general rule, it’s not “all or nothing.” Except for those who have chosen specific, medically supervised diets that eliminate all starchy foods or all fats, we can adjust amounts of the problem nutrients (refined starches and sugars, unhealthy fats, etc) without eliminating them altogether.
- When browning meat for a stew, soup or casserole, consider using ½ of the fat called for in the recipe. Using non-stick spray and a small amount of fat will produce the same beautifully browned meat (which, by the way, does improve the flavor of the finished dish compared to not browning). The pan cleans up much easier afterward.
- Adding cheese to a casserole adds a lot of calories. Consider a sharp cheddar, which has more flavor, and use half the amount. Also, a sprinkle at the top will go farther flavor-wise, than mixed through the dish.
- Noodles and rice form the basis for many casseroles and soups. Please try whole grain noodles and brown rice. They are richer in vitamins, minerals, and fiber. They are more filling, so it’s easier to eat a smaller portion. It is a misconception that they have less carbohydrates, however.
- People monitoring carbohydrate intake need to count whole grains the same as they would refined. The advantage is that they’re more filling, so we end up eating less and stay full longer.
- Wild rice is an outstanding food that qualifies for a separate entry. Very rich in vitamins and minerals as well as fiber. Use it whenever practical, in soups, stews, and casseroles. Wild rice cooked and tossed with berries and a little maple syrup is a delicious side dish or dessert, served warm or cold.
- Most of us would benefit from less dietary sodium. Too much sodium can lead to high blood pressure or fluid retention. When revising recipes for soups, stews, and casseroles, consider using sodium-free bouillon or broth. A reasonable compromise is using ½ regular and ½ sodium-free broth or bouillon. Both are available in all the grocery stores. Increase the herbs and spices somewhat and the flavors will come through nicely. Please note that decreasing sodium doesn’t have a direct effect on weight (except water weight), but is important for managing blood pressure and heart failure and decreasing heart disease and stroke risk.

This article began with the beautiful poetry that is the Ojibwa name for the month we call October. The article closes with the first lines of a powerful poem of the poet Joy Harjo, a Muskogee (Creek) woman who writes in English. She writes:

“Put down that bag of potato chips, that white bread, that bottle of pop.
Turn off that cell phone, computer, and remote control.
Open the door, then close it behind you.”

The entire poem “For Calling the Spirit Back from Wandering the Earth in It’s Human Feet” is available on the internet (just do a search). The KBIC Library has seven volumes of Ms. Harjo’s work. She is the first Native American person named Poet Laureate of the United States. Poet Laureate is an honor given by the US Library of Congress for a poet of notable talent. You will discover just how talented, if you haven’t already. Stay safe!
Minjimendandaagaa-gikinoo’amaagoowiziyang

“Let’s keep in mind what we have been taught”

As the world copes with the global COVID-19 pandemic, Anishinaabe teachings of mutualism and environmental symbiosis resonate loudly across Indian Country. It is prudent at this time to remember that our first, original treaties were agreements with every order of creation. Anishinaabe epistemology reiterates that we as humans were placed on this earth last. Each order of creation — from the four-leggeds to the plants — stood up for Anishinaabeg and agreed to lend us the sustenance needed to live a good life. As the earth and humans attempt to create a new relationship moving forward, these original teachings lay the foundation for realizing true balance.

The original clan animals remind us that we are not the only beings that exist in this world and that we all have responsibilities to take care of the environment. Our traditional doodern (clan) teachings hold the capacity to reconnect all of us to our purpose and our responsibilities. Among many things, it is the clan system that has played a great role in Anishinaabe governance and strength as a nation.

Today, in many tribal communities, this strength and nationhood emanates across Turtle Island as people draw from
The Keweenaw Bay Indian Community urges members to vote in all elections; Federal, State, Local and of course, Tribal.

KBIC asks that you vote for candidates that prioritize the impacts of government on our Tribal Sovereignty. Vote for those who support the needs of Indian Country such as full tribal funding, jurisdiction to protect our victims, and economic development for our members.

Please check to make sure you are registered. Each state has their own deadline and requirements. Check at http://www.voter.org for your state.

Chii Miigwech and remember, Every Vote Counts!!