

# WIKWEDONG DAZHI-OJIBWE

The Keweenaw Bay Ojibwe

Iskigamizige Giizis - Maple Sugar Making Moon - April 2013 Issue 105



## Mining Updates

by Jessica Koski, Mining Technical Assistant,  
Natural Resources Department



Jeremiah Eagle Eye

Eagle Rock Yellow Dog Plains

4/11/2012 11:18:38 AM

### Monthly Mining Potlucks

The Keweenaw Bay Indian Community has started monthly mining potlucks, the last Saturday of each month, in order to create space for discussing mining issues, organizing, and welcoming our allies. The next potluck will be on Saturday, April 27, from 12-2 pm at the Ojibwa Senior Citizens' Center. It will include a presentation by KBIC's mining staff on "How Will Mining Impact Ojibwa Land & Culture?"

### Rio Tinto Mining Activities

In January, the Michigan Department of Environmental Quality (MDEQ) decided not to issue a permit for Marquette County Road 595, a 21-mile mine haul road proposal, that would have connected Rio Tinto's activities at the Eagle Mine and Humboldt Mill. The applicant was unable to satisfy remaining objections by the U.S. Environmental Protection Agency. This is a victory for the integrity of the nation's Clean

Water Act and Native American treaty-reserved resources that would have been negatively impacted. Rio Tinto has since agreed to fund upgrades to existing routes.

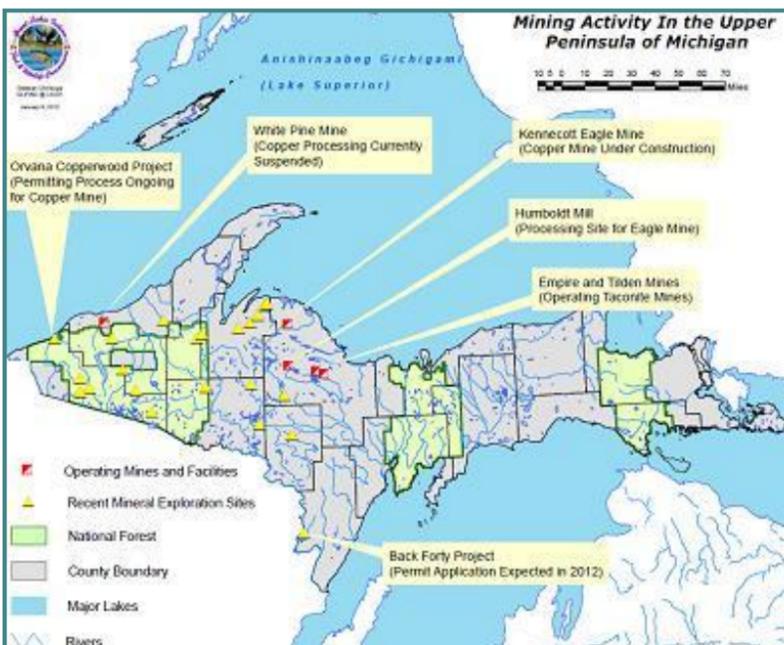
A public hearing recently took place regarding proposed changes to Rio Tinto's air permit at the Eagle Mine. Of primary concern is the proposed elimination of a fabric filter dust collector for underground mine emissions. Fugitive dust and uncontrolled air emissions pose disproportionate health risk particularly to Tribal members who gather and consume plants and wildlife nearby, and those who continue to visit Migi zii wa sin, Eagle Rock, located within the mine's fence line.

Due to transportation route construction and a global metals market slow down, the soonest Rio Tinto will be able to begin actual mine production at Eagle Mine will be December 2014.

### Orvana Copperwood Project

Orvana Resources U.S. Corp. has been

actively collecting permits for their proposed Copperwood Project located in Ironwood and Wakefield Townships in Gogebic County, MI, including for mining, air emissions, water discharges, and impacts to wetlands and streams. The MDEQ recently issued a draft permit for wetland and stream fill which would allow the company to fill in 16,557 feet of streams and almost 60 acres of wetlands for the permanent disposal of mine tailings immediately upstream from Lake Superior. The company must still apply for permits associated with dam safety and water intake.



### Tribal Council Members:

Warren C. Swartz, Jr., President  
Elizabeth D. Mayo, Vice-President  
Susan J. LaFerner, Secretary  
Toni Minton, Asst. Secretary  
Jennifer Misegan, Treasurer  
Robert D. (RD) Curtis, Jr.  
Frederick Dakota  
Jean Jokinen  
Michael F. LaFerner, Sr.  
Carole LaPointe  
Elizabeth (Chiz) Matthews  
Don Messer, Jr.



### SPECIAL POINTS OF INTEREST:

- March 9, 2013 Tribal Council Meeting
- Mining Updates
- KBIC's Tribal Natural Resources Obtain Weather Station
- Ojibwa Senior Citizens News
- KBIC Culture Group Holds Winter Festivities 2013
- April is Child Abuse Prevention Month
- Aabinoojiyens
- Ojibwemowin
- Deepest Sympathy

### Wisconsin Mining Legislation

Last month, Wisconsin's Governor Scott Walker signed into law new mining legislation that streamlined previous stringent sulfide mining moratorium protections. The new mining law is intended to pave the way for a large open-pit taconite mine at the headwaters of the Bad River watershed in the Penoque Mountains. In order to get at the taconite deposit, overburden rock containing sulfide minerals would be unearthed and pose risks for acid mine drainage. The Bad River Band of Lake Superior Chippewa immediately downstream from the proposed mine, along with other bands and citizens across the state, were actively mobilized throughout the legislative process, and it is anticipated that litigation challenging the new law may soon be triggered regarding violations of the Wisconsin Constitution and the public trust doctrine. Increasing mining activities sweeping Michigan, Wisconsin, Minnesota, and Ontario pose significant collective threat to the quality of the waters of Lake Superior.

## MARCH 9, 2013 TRIBAL COUNCIL MEETING

The Tribal Council held their regularly scheduled Saturday Tribal Council meeting on March 9, 2013, at the Ojibwa Casino Conference Room, in Baraga, Michigan. President Warren C. Swartz, Jr. presided over the meeting with Elizabeth D. Mayo, Susan J. LaFerner, Toni Minton, Jennifer Misegan, Robert (RD) Curtis, Jr., Fred Dakota, Jean Jokinen, Michael F. LaFerner, Sr., Carole L. LaPointe, Elizabeth "Chiz" Matthews, and Don Messer, Jr. present.

President Warren C. Swartz, Jr. shared numerous *Thank You* and *For Your Information* items addressed to Council. President Warren C. Swartz, Jr. gave the President's Report (Page four), Secretary Susan J. LaFerner gave the Secretary's Report (page two), and Treasurer Jennifer Misegan gave an oral Treasurer's Report, stating, "This coming Thursday (03/14/2013) Council will have a full day with a financial meeting. Also, March 31st, is the 2% deadline for governmental requests." Council passed the Department Head Reports for January 2013.

Dan MacNeil, a KBIC member, requested assistance in the amount of \$6,695.00 with costs for studying and taking the State Bar Exam. Dan, the son of Glen Bressette, Sr., will be graduating from Wayne State University Law School with a Jurist Doctorate Degree in May. Mr. MacNeil is applying for admittance to the State Bar of Michigan. He has attended school with the assistance of FAFSA; however, FAFSA will not assist with the application fee or the State Bar Study Course. Mr. MacNeil stated, "My path to law was originally forged during the third year of undergraduate studies at Northern Michigan University by Judge Violet Friisvall Ayres, who was teaching Tribal Law at the time. She made the impression on me that tribes need attorney advocates as well as the individual Tribal members do against state and federal encroachment. I chose law as the best path to fight for Native Americans as I was raised to do by my father, Glen Bressette, Sr. Upon choosing my career path, I made my major Political Science/Pre-law with a minor in Economics, and I began my path by graduating with that degree and a minor with multiple dean's list honors. After graduating, I took the LSAT and got admitted to the Wayne State University Law School for the class of 2013, which I gladly accepted. At Wayne State University, I trained in areas focusing on business transactions, environmental law, business development and American Indian law."

Mr. MacNeil stated he is interested in applying and working for KBIC. The Council discussion was to develop a service agreement for Mr. MacNeil to sign and they would fund his request. **Motion by Jean Jokinen to approve the donation request of Dan MacNeil in the amount of \$7,000.00, supported by Carole LaPointe, ten supported (Mayo, S. LaFerner, Minton, Curtis, Dakota, Jokinen, M. LaFerner, LaPointe, Matthews, Messer), 0 opposed, one abstained (Misegan), motion carried.**

Council held the 3rd Reading of the Proposed Ordinance 2013-01 Title One General Provisions. **Elizabeth D. Mayo motioned to approve the Proposed Ordinance 2013-01 Tribal Code Title One General Provisions (Tribal Court), supported by Susan J. LaFerner. Elizabeth D. Mayo motioned to amend Proposed Ordinance 2013-01, Section 1.103, Tribal Court Jurisdiction, (B) to read "The Tribal Court shall have jurisdiction over any persons or entities for which the United States Congress, the United States Supreme Court, or federal law provides jurisdiction. (D) The Tribal Court shall have jurisdiction to the maximum extent permitted by applicable law, over any person or entity who has a consensual relationship with the Keweenaw Bay Indian Community, or whose activity or conduct threatens the Keweenaw Bay Indian Community or members thereof." supported by Jennifer Misegan, ten supported (Mayo, S. LaFerner, Minton, Misegan, Curtis, Dakota, M. LaFerner, LaPointe, Matthews, Messer), 0 opposed, one abstained (Jokinen), motion carried. Vote on Elizabeth D. Mayo's motion to approve the Proposed Ordinance 2013-01 Tribal Code Title One General Provisions, supported by Susan J. LaFerner, ten supported (Mayo, S. LaFerner, Minton, Misegan, Curtis, Dakota, M. LaFerner, LaPointe, Matthews, Messer), 0 opposed, one abstained (Jokinen), motion carried.**

Under New Business, Eddy Edwards, OHA Director, discussed with Council Resolution KB-1929-2013, FY2013 HUD ICDBG application for the OHA Acquisition, Resale Project. Mr. Edwards stated, "The basic idea is to use the \$600,000 ICDBG grant along with Housing's \$200,000 match to purchase six homes on the reservation that are in need of repair or are in foreclosure, by putting \$50,000 of rehabilitations into those homes to modernize them and then sell them back to Tribal

members at a major discount. We would then keep rolling that over as much as we are able until we get marginal returns. We predict that we could purchase, modernize, and re-sell over 12-15 homes within three years with the \$600,000, if awarded. This proposal can increase home ownership opportunities in that \$50,000-\$70,000 range for Tribal members. It can increase the property values for neighborhoods when you take those homes and put them back into the market. It will also create employment opportunities in the modernization." Council questioned Mr. Edwards as to what Housing is doing to modernize Housing's homes where families have lived for a number of years and regarding mold issues. "We move people from one house to another. For example, we have a family who reside in a four bedroom home in Zeba, one of the last ones on our list that hasn't been modernized. We have another four bedroom right across the street that is almost done being modernized. We will be working with the family to move them into that home so that we can then modernize the home they have been living in." Another topic for the grant would be to build a community center in Zeba and an infrastructure in the L'Anse district. Ultimately it is up to the Council to decide what project we apply for. **Motion by Jean Jokinen to instruct Housing to move forward with the ICDBG process and to prioritize the community center and infrastructure in Zeba, supported by Robert R.D. Curtis, Jr., six supported (Mayo, Misegan, Curtis, Dakota, Jokinen, M. LaFerner, Matthews), four opposed (S. LaFerner, Minton, Messer, LaPointe), 0 abstained, motion carried.** Susan J. LaFerner expressed her opposition was due to the fact that Council was supposed to discuss this at our financial meeting; we don't even know how we are going to maintain a Zeba Community Center. Toni Minton expressed her opposition was due to the fact that our Grant Writer stated at a prior meeting that they didn't feel they had the time to submit an application by deadline.

Jennifer Misegan, Treasurer, presented the donation list for March 2013. **Motion Elizabeth D. Mayo to approve the March 2013 donation for \$450 for the KBIC Headstart Graduation gifts, supported by Michael F. LaFerner, Sr., eleven supported, 0 opposed, 0 abstained, motion carried.**

Council adjourned with no closed session matters.

~ submitted by Lauri Denomie, Newsletter Editor

## SECRETARY'S REPORT FOR FEBRUARY 2013

Activities reported by the Secretary, Susan J. LaFerner, for the month of February 2013.

ANIN! We honor the greatness in you. Remember: "Indian Country Counts" and "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.

Congratulations to our three "Healing to Wellness" Drug Court participants who graduated on January 31, 2013. Drug Court has been in existence for approximately two years on February 1. Drug Court started with nine participants and recently there have been up to twenty participants. Congratulations to everyone! We are also continuing to work on the Government Personnel Policy revisions, alternative energy options, and reviewing the previous proposed mining ordinance.

The employee W.H.I.P.P. (Wellness, Health, Intervention, Prevention Program) Task Force and volunteers continue to have monthly meetings. It is never too late to encourage others and begin positive lifestyle changes that will help us live longer, healthier, happier lives. Mino-Bimaadizin—"Live Well." Remember everyone should participate in at least 30 minutes of physical activity five times a week to stay fit. The employee 12-week "Weight Loss Challenge

— New Year, New You” began on January 17, 2013, and will end on April 11, 2013. The Walk & Talk Program also continues during the winter months. The LaPointe Health Center is promoting “Colon Cancer Awareness” during the month of March, and employees will be able to wear “blue” jeans to work on Wednesdays if they wear a button. The button will also have four questions related to colon cancer, and if questions are answered correctly, employees will be eligible to win a prize on March 26.

**NATIVE VOTE 2013**—every vote and voice counts. Remember we need to continue to get out and vote in all elections because your vote is a decision that makes a difference. Here are three challenges that you can do to make a big difference: 1.) Think of three people you care about and challenge them to reach out to three more people they care about to vote. 2.) Volunteer to make calls encouraging others to vote. 3.) Spread the word to vote on Election Days! We have 822 total eligible voters and 681 registered voters, 429 registered voters, or 63%, voted in the December election. Our goal for Keweenaw Bay is to have 100% of our registered/eligible members vote!

The Drug Tip Line number is 353-DRUG or 353-3784. The yellow banners are around the reservation with this drug tip line number displayed. The Drug Task Force holds monthly meetings, and their Mission Statement is: “To promote education through public awareness with the specific objective to eliminate the use of ‘illegal drugs’ for the betterment of the health, welfare, and safety of the Keweenaw Bay Indian Community and our neighboring Communities.”

Spring is here on March 20th, and we wish everyone a blessed Easter on March 31, 2013.

As we ended another year in the chapters of our lives and now begin a new year journey.... continue to pray for each other, as well as honor and remember all of our veterans, service men and women, and their families. We pray that we and the world will be graced with the gifts of peace, love, and joy. Remember those who are ill, those with economic struggles, and all those who have lost loved ones during the past year. Thank you, God and Creator, for the great blessings of our land. “Who does the land belong to? Some to those who have walked on, a little to those still living, but most to those yet to be born.” ~ unknown.

During February 2013, the Tribal Council held one Regular Tribal Council

Meeting on February 2, 2013, at the Ojibwa Motel Conference Room. This meeting is covered in the March 2013 Newsletter. Tribal Council held two Special Council Meetings. Following are the unapproved motions from February.

At a council meeting held February 7, 2013, the following actions were taken:

- Approved the January 19, 26, and February 4, 16, 2012 Tribal Council Meeting minutes;
- Approved Resolution KB 1922-2013 to apply for the FY 2013 USDOJ Adult Drug Court Discretionary Grant Program for two years;
- Approved the proposed amendments to the Background Investigations Policy: a listing of the applicants residency/Certificate of Decision: takes out the committee’s vote on the decision which identifies those members in favor, opposed, abstaining, or absent from the vote and added: identifies how the members voted in appeal decisions;
- Defeated a motion to have Sally Snyder, OHA, do all of the Senior Citizens tax returns for \$25.00 per Senior;
- Approved to pay Sally Snyder, OHA, \$25.00 per Senior or H&R Block \$55.00 per Senior to prepare their tax returns;
- Approved the ACH Agreement (Cash Management Service Agreement) with Superior National Bank for the Baraga Casino’s payroll direct deposit;
- Approved to change the March 2, 2013 Regular Tribal Council meeting to March 9, 2013;
- Approved to appoint Suzanne L. Jondreau to the vacant Gaming Commissioner position until June 2013;
- Approved to appoint a Title 10 Hunting, Fish, Gathering Task Force to work on amendments: Dale Dakota, Jennifer Misegan, Heather Chapman, Doreen Blaker, Larry Denomie or Sarah Maki, Chris Swartz, Rodney Loonsfoot (NRD Committee) and Lori Sherman, NRD Director as the Lead;
- Approved to pay the fill-in Cook, the Cook’s current wage when she fills in at the Senior Citizens’ Center.

At a council meeting held February 21, 2013, the following actions were taken:

- Approved the February 23, and March 3, 8, 15, 22, 2012 Tribal Council meeting minutes;

- Approved to have Tribal Court prepare a Houghton County Jail Contract;
- Approved to move forward to hire a seasonal worker (prepare a job announcement) for the 2013 Powwow and to modify the Powwow budget for next week’s meeting;
- Approved to name the 2013 Kid’s Fishing Derby in memory of Todd Warner;
- Approved the Tribal Court Probation Officer, the OVV Team Lead, and Police Commissioner/Trained Department Representative as the Adjudicating Panel per the Background Investigations Policy effective when they are trained and adjudicated;
- Approved Resolution KB 1923-2013 PL 93-638 To request a Tribal Forester Contract (25CFR Part 163 application for \$95,940.00) to add this position to the current BIA Contract;
- Approved Resolution KB 1919-2013 Barbie M. Bykkonen residential lease;
- Approved to table a motion to apply for the Zeba Community Center as the FY 2013 ICDBG Project until the finance meeting;
- Approved to table Jeff Lamson’s (Cue Master) liquor license renewal until next Thursday’s meeting;
- Approved to extend Jeff Lamson’s (Cue Master) current liquor license until March 1, 2013;
- Approved to appoint Dawn Alexander to the Education Committee as she meets the guidelines (must be a parent of a KBIC member);
- Approved to appoint Diana Chaudier and Kim Klopstein to the Election Board;
- Approved to appoint Rodney Loonsfoot to the Hiring Committee (to fill a one year term);
- Approved to repost for two seats for the Youth Committee;
- Approved the Catamaran National Provider Network Agreement and Catamaran PMB of Illinois, Inc. for the administration of the Medicare prescription drug program (Pharmacy);
- Approved the proposed amendment to the CNAP Guidelines for medical travel assistance funding for members active in the military or attending college full-time;
- Approved the bid from Megan Shanahan (KBOCC) for Social Media Training in the Workplace for \$175.00 (1-2 hours).

Respectfully submitted,  
Susan J. LaFerner, Secretary

## OJIBWA LIBRARY NEWS

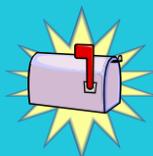
April 14-20 is National Library Week. The library will have drawings for books and movies during that time. We will extend the celebration until April 25. New patrons will get two chances to win.

A reminder of our participation in the Great Lakes Digital Libraries powered by Overdrive. The selections are a separate collection from the library. You can “check out” four selections which you will have on your device for two weeks. You may also be on a waiting list for the popular selections. Selections can be downloaded to smart phones, iPads, Kindles, Nooks, your computer, and MP3 players. Using Overdrive eliminates having to return books since they are removed from your device after two weeks. This is an extremely easy program to navigate and use.



~ submitted by Mary Bergerson,  
Tribal Library Director

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



**To place an ad, submit an article, or relate information or ideas on possible articles contact: Lauri Denomie at (906) 201-0263, or e-mail [newsletter@kbic-nsn.gov](mailto:newsletter@kbic-nsn.gov).**

**All Tribal Veterans’ Meeting at the Light-house, Sand Point, will be held every third Wednesday of the month at 1900 hours. All Tribal Veterans Welcome!**

## PRESIDENT'S REPORT FOR THE MONTH OF FEBRUARY 2013

The following is a list of activities that occurred in the office of the President for the month of February 2013:

- The Council recently reviewed and approved the wolf plan. The purpose of this plan is to provide a course of action that will ensure the long-term survival of a self-sustaining, wild gray wolf population in the 1842 ceded territory in the western Upper Peninsula of Michigan.
- We recently received news that the DEQ will not issue a permit for Marquette County Road 595. This is the haul road from the mine to the Humboldt processing facility.
- I've appointed two Council members to choose prospective jurors in KBIC Tribal Court.
- In mid-January, I attended the State of the State Address in Lansing Michigan. I was invited by 110<sup>th</sup> District Representative Scott Dianda. It was a great opportunity to network and start some initial discussions on the issues important to the KBIC.
- The Council met with attorneys Skip Durocher and Mary Streitz from Dorsey & Whitney. They presented an update on Indian law and current KBIC litigation they are working on.
- I attended the annual Midwest Region Budget meeting in Welch, Minnesota. A number of individuals representing the BIA were present at the meeting. We discussed the upcoming concerns and how to deal with it relating to the possibility of sequestration and bureau cuts to the budget. In addition, I hand delivered a couple of funding requests to the regional administrator relating to water and forestry resources.
- The Community received its quarterly report from the Keweenaw Bay Ojibwa Community College. The President indicated in her report that it's short due to preparation of an upcoming accreditation visit.
- We are continuing to have ongoing discussion relating to the Community's water monitoring program. Hopefully soon we can report that the program is up and running.
- I attended a meeting in Marquette

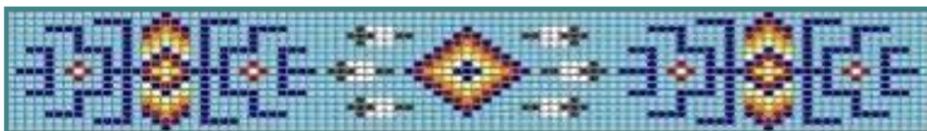
titled Operation Action UP. This is the first time I attended the meeting and was impressed with the amount of participation by local business owners, community leaders, and elected officials.

- I signed a cease and desist order against an individual who was claiming to have a business relationship with the Community. Hopefully, the individual will stop using the Community's name.
- The Council approved a committee to review and recommend changes to Title 10 of the KBIC Tribal Code. The committee has met and is reviewing the Title 10 of the code page by page.
- The Council reviewed the pool of applicants for the position of Gaming Commissioner. After review, the Council chose Suzy Jondreau to fulfill the remaining term of the vacant position.
- We also continue to have ongoing discussions relating to the Community's 2-part Gaming Application and the property in Marquette for its gas station.
- I talked with Marquette School Board President Rich Rossway relating to the use of Indian logos/mascots. I informed him the Community's stance has not changed relating to the use of offensive Indian logos/mascots.
- Recently I was informed that the Violence Against Women's Act (VAWA) was passed and is now on its way to the President for his signature.
- I met with Leader Tim Griemel and 110<sup>th</sup> District Representative Scott Diandi. Susan LaFernier and I took the opportunity to chat and discuss some of the concerns we have and how we can work together to achieve some favorable results for the Community.
- And finally, I've appointed Carrie Paquette to the Drug Task Force. She recently graduated from the Healing to Wellness Drug Court.

This concludes my report.

Respectfully submitted,

Warren C. Swartz, Jr., President



## NEWS FROM THE OJIBWA SENIOR CITIZENS

The regular meeting was held on Wednesday, March 14, 2013, at 12:30 p.m. Jennifer Misegan, Enrollment Director, was present to provide an informational update on the KBIC vehicle titling. For information, contact Jennifer directly at 353-4111.

The following fundraising reports were given: Bake Sale, Pasty Sale, and Gift Shop. Dave Firestone has authorized use of the senior van for any outings or fundraising activities. Discussion was held regarding direct deposit for the senior checks. A motion was made by Gretchen Emery, supported by Don Funke, to request direct deposit from the Tribal Council for those seniors requesting it. Motion carried unanimously.

The next meeting will be held on April 10 at 12:30 p.m. All seniors are welcome to attend.

April 24: Pasty prep at 12:15 pm (right after lunch).

April 25: PASTY DAY - 5:00 am start time, SENIOR VOLUNTEERS ARE NEEDED AND WELCOMED.

~ submitted by Debra Parrish, OSC President

(4) Niiwin

## MESSAGE TO TRIBAL MEMBERS, DECENDANTS AND THEIR FAMILY MEMBERS:

Want to get educated in Alcohol and Drug Use/Abuse?

Sign up for ATR (Access To Recovery Program) by calling the Outpatient Substance Abuse Program at (906) 353-8121 and asking for R.D. Get educated and receive incentives for participating.

## KBIC'S TRIBAL NATURAL RESOURCES OBTAIN WEATHER STATION

The KBIC Natural Resources Department now has an active weather station thanks to the generosity of Michigan Technological University (Dr. John Gierke).

Weather information is set to continuously upload to the two websites below. The console for the weather station is connected to a computer that is set to never turn off; however, it is possible that we may encounter occasional issues; and information may not be available at certain times. The computer and console are monitored daily (except on weekends), so any issues will hopefully be addressed and resolved immediately.

- This link will take you to our station information through the Citizen Weather Observer Program (CWOP) through NOAA. Data is uploaded to this site every five minutes and displays information in graphs over a five day period. At the very top of the page, you will find the current weather conditions. There is also a satellite image at the bottom of the page showing any active weather in the area and the general location of our weather station. On the left you can click links to see other stations in the area, raw data, our location, weather warnings, etc. - <http://www.findu.com/cgi-bin/wxpage.cgi?call=ew2255>.
- This link will take you to our station information through the WeatherLink program. This page display is more aesthetically pleasing and easier to read. Near the top you can click on MAP, and it will show our station location as well as other weather stations in the area (including the KBIC Fire weather station in Baraga) - <http://www.weatherlink.com/user/kbicnrdweather/index.php?view=main&headers=1>.

\* There is currently no precipitation data available. We do not have a heater on the rain collector to melt the snow. When conditions improve (no more snow!) precipitation data will be available.

If you have any questions about our weather station, please feel free to contact the Tribal Natural Resources Department at 524-5757.

## G.E.D. Tutoring Available

The Tribal Council recently approved a G.E.D. Tutoring Program. Tribal members who reside in Baraga County can receive tutoring to prepare for the G.E.D. tests. For more information, contact the Education Office at 353-6623, Ext. 4117.

## We All Can Play a Part in Preventing Child Maltreatment and Promoting Well-Being

### April Is National Child Abuse Prevention Month

*Submitted by: Ann Marie T. Amsler, LMSW*



Every 10 seconds, a case of child abuse is reported in the United States. That adds up to about three million cases of child abuse each year.

The month of April is Child Abuse Prevention Month. The significance of this month is to increase awareness about the importance of preventing child abuse and neglect. It also serves as a reminder of those who have suffered from child abuse, as well as to continue the important work to help children and families stay safe and be strong.

So what is child abuse? Child abuse is when a parent or legal guardian inflicts serious physical injury, creates a substantial risk of serious physical injury, or commits an act of sexual abuse against a child. A person may also be guilty of child abuse if they allow someone else to do these things to a child. It is important to recognize and report child abuse. Signs to look for if a child is being abused or neglected are:

- Shows sudden changes in behavior or school performance;
- Has not received help for physical or medical problems brought to the parents' attention;
- Rarely touches or looks at the parent;
- Has learning problems (or difficulty concentrating) that cannot be attributed to specific physical or psychological causes;
- Is always watchful, as though preparing for something bad to happen;
- Lacks adult supervision;
- Is overly compliant, passive, or withdrawn;
- Comes to school or other activities early, stays late, and does not want to go home;

KBIC Department of Health and Human Services encourages all individuals and organizations to play a role in making the community a better place for children and families. By ensuring that parents and caregivers have the knowledge, skills, and resources they need to care for their children, we can help promote children's social and emotional well-being and prevent child maltreatment within families and communities.

Research shows that when parents have the following six protective factors, the risk for neglect and abuse diminish and positive outcomes for children, youth, and families are promoted. The six protective factors are:

- Nurturing and attachment;
- Knowledge of parenting and of child and youth development;
- Parental resilience;
- Social connections;
- Concrete supports for parents;
- Social and emotional developmental well-being;

April is a time to celebrate the important role that communities play in protecting children, and everyone's participation is critical. Focusing on ways to build and promote the protective factors in every interaction with children and families is the best thing our community can do to prevent child maltreatment and promote optimal child development.

Anything you can do to support children and parents can help reduce the stress that often leads to child abuse and neglect. Reach out, get involved, and lend a hand. If you have any further questions in regards to child abuse or neglect, you can contact the KBIC Behavioral Health Department, or Tribal Social Services. Also, if you need added support, help, or looking for additional resources that we may be able to help you with, please call KBIC Behavioral Health Department at 353-4532, or Tribal Social Services at 353-4201.

#### **Report Suspected Child Abuse or Neglect**

**For suspected child abuse or neglect of an Indian child(ren) living on the KBIC reservation or trust lands, contact KBIC Tribal Social Services:**

**During Office Hours:**

Hours: Monday–Friday 8:00 am–4:30 pm;

Phone: **(906) 353-4201**

Fax: (906) 353-8171

Location: 13765 M38, Baraga, Michigan

Mailing Address: 16429 Bear Town Road, Baraga, MI 49908

**After-hours, weekends/holidays:**

Phone: **(855) 444-3911 (Toll Free #)**

**For all other suspected child abuse or neglect incidents contact Michigan Department of Human Services (DHS) Central Intake Unit:**

Phone: **(855) 444-3911 (Toll Free #)**

Mail: Centralized Intake (Michigan DHS), 5321 28<sup>th</sup> Street Court SE, Grand Rapids, MI 49546

FAX: (616) 977-1154 or (616) 977-1158

### Upcoming Youth Program Events

**April 6<sup>th</sup>/7<sup>th</sup>** – Youth concessions for basketball tournament

**April 9<sup>th</sup>** – Regalia Workshops begin at Senior Center from 5-8pm

**April 12<sup>th</sup>** - Madden/Just Dance Tournament beginning at 1pm in the Community Center

**April 20<sup>th</sup>** – Youth concessions for Baraga County Spring Fling

**April 23<sup>rd</sup>** – Youth Committee Meeting

**April 26<sup>th</sup>** – Family Movie Night at 7pm in Community Center Commons

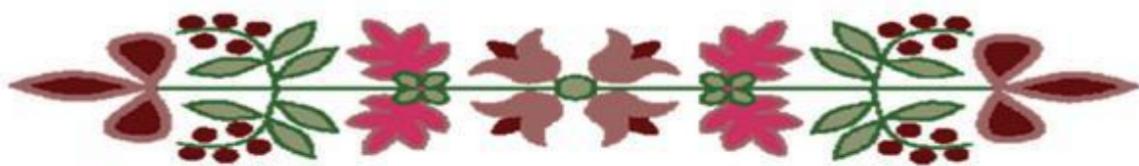
**April 27<sup>th</sup>** – MQT Youth Activity – Movie Night

Regalia Classes Every Tuesday and Thursday from 5-8pm at Senior Center beginning April 9th.

Rez Runners Practice – Please contact your coach or the youth office for times and dates.

**Please note, all activities are subject to change or cancellation. Please contact the Youth Office at 353-4643 for questions.**

(5) Naanan



## "Keweenaw Bay Community Garden"

Come join us for some rewarding work with our community garden at the Ojibwa Seniors Center-208 Main Ave, Baraga. In March we begin work with starting seeds. When weather permits, we will be breaking soil and building raised boxes. Please use contact information below to keep in touch with the progress.

**Contacts :**

*Charlotte Loonsfoot* -1(906)353-8152, Cell} 235-4220 ([loonsfoot292000@hotmail.com](mailto:loonsfoot292000@hotmail.com))

*Facebook group:* <https://www.facebook.com/#!/groups/203253399778911/>

*Dave Firestone* Ojibwa Seniors Director- 1(906)353-6096



**Sponsored by KBIC Natural Resources Committee:** *Charlotte Loonsfoot/ Chairwoman, Rodney Loonsfoot/Co- Chairman, Molly Loonsfoot, Everet Ekdahl, Roger Dushene, and Lawrence (Fulla) Swartz.*

### Keweenaw Bay Indian Community

## COMMUNITY SUGAR BUSH



The Keweenaw Bay Indian Community would like to invite all community members to the 1st Annual Community Sugar Bush located at Laughs Lake in L'Anse, MI. All experience levels are welcome to join us in this opportunity to share knowledge, tradition, and the experience. Finished products will be distributed to participants based on time spent at the sugar bush. For more information or to sign up, please contact the KBIC Tribal Forester.

**KBIC Forestry Department**

Gerald Jondreau, Tribal Forester  
16429 Bear Town Road  
Baraga, MI 49908

Phone: 906-353-6623 ext. 4591

Fax: 906-353-6869

E-mail: [gjondreau@kbic-nsn.gov](mailto:gjondreau@kbic-nsn.gov)



Organized by the KBIC Forestry Department in cooperation with the Natural Resource Department and the Department of Health and Human Services.

## KBIC CULTURE GROUP HOLDS “WINTER FESTIVITIES ‘13”

The KBIC Culture Group held an afternoon of fun, *Winter Festivities ‘13*, on Sunday, February 24, 2013. The festivities were open to the public to enjoy cultural fun events which were targeted for family and community members.

The group began their day at the Ojibwa Senior Citizens’ building in Baraga, where they were able to work on their very own snow snake for competition fun. Shortly thereafter, the group headed to the Ojibwa Campgrounds, near the Powwow registration location. Rodney Loonsfoot, founder of the KBIC Culture Group, had prepared the track for the snow snake competition.

The snow snake game has been played throughout North America for one thousand years or more, whenever there is enough snow available. Native American snow snakes are usually quite long, ranging four to ten feet. They are thrown down a lane made in the snow or ice at least 200 yards long and some have been made up to a mile in length. The object of the game is to throw the “snow snake” through the trough at a fast speed. The longest total distance is the winner. All participants, young and old, big or small, took part in the snow snake game on this day, with the final winner being Rodney Loonsfoot. Ralph Bemis took second place.

Throughout the afternoon event, participants were able to warm up by a cozy fire and enjoyed hot chocolate and S’mores. Many participants took advantage of snowshoeing throughout the powwow grounds. Snowshoes were made available compliments of the KBOCC. Snowmobile rides were an added feature for the youth, compliments of Steven Denomie.

The group returned to the Ojibwa Senior Citizens building for a bowl of Chili (prepared by Brandon Loonsfoot) and frybread (prepared by Charles “Chubby” Loonsfoot). A number of helpers also assisted the cooks.

After dinner, the group proceeded to see who would be the “moccasin game” champs. You had to get permission from the village elders to play the moccasin game as it is a noisy game but enjoyed by many. To play, you needed four moccasins, a pebble, and a stick. The players were divided into two sides, the finders and the keepers. The scoring system can be complicated and several rounds are played. The moccasin game was traditionally a men’s game.

“Our ‘Culture Nite Group’ was started as an opportunity for the community to come together and share in our awesome and amazing Anishinabe culture,” said Rodney Loonsfoot. “It’s real simple. We have a talking circle, offer our prayers, have a potluck, and create activities relating to our culture. We meet to share and have fun. When I was growing up, I can remember some of the older folks gathering to sing, pray, and just have fun together. I can remember naming feasts, sweats, and traveling to powwows. One of the teachings I was told was to continue to practice our ways and share in our culture and identity. If we don’t use it, we will certainly lose it. I don’t want to lose our ways, or forget who we are as Ke-

(6) Ningodwaaswi



Picture by Lauri Denomie.

Shown above is one of KBIC’s youngsters participating in the “snow snake” game. Approximately 40 community members joined in for this afternoon of fun culture activities.



Picture by Lauri Denomie.

Participants received certifications of recognition of the participation in the “Winter Festivities ‘13.”



Picture by Lauri Denomie.

Robert Mongozid, Charlotte Loonsfoot, and Sheena Halverson shoe down to the powwow arena.



Picture by Lauri Denomie.

Ralph Bemis shows his talent with his specially made “snow snake.”

weenaw Bay Anishinabe. Culture night is just an opportunity to share and come together to say a prayer, to create an activity culturally relevant, and to feast. So I welcome community members to Culture night. We are open to everyone, not one group or one click. We have made tobacco ties, plate bags, tobacco pouches, and snow snakes. I was told if you start with semaa in prayer, you can’t be wrong. Our group has offered our semaa, and we want the best for ourselves, our families, and our tribe.”

The KBIC Culture Group meets Wednesday evenings, 5 p.m., at the Ojibwa Senior Citizens building, in Baraga, Michigan. There are no costs affiliated. More information can be obtained on facebook, [KBIC Culture Nite](#).



Picture by Lauri Denomie.

Rodney Loonsfoot demonstrates how lead can be added into the snow snake for better performance.



Picture by Lauri Denomie.

The Paquette family as they work hard on their snow snake.



Picture by Lauri Denomie.

Sheena Halverson gives her best in the "snow snake" game.

# Ojibwemowin

## Word Search

e w y g k e n s i e w o n z i  
s z e z t n o p e j k a o g b  
e k i y n o o g i i g d o e m  
n e z i g a m h p a e r e o q  
i k n a g i z i m a g i k s i  
m e a g n w n a b j i n w e s  
o r g e o d a u e q t j k g w  
o s w p o a h n k j i y m z y  
n a e b n a w i m i g r e p h  
a j y q m e n o n m w a d g z  
m w a i y e d w e m g u b a t  
e z a u a r b e o a a g m h p  
y d b b a a y w g a n x a o y  
k n a g e q e b s n z i j n k

### Fill in the blanks

- m\_n\_om\_n — wild rice
- \_sk\_gam\_z\_g\_n — sugar bush
- g\_m\_wa\_ — rain
- \_it\_g\_ — s/he plants garden
- J\_mm\_a\_ — canoes
- \_a\_w\_aa\_ — a rainbow
- g\_i\_oo\_yi\_e — s/he fishes
- z\_i\_w\_n — it is spring



### Word List

- manoomin
- nagwyaab
- gimiwan
- ziigwan
- gitige
- giigoonyike
- Jimmaan
- Iskigamizigan

The language page was designed from reference of <http://ojibwe.lib.umn.edu/~>

~ Designed by newsletter editor



# Physical Activity and You

## LET'S GET ACTIVE!





There's no better day - Start TODAY!

**What is Physical Activity (PA)?**

- ◆ Physical activity (PA) is not just exercise!
- ◆ It's ANY activity where you move your body with ENERGY.
- ◆ Along with walking, running, and playing sports and active games, daily activities like cleaning the house, walking the dog, or climbing stairs count, too!



**The THREE types of Physical Activity:**

- #1 – STRETCHING (for flexibility)
- #2 – STRENGTHENING ACTIVITIES (for muscle toning and building)
- #3 – MODERATE to VIGOROUS PA (for endurance)

**More about Moderate to Vigorous Physical Activity (MVPA):**

- ◆ It's important to try and do MVPA because you get the MOST health benefits at this level.

**How do I know if I'm doing MVPA?**

There are four (4) "body clues":

- ◆ You are breathing faster,
- ◆ Your heart is beating faster,
- ◆ Your face and body feel warm, and
- ◆ You begin sweating.

You should feel ALL 4!



**What are some examples of MVPA?**

**MODERATE physical activity:**

- Walking briskly
- Climbing – the stairs, trees, and hills!
- Doing housework or light gardening
- Traditional dancing

**VIGOROUS physical activity:**

- Going for a run or jog, or going race or speed walking
- Doing some heavy housework or yard work.
- Going for a harder hike or bike ride
- Playing basketball
- Doing an aerobics class or video (or Zumba, Dancersize, Two Step, Kickboxing, or Cardio)!

Don't forget to WARM UP and COOL DOWN before & after being active! It helps prevent injury!

BEFORE YOU START -

+ Check with your doctor before starting ANY physical activity or exercise program.



### Todd Warner Legacy Award

The *Todd Warner Legacy Award* recognizes students who have demonstrated an interest in natural resources and intend to pursue a college degree in a natural resource/environmental related field. The recipient of this award will receive a \$500 scholarship to use towards their college education.

**The award is open to the following students:**

- 1) First-year students enrolling in fall 2013, and
- 2) Current college freshman and sophomores

Applicant must intend to pursue or be currently enrolled in degree programs related to the following subjects: Biology, Botany, Forestry, Natural Resources, Wildlife, Fisheries, Geology, Climate Studies, Water, Air, Chemistry or other environmental field.

Deadline for application submission is May 1, 2013 (no exceptions)

**Applications must include the following:**

- Name of applicant
- Mailing address
- Email address
- Phone number
- One (1) letter of support from a teacher or professor
- College planning to attend or currently attending (include copy of acceptance letter)
- Degree program enrolled in (must provide written proof that you are enrolled in a natural resource/environmental-related program)
- Essay responding to the question in the box below (500 words or less)

Tell us how you get out and enjoy nature and are involved with the natural environment. How do you inspire others to appreciate and enjoy nature as you have in your life? What do you hope to accomplish by pursuing a College degree in one of the fields listed above?

**Important:** The recipient of the award will be notified by June 1, 2013. The recipient will be required to volunteer during the Annual KBIC Kid's Fishing Derby on Saturday, June 29<sup>th</sup>, 2013.

Mail or drop off completed applications with all materials included to:

Lori Ann Sherman  
KBIC Natural Resources Department  
14359 Pequaming Road  
L'Anse, MI 49908

Or email application materials to [loriann@kbic-nsn.gov](mailto:loriann@kbic-nsn.gov)

For any questions please contact Lori Ann Sherman, KBIC Natural Resources Department Director at (906) 524-5757 ext. 13 or [loriann@kbic-nsn.gov](mailto:loriann@kbic-nsn.gov). This Scholarship is made possible by the Warner Family.

# KBIC/DHHS COMMUNITY HEALTH COLUMN



## Grow and Gather Your Way To a Healthy Diet

By: Dale Schmeisser, PhD, RD KBIC Dietitian



### Eat Right Your Way, Every Day

is this year's message from National Nutrition Month®. You may have heard that message during March (which is the official month), but the beauty is that it reminds us all to look ahead at eating right all year long. After a long winter filled with holidays, heavy food, and inactivity, it's time to lighten up. Here in the U.P. our bodies are finally starting to "thaw" along with the earth. So it's easier to think about lighter food choices—meat and fish cooked on the grill, nice big salads, and snacks that feature fruit.

The health benefits of adding more veggies and fruits are huge. People who include two to three cups of vegetables every day and one to two cups of fruit are more likely to stay at a healthy weight, protect their hearts, prevent diabetes, and ward off certain cancers. The best advice is to make sure there are bright colors on the plate. Green, red, orange, and purple vegetables and fruits each have vitamins, minerals, and unique antioxidants that are needed to keep the immune system in balance and prevent inflammation.

Which is best—fresh, frozen, or canned? All fruits and veggies have the vitamins, minerals, fiber, and antioxidants that are healthful. Fresh and frozen have the advantage of being lower in salt, sugar, and calories. Often, frozen vegetables are higher in vitamins even than fresh, because they are frozen just after picking, and not subject to degradation during long transport. But don't rule out canned veggies and fruit. Some people skip veggies altogether because they've heard that canned ones aren't healthy. This is not true. It's way healthier to eat canned veggies than to have no veggies. To lower the added salt or sugar, it's best to drain and rinse them. Sometimes canned fruits and vegetables are the best choice based on convenience, cost, and ease of storage. And some people simply prefer them because that's what they are used to.

But fruits and veggies are expensive, you say, and of course you're right. Food costs are rising. This is partly due to the cost of transporting produce from farms in California and partly due to

poor growing conditions for big farmers throughout much of the U.S. last year. Adding more fruits and vegetables can be a challenge on a tight budget. Gathering from the land is one way to get around that. Wild blueberries are one of the highest antioxidant sources of any edible plants, and they are free for the taking with a little legwork. Wild asparagus, greens, and raspberries are outstanding choices, too.

**KBIC Natural Resources also has two new programs to help the people eat healthier.**

The Community Garden located at Walleye Ponds in L'Anse is a new project this year, and it's available to all KBIC members. The garden is a one-acre plot which all community members are invited to help tend, and those who help will also participate in the harvest. Some of the harvest is designated for the Elders' meal program as well. The hoop house should be ready this month for starting plants from seed, so when they go into the ground in June they are well on their way to producing during our short growing season. For gardening novices, this is a wonderful way to learn how to grow your own produce. Experienced gardeners are glad to have this opportunity too. They already know that the effort they've put in makes their home-grown fruits and vegetables taste even better than the ones they buy. For more information on the Community Garden, contact Evelyn Ravindran at 524-5757, or e-mail [eravindran@kbic-nsn.gov](mailto:eravindran@kbic-nsn.gov).

KBIC Commodities will also have a garden of raised beds for tomatoes and green beans near the Commodities building in Zeba. This is a program funded by USDA, and members who use commodities will be eligible for the harvest. MSU Extension will offer classes on canning the produce. There is nothing like a pasta sauce made with home-canned tomatoes. When you can your own produce, it's easier to control the salt and sugar that's added. It's beginning to look we're headed for a season of abundance with more veggies and fruit, a green thumb (and maybe a little dirt under the fingernails!)—happy eating.

### FOOD DISTRIBUTION PROGRAM ON INDIAN RESERVATIONS (FDPIR) NET MONTHLY INCOME STANDARDS\* (Effective October 1, 2012)

\*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.

48 Contiguous United States:				Use this amount	
Household Size	SNAP Net Monthly Income Standard	SNAP Standard Deduction		FDPIR Net Monthly Income Standard	
1	\$ 931	+	\$149	=	\$1,080
2	\$1,261	+	\$149	=	\$1,410
3	\$1,591	+	\$149	=	\$1,740
4	\$1,921	+	\$160	=	\$2,081
5	\$2,251	+	\$187	=	\$2,438
6	\$2,581	+	\$214	=	\$2,795
7	\$2,911	+	\$214	=	\$3,125
8	\$3,241	+	\$214	=	\$3,455
Each additional member					+ \$330

Alaska:				Use this amount	
Household Size	SNAP Net Monthly Income Standard	SNAP Standard Deduction		FDPIR Net Monthly Income Standard	
1	\$1,165	+	\$256	=	\$1,421
2	\$1,577	+	\$256	=	\$1,833
3	\$1,990	+	\$256	=	\$2,246
4	\$2,402	+	\$256	=	\$2,658
5	\$2,815	+	\$256	=	\$3,071
6	\$3,227	+	\$268	=	\$3,495
7	\$3,640	+	\$268	=	\$3,908
8	\$4,052	+	\$268	=	\$4,320
Each additional member					+ \$413

#### FDPIR Income Deductions—see 7 CFR 253.6(f)

**Earned Income Deduction** — Households with earned income are allowed a deduction of 20 percent of their earned income.

**Dependant Care Deduction** — Households that qualify for the dependent care deduction are allowed a deduction of actual dependent care costs paid monthly to a non-household member.

**Child Support Deduction** — Households that incur the cost of legally required child support to or for a non-household member are allowed a deduction for the amount of monthly child support paid.

**Medicare Part B Medical Insurance and Part D Prescription Drug Coverage Premiums** — Households that incur the cost of Medicare Part B medical insurance and/or Part D prescription drug coverage premiums are allowed a deduction for the monthly cost of the premiums.

#### FDPIR Resource Standards—see 7 CFR 253.6(d)

**\$3,250 for households with at least one elderly or disabled member.**

**\$2,000 for households without any elderly or disabled members.**



## NATURAL RESOURCES TO INSTALL HOOP HOUSE—COMMUNITY GARDEN PREPARATIONS



The Community Garden will be located up by the Walleye ponds in L'Anse (Brewery Road). As soon as the snow clears, we will be putting up a High Tunnel Hoop House. In this type of Hoop House we will be able to start the seeds/plants ahead of time and replant into the garden when the weather allows. Please contact us if you would like to be a part of the Community Garden. Come on out and enjoy!

For more information please contact:  
Evelyn Ravindran  
Natural Resource Department  
[eravindran@kbic-nsn.gov](mailto:eravindran@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 forty-five students were placed on the Honor Roll for the second marking period of the 2012-13 academic year:

**Baraga**—Nathaniel Welsh, Annaleese Rasanen, Brendan Varline, Gabrielle Mayo, Brooke Chaudier, Gary Loonsfoot III, Virginia Shelifoe, Presley Rasanen, Richard Geroux, Bailey Harden, Keegin Kahkonen, Steele Jondreau, Dana Kelly, Steven Maki, John Messer III, Cheyenne Welsh, William Jondreau, Jr., Opal Ellsworth, Jailyn Shelifoe, Angel Loonsfoot, and Shawna Lussier.

**L'Anse**—Christopher Genschow,

Robert Genschow III, William Genschow, Alicia Stein, Kayla Dakota, Abigail Spruce, Ti'ia Friisvall, Shay Ekdahl, Grayson Roe, Lana Lind, Austin Ayres, Cody Clement, Karli Hoggard, Eva Lind, Logan Roe, and Michaela Velmer.

**Sacred Heart**—Tristan Francois and Rachael Velmer.

**L'Anse-Baraga Community Schools**—Ronald Tilson and Tonni Williamson-Edwards.

**Marquette County**—Neebin Ashbrook-Pietila, Autumn Ashbrook-Pietila, Johnathan Shelafae, and Taylor Shelafae.

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

**Baraga**—Opal Ellsworth, Austin Heath, Rylee Holm, Steele Jondreau, William Jondreau, Jr., Kamrin Kahkonen, Angel Loonsfoot, Steven Maki, Lilianna Messer, Presley Rasanen, Devin Chosa, Preston Ellsworth, Aleah Maskew, Makenzie Messer, and Annaleese Rasanen.

**L'Anse**—Jaycee Maki, Paige Zasadnyj, Keira Dakota, Lealind Back, Jade Curtis, Deija Dakota, Philip Edwards II, Alicia Stein, Kayla Dakota, Daniel Curtis, Ti'ia Friisvall, Kiersten Loonsfoot, Grayson Roe, Lana Lind, Cody Clement, Isaac Ekdahl, Eva Lind, and Chase Larson-Curtis.

**Sacred Heart**—Rachael Velmer.

**Marquette County**—Kimber Shelafae, Kaitlyn Shelafae, Johnathan Shelafae, Taylor Shelafae, and Brayden Velmer.

## NOTICE—BIA Scholarship Deadline

The deadline to apply for a BIA Scholarship for the 2013-14 academic year is May 1, 2013.

Applicants must be enrolled KBIC members, residents of Michigan attending a two or four year accredited Michigan college in pursuit of a two or four year degree, and must complete the FAFSA (Free Application for Federal Student Aid).

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.

## PUBLIC ANNOUNCEMENT

**Is your charitable organization planning on holding a raffle or selling raffle tickets on the L'Anse Indian Reservation?**

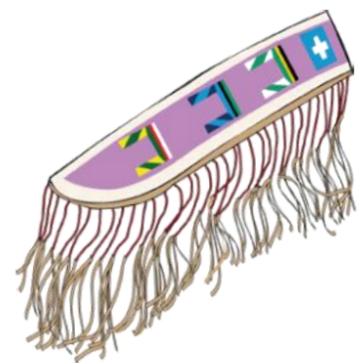
Federal law, through the Indian Gaming Regulatory Act, granted Tribes exclusive right to regulate gaming activity on Indian lands. Even if you or the members of your organization are not tribal members, the Keweenaw Bay Indian Community Gaming Commission has the authority to regulate your raffle. It 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.

Applications must be received 30 days prior to all drawings for processing.



16429 Bear Town, Rd.  
Baraga, MI 49908  
(906) 353-4222



# 11th Annual KBIC Kids Fishing Derby

*In Memory of Todd L. Warner*

## June 29, 2013

FOOD!

Ojibwa Recreation Area  
Off of US-41 Baraga  
Sand Point Pond (near lighthouse)  
9am-1pm

FISHING!



Registration begins at 9am  
Ages 4-12



Children must be accompanied by an adult.

GAMES!

FUN!



CONTACT KBIC Natural Resources for more information: (906) 524-5757 ext 10 or 12

**PLEASE HELP!**

Volunteers, Displays, Donations, and Various Support Items Are Needed. Please consider contacting the KBNRD to lend a hand!



## Would You Like FREE Money?

The Keweenaw Bay Ojibwa Housing and Community Development Corporation (KBOHCDC) is currently offering an Individual Development Account (IDA) Program!

An IDA program is a matched savings program in which we provide a 4 to 1 match up to \$4000.00 on funds you deposit!!!

**These funds are now available to KBIC Tribal members currently residing in the entire Upper Peninsula! First degree KBIC descendants are now eligible to utilize IDA funds for education expenses.**

Funds may be used toward home purchase (down payment or closing costs), education (books, laptop, and other supplies that are **required** of your courses and are not covered), and small business start-up or expansion.

If you are interested in this program and would like more information please contact:

Angela Shelifoe  
KBOHCDC Program Administrator  
906-353-7117 X106  
Angie@kboha.com

# MESSAGES FROM KBIC/DHHS COMMUNITY HEALTH

## PATH WORKSHOP SCHEDULED FOR APRIL

The KBIC DHHS will hold a series of PATH workshops beginning April 16, 2013, from 5pm -7:30pm at the LaPointe Health Center, dinner included. Please contact Heather Wood at 353-4546 if you would like to participate in PATH.

**What is PATH:** PATH stands for **Personal Action Toward Health** and is a chronic disease self-management program. It is a six-week workshop conducted in two and a half hour sessions in community settings. The program was developed and tested by Stanford University to help people learn the techniques and strategies they need for the day-to-day management of chronic or long term health conditions.

**Benefits:** Program participants reported improved symptom management, communication with physicians, self-efficacy, physical activity, and general health compared to those who had not participated in the workshop.

**Who should participate:** PATH is designed to benefit adults with chronic or long-term health conditions including arthritis, heart disease, diabetes, emphysema, asthma, bronchitis, and depression. Family members, friends, and caregivers are also encouraged to attend the workshop.

### Program Feature's:

- Led by trainer leaders.
- Workshops consist of people with many different chronic conditions.
- Workshop content is not disease specific, rather it focuses on symptoms that are common to people with a variety of health conditions.
- Workshop focuses on the process of becoming a better self-manager.
- Emphasis on creating personal action plans and setting practical, achievable goals.
- Participants will learn strategies and techniques to help them deal with problems such as pain, fatigue, frustration, and isolation.
- Other topics include: managing symptoms, understanding medications, working with a health care team, problem-solving, communicating better, relaxation, eating well, and exercising safely and easily.

## Michigan Healthier Tomorrow



Join the LaPointe Health Center in creating a Healthier Tomorrow. We're a proud partner of the MI Healthier Tomorrow movement. When we work together, it's easier to accomplish big goals. That's true when it comes to getting work done and getting healthy. This is why we need your support to join us in making our community healthier.

We all want to make healthier choices. Many of us want to lose weight. But often, it's hard to find the time to exercise and eat right. We encourage you to find the time. Now is the time to make changes that can last a lifetime and extend your life. Did you know that losing just 10% of your body weight can make significant improvements to both your physical and mental health? It can reduce your risk of heart disease, diabetes, stroke and cancer, strengthen your immune system, improve your mood, and increase your energy.

So make the time to put yourself and your health first today. Take the pledge by going to the MI Healthier Tomorrow website at [www.michigan.gov/mihealthiertomorrow](http://www.michigan.gov/mihealthiertomorrow) or the DHHS webpage at [www.kbic-nsn.gov](http://www.kbic-nsn.gov). You will be sent a free Getting Started Kit to help you on your weight loss journey. The kit includes a guide for healthy supermarket shopping, a food and exercise log, a colorful poster with helpful tips, food coupons, and more. You can also sign up to receive e-mails or text messages twice a month with tips to help you reach your goals. You'll also find inspiration, motivation, and conversation on the MI Healthier Tomorrow Facebook page.

Not sure if you are at a healthy weight? That's okay, many of us are not sure what number we should see on the scale to maintain good health. To find out what numbers are best for you contact the KBIC Medical Clinic at 353-8700 to schedule an appointment for your annual physical exam. Clinic staff will measure your height and weight to help determine your Body Mass Index (BMI). If your BMI is greater than 25 weight loss may be indicated. During your physical exam, you will also have your blood pressure, blood sugar, and cholesterol measured along with other screenings and immunizations recommended for your age.

For more information about the MI Healthier Tomorrow contact the Kathy Mayo at 353-4519.

## SHINGLES VACCINE AVAILABLE AT THE LAPOINTE HEALTH CENTER

At least one million people a year in the United States gets shingles. Shingles is a painful rash, often with blisters. A shingles rash usually appears on one side of the face or body and lasts from two to four weeks. Its main symptom is pain, which can be quite severe. Other symptoms of shingles can include fever, headache, chills, and upset stomach. For about one person in five, severe pain can continue even long after the rash clears up.

Shingles is caused by the Varicella Zoster virus, the same virus that causes chickenpox. Only someone who has had chickenpox can get shingles. The chickenpox virus never leaves your body; instead it stays in your nervous system. As you age your immune system weakens allowing the virus to break through the body's defense. The chickenpox virus can reemerge and cause shingles many years later. Shingles is far more common in people over 50 years of age and older than in younger people. It is also more common in people whose immune system is weakened because of diseases such as cancer or drugs such as steroids or chemotherapy.

A vaccine for shingles was licensed in 2006. In clinical trials, the vaccine reduced the risk of shingles by 50%. It can also reduce pain in people who still get shingles after being vaccinated. A single dose of shingles vaccine is recommended for adults 60 years of age and older.

The shingles vaccine, Zostavax, is currently available at the Tribal Health Clinic. If you are 60 years old and would like the vaccine talk to your doctor about it at your next visit or contact Kathy Mayo, RN at 353-4519, to see if you are eligible to receive the vaccine.

### APRIL 2013 Calendar Events

**Apr. 5:** Constitutional Committee Meeting, 1 pm, Council Chambers;

**Apr. 6:** Reg. Sat. Council Meeting, 9 am, Ojibwa Resort Conf. Rm;

**Apr. 17:** Veteran's Meeting, 7 pm;

**Apr. 25:** Senior Citizens' Pasty Sale.

- submitted by newsletter editor

Events occurring throughout KBIC are welcome to be listed on the Calendar of Events. Contact newsletter@kbic.nsn.gov to list your events. Some events are more detailed FYI within the newsletter. For up-to-date event listings, visit [www.ojibwa.com](http://www.ojibwa.com) and click on calendar. For Youth events, see @ [www.ojibwa.com](http://www.ojibwa.com), click on youth club, or contact 353-4643/Main Office at Youth Club, or 353-4644 for the facility attendants or the Kitchen/craft rooms.

The Keweenaw Bay Indian Community Head Start & Early Head Start will be accepting applications for the 2013-2014 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 524-6626. **Reminder, all applications MUST be returned with a proof of income. All applications are due by July 12, 2013.**

## Aabinoojiyens



Big brother, Yancey Alexander DeCota, Jr., welcomes his little brother, Izaiah Henry DeCota, along with parents, Sarah Elizabeth DeCota and Yancey Alexander DeCota, Sr. Izaiah was born at Portage Hospital in Hancock, MI, on January 17, 2013. He weighed 8 lbs. 6 oz. and was 19.5 inches at birth. Proud grandparents are: George DeCota, Cheryl and Harry Soujanen, and LuAnn Prowdley. Congratulations!

**Niimi Gimiwang**  
**OVW Programs and Services**  
 755 Michigan Ave., Baraga, MI 49908  
 Mailing address: 16429 Bear Town Rd., Baraga, MI 49908  
 Phone: 906-353-4598 Fax: 906-353 HELP (4357)

**The KBIC OVW Transition House is open!**

Services are available for persons affected by domestic violence, dating violence, sexual assault, or stalking and include:

- shelter care
- crisis intervention services
- advocacy
- support groups

The OVW helpline number is (906) 353-4599 and is staffed 24-hours/day.

One Billion Rising occurred on February 14, 2013, and is a worldwide event demanding the end to violence against women. Information about local events for One Billion Rising will be posted on the Keweenaw Bay Indian Community website under the Office of Violence Against Women Department, on the KBIC-OVW Facebook page, and flyers will be posted around the community.

This program is supported by the following U.S. Department of Justice Office on Violence Against Women grants: 2009-TW-AX-0034, 2010-KT-AX-0001, 2011-TW-AX-0011. The opinions, findings, conclusions, and recommendations expressed in the publication/program/exhibition are those of the author(s) and do not necessarily reflect the views of the Department of Justice, Office on Violence Against Women.

**Important Medical Billing Information**

When you've been approved for payment from Contract Health Services (CHS), you should not be billed for medical services. Should you happen to receive any invoice, it is imperative that you drop it off at the CHS office to ensure timely payments can be made and prevent credit or collection issues. Call the CHS Clerk, Elvera Lantz, with any questions at 906-353-4537.

**Contract Health Services**  
**Donald A. LaPointe Health Center**  
**102 Superior Ave.**  
**Baraga, MI 49908**  
**906-353-4537**

# Deepest Sympathy

**Isadore "Blue" Misegan**  
 (October 6, 1929-February 24, 2013)



Picture by Lauri Denomie.

Isadore "Blue" Misegan, age 83, of Zeba, MI, passed away Sunday, February 24, 2013, at his home with his family by his side after a long illness. Blue was born on October 6, 1929, to John and Hattie (Spruce) Misegan in Zeba. He attended the Zeba Foote School. He enlisted in the U.S. Navy, sailing with the Pacific Fleet. After receiving an honorable discharge, he married Marie Salo in 1959. They moved to Lower Michigan where Blue graduated from Greene's Barber College. Blue and Marie had four children: Duane, Mark, Lynn, and John, and moved back to the Upper Peninsula in 1975. Blue then worked at a barbershop at K.I. Sawyer Air Force Base. In 1977, Blue and his family moved to L'Anse, and he established his own barbershop which he ran until the mid 1980's. He also served as a Tribal Conservation Officer from 1977 to 1979. After closing shop, Blue ventured into the casino business becoming the Lead Slot Tech at the Ojibwa Casino until his retirement in 2000. In 2000, Blue married Ann Durant and gained step-daughters: Carolyn and Mary Lou Jossens.

Blue was a member of the Keweenaw Bay Indian Community and served as a Tribal Council member for twelve years. He was also the Chairman of the Ojibwa Housing Authority for many years. He was a member of the Zeba Indian Mission United Methodist Church, Ojibwa Senior Citizens, and a proud member of the KBIC Veteran Honor Guard. He enjoyed attending events with them. Blue was an avid Detroit Lions fan. He loved bingo or "work" as he called it and went as often as he could. He enjoyed playing slots and traveling to casinos. He was concerned about fellow Veterans and had an interest in providing for them. He had a great sense of humor and loved to make people laugh. His family was very important to him and he loved them unconditionally.

Blue is survived by his son Duane and his wife Jennifer of L'Anse, his son Mark of Baraga, his daughter Lynn Haataja and her husband Randall of L'Anse, his son, John and his wife Sharon of Marquette, and their mother, Marie Salo of Zeba; step-daughters: Carolyn and Mary Lou Jossens; grandchildren: Heather, Travis, Hannah, Jennie, Jake, Deena, and Kristina; great-grandchildren: Aleeyah, Destin, Alan, and Liam; step-grandchildren: Anthony, Johnny, Emily, Luanne, Veronica, Jackie, Joey, Jake and Abby; step great-grandchildren: Asalia, Lucas, and Preslee. Also surviving are his sisters: Patricia Hickman of Lake Orion, Michigan, and Annabelle DeCota of Baraga; numerous nieces, nephews, and many friends. He was preceded in death by his parents; his wife Ann; his brothers: Alan, Cecil, and David; sisters: Doris, Myrtle, Alice, Dorothy, and Rolene; and infant grandson Charlie.

Funeral services for Blue were held on Friday, March 1, 2013, at the Reid Funeral Service and Chapel, L'Anse, with Reverend Steve Rhoades officiating. Baraga County area veterans, un-

der the direction of the Baraga American Legion Post #444, conducted military honors. A fellowship and luncheon followed the service at the Ojibwa Senior Citizens, Baraga. Spring interment will take place in the Pinery Cemetery, L'Anse. The Reid Funeral Home of L'Anse assisted the family.

**Delores M. "Dee" Supanich**  
 (December 31, 1943-March 8, 2013)

Delores M. "Dee" Supanich, age 69, of L'Anse, MI., passed away Friday, March 8, 2013, at Marquette General Hospital. She was born in Baraga, MI, on December 31, 1943, the daughter of the late Robert and Geraldine (Auge) Duschaine. Dee attended school in Baraga. On September 3, 1960, she married Nickolas "Nick" Supanich. Dee had worked as a bartender for various bars in the area. She enjoyed the outdoors, watching the animals, and going to the casino.

Dee is survived by her loving husband Nick; daughters: Sherry (Albert) Barsch, Tammy Gualdoni, and Maggie (Charles) Bellaire; grandchildren: Ryan (Jacqi) Gualdoni, Alitta, Megan, Emily, Bethanne, and Jaydin; and sister Roberta "Birdie" (Jim) Sheldon. Numerous nieces, nephews, and cousins also survive. She was preceded in death by her daughter Sandra, son Nicholas, and brother Ronald.

Funeral services for Dee were held on Thursday, March 14, 2013, at the Reid Funeral Service and Chapel, L'Anse, with Father John Longbucco officiating. A fellowship and luncheon was held in the Harrington Gathering Room, located at the funeral chapel. Interment will take place in the Baraga Cemetery. Memorials in Dee's honor may be directed to the Nick Supanich Memorial Fund, at the Baraga County Federal Credit Union, 101 E. Broad St, L'Anse, MI. 49946. The Reid Funeral Home assisted the family.

