

WIKWEDONG DAZHI-OJIBWE

The Keweenaw Bay Ojibwe

Waabigwani Giizis - Flower Moon - May 2020 Issue 190



Ojibwa Senior Citizens' Nutrition Program staff keep meals going out the door despite COVID-19 Pandemic

With the doors closed at the Ojibwa Senior Citizens' Building, on the Keweenaw Bay Indian Community Reservation in Baraga, Michigan, the delivery list got much larger. Dianne McMahon, Elderly Nutrition Director, said, "We now have an additional 100-plus deliveries since the Keweenaw Bay Indian Community Tribal Council closed the doors here at the Ojibwa Senior Center due to COVID-19. With this additional load of transporting meals to the homes of the Tribe's elderly and disabled, we needed more help!"

Current staff, essential workers, include: Dianne McMahon, Elderly Nutrition Director; Jordanne Gauthier, Elderly Nutrition Cook; Brittany Maki, Elderly Nutrition Prep-cook; and Cari McMahon, Elderly Nutrition Transporter. Shawnee Stein, recently joined the Ojibwa Senior crew as a temporary Elderly Nutrition Cook for the duration of the COVID-19 closure. Shawnee is the Preprimary Program cook, which was also closed due to the Pandemic. Dianne McMahon said, "We transferred her over to the Elderly Nutrition Program because we needed help. We also have two terrific volunteers who are assisting with the deliveries, Terri Denomie and Lisa Denomie.

We had a ham dinner during Holy Week, but nothing else was planned for Easter. With so many people signing up for meals and the changes we had to make, we didn't have time to do anything extra this Easter. If anyone is interested in volunteering, give us a call."

Lisa Denomie said, "I really enjoy being able to get out and volunteer. Our elders really appreciate it and are happy to get a hot nutritious meal during this Pandemic time. Plus I'm getting my exercise and fresh air."



Preparing for delivery (above) left to right, Shawnee Stein, Jordanne Gauthier, and Cari McMahon. (Below) left to right, Terri Denomie and Lisa Denomie returning from deliveries. Photos compliments of Dianne McMahon.



Tribal Council Members:
 Warren C. Swartz, Jr., President
 Gary F. Loonsfoot, Jr., Vice-President
 Kim Klopstein, Secretary
 Toni J. Minton, Asst. Secretary
 Doreen G. Blaker, Treasurer
 Robert R.D. Curtis, Jr.
 Eddy Edwards
 Dale Goodreau
 Randall R. Haataja
 Susan J. LaFernier
 Rodney Loonsfoot
 Don Messer, Jr.



SPECIAL POINTS OF INTEREST

- Ojibwa Senior Citizens' Nutrition Program Keep Meals Going Out The Door
- KBIC Response to COVID-19 Updates
- EPA Approves KBIC TAS Application For Water Quality Standards Program
- Cannabis Update To The Community
- Michigan Indian Elders Association 2020 Scholarship Notice
- Deepest Sympathy

— NOTICE —

Individuals may call Tribal Police (906) 353-6626 if they have an emergency or 911.

Updates to operations can be obtained by calling (906) 353-4523.

Update On Keweenaw Bay Indian Community's Response To COVID-19

April 22, 2020, From the Office of the President of the Keweenaw Bay Indian Community — Due to the uncertain and continually changing nature of the Coronavirus pandemic, Keweenaw Bay Indian Community decided to extend the closure of the Ojibwa Casinos and its government offices until further notice. Tribal Council and the Tribal Emergency Response Commission/Local Emergency Planning Committee are monitoring the situation and will continue to keep the members, employees, and the public aware of any changes via our website and Facebook page.

I am impressed by the resilience and resourcefulness of the Tribe, our members, and our employees as we make it through this unprecedented time. It gives me hope that the Tribe will be stronger and more connected than ever once this is all over. We are all trying to do our part to protect the members and our community. Please help us and take the steps below to limit exposure and spread of Coronavirus.

To protect yourself and others from the Coronavirus, everyone should stay home as much as possible. If you do have to go out, cover your mouth and

nose with a face covering and put distance between yourself and others. You should wash your hands often and avoid touching your eyes, nose, and mouth. It is also important to cover your coughs and sneezes with a tissue and to clean and disinfect frequently touched surfaces in your home every day.

If you get sick with COVID-19 or think you might have COVID-19 you should stay home except to get medical care. Most people with COVID-19 will have mild illness and are able to recover at home without medical care. Stay in touch with your doctor if you are a per-

Update On KBIC's Response To COVID-19 continued:

son at a higher risk for severe illness or have questions about your symptoms. The KBIC Health System is open Monday-Friday, 8-4:30 p.m. Please call the clinic at (906) 353-8700 before coming in or to speak with a medical provider. The KBIC Health System received an Abbott ID NOW Analyzer on April 9th, from the Bemidji Area Office of Indian Health Services. This is a point of care piece of equipment, and it allows staff to test for COVID-19 at the health center without sending a specimen to a laboratory. Each test takes 15 minutes to complete, so test results are immediate. Nursing staff have participated in training on how to operate the analyzer and test for COVID-19. Even with limited testing supplies, there has been several tests completed to date. The Bemidji Area Office of Indian Health services is sending kits on a regular basis. Each kit consists of 24 tests.

If members are experiencing fever, cough, shortness of breath, they should contact the clinic at (906) 353-8700. A provider will assess signs and symptoms, and if the individual meets the testing criteria, they will be scheduled to come to the health center to be tested. Contact the pharmacy at (906) 353-4555 to pick up prescription medications. For up-to-date information about the Coronavirus please visit the CDC website at cdc.gov.

Here are a list of available businesses and services that are continuing to operate during the closure.

Businesses

- Pines Convenience – Daily, 7:00 a.m. - midnight
- Ojibwa BP - Monday-Friday, 8:00 a.m. - 3:00 p.m.
- Rez Stop – Daily, 8:00 a.m - 8:00 p.m.
- Eagle Radio - By appointment only. Please call (906) 353-1057.
- KBIC Solid Waste Facility: Tuesday-Friday, 8:00 a.m. - 3 p.m. and Saturday 8:00 a.m. - noon.

Governmental Services & Buildings

- Health Center - Monday-Friday 8:00 a.m. - 4:30 p.m. Please call in advance for medical at (906) 353-8700 and pharmacy at (906) 353-4555.
- Commodity Foods - Monday-Friday 8:00 a.m. - 4:30 p.m. Phone: (906) 524-7340.
- Community Assistance Programs (CAP) - please e-mail kimk@kbic-nsn.gov or leave a phone message at (906) 353-4206. The Tribal Center is closed to the public. Applications will be accepted by mail or e-mailed to kimk@kbic-nsn.gov for programs. Applications are located on the ojibwa.com website or can be requested by phone or e-mail.
- KBIC Niimigimiwang Transitional Home - please call (906) 353-4599.
- Personnel - Monday-Friday 8:00

a.m. - 4:30 p.m. Please call (906) 353-4140 or e-mail bfish@kbic-nsn.gov.

- Housing - Monday-Friday 8 a.m. - 4:30 p.m. Please call (906) 353-7117. There is limited access with no visitors at Superior View Apartment. For after-hours emergency calls, please call (906) 201-1903.
- Senior's Elderly Nutrition program is operating by delivery only. Please call (906) 353-6096.
- Natural Resources - Please call (906) 524-5757, ext 11, or e-mail eravindran@kbic-nsn.gov. Buildings are closed to the public.
- Tribal Social Services - Please call (906) 353-4201. Buildings are closed to the public.
- Tribal Court and Child Support Services - Please call (906) 353-8124 or e-mail courtclerk@kbic-nsn.gov. Building is closed to the public.
- Tribal Police - Please call (906) 353-6626.
- CEO - Please call (906) 353-4184 or e-mail sarah@kbic-nsn.gov
- President - Please call (906) 353-6623, ext 4112, or e-mail tchris@kbic-nsn.gov

For general questions please call or e-mail the CEO or President. Your question will be answered as soon as possible.

*Make sure to visit our website or FaceBook page for any updates.

Keweenaw Bay Indian Community Tribal Court—Continuity of Operations Plan



April 9, 2020 and Updated April 13, 2020, From the Office of the Chief Judge — While keeping the Court available to the full-

est extent, all proceedings must be consistent with public safety as well as any further directives from the Court, as well as, federal and tribal public health advisories.

The Court shall employ a balanced and objective approach that considers both the uninterrupted administration of justice and the health and well being of the judicial branch of the Keweenaw Bay Indian Community and its Court patrons.

To allow access to the Court, that is consistent with the wellbeing of the community and Court staff, the Court shall take the following actions:

- All persons in custody or who shall have the potential to be placed into custody shall have immediate access to the Court as described by law.
- All persons who shall have had a juvenile petition alleged against them shall have access to the Court as described by law.
- All criminal and civil jury trials scheduled to begin within the next thirty (30) days shall be postponed until further notice of the Court.
- All currently scheduled criminal and civil proceedings, including juvenile proceedings, shall utilize telephone, polycom, and video services as

much as administratively feasible.

- Attorneys representing the various Tribal departments and individual clients shall file the appropriate motions with the Court to attend their required hearings via telephone or polycom services, or reschedule due to illness.
- The Court Clerks shall coordinate all duties related to filing, scheduling, and payment with clients and other agencies via telephone, e-mail, and fax as much as administratively feasible.
- The Probation Office shall coordinate all duties related to probationers, persons on bond, and other agencies via telephone, e-mail, and fax as much as administratively feasible. Required reporting with Probationers shall be done through the Sentry system and via telephone as much as administratively feasible.
- The Office of Child Support Services shall coordinate all duties related to child support enforcement, paternity establishment, and outreach with clients and other agencies via telephone, e-mail, and fax as much as administratively feasible.

Effective: April 13, 2020

Access to Court Building:

Access to the Court Building shall be prohibited to the general public. Only those designated Court personnel shall have physical access to the Court.

The Court shall be staffed with the Court Clerk during the hours of **10:00 AM thru 3:00 PM**. Court staff shall then perform their other essential duties from

their residence.

The Judges, Child Support, and Probation shall be available to the Court.

Access to Court Records/Paperwork:

Access to Court records shall be available by contacting the Court during the designated hours during the COVID-19 pandemic. The Court Clerk shall prepare the requests for Court records/paperwork for delivery through the U.S. Mail or personal pick-up which has been pre-arranged.

Court records shall include access to the following records which have been authorized.

- Court records/forms, probation records, child support records.

Please contact the Court staff at (906) 353-8124 (phone) or (906) 353-7259 (fax).

Please contact the Court with any questions and/or concerns:

- William W. Jondreau, Sr., Chief Judge, wjondreau@kbic-nsn.gov, (906) 353-4562
- Violet Friisvall Ayres, Associate Judge, violet@kbic-nsn.gov, (906) 353-4563
- Lauri Denomie, Chief Court Clerk, courtclerk@kbic-nsn.gov, (906) 353-4561
- Diana Chaudier, OCSS Director, diana@kbic-nsn.gov, (906) 353-4569
- Meghan Maki, Probation Officer, meghan@kbic-nsn.gov, (906) 353-4564

NOTE: Lauri Denomie shall schedule any necessary hearings for the Court.

KEWEENAW BAY INDIAN COMMUNITY OFFICE OF CHILD SUPPORT SERVICES



The Keweenaw Bay Indian Community Office of Child Support Services continues to provide services during the indefinite closure of the government offices of the Keweenaw Bay Indian Community.

If you need to file for child support services or need to speak with our staff regarding your child support case – please call (906) 353-4569 and leave a detailed message that includes: your name, phone number or other contact information, and the specific issue you are calling about. Messages will be answered, in the order they are received, by the end of the next business day.

Child support payments can be made by check or money order and mailed to:

**Keweenaw Bay Indian Community
Office of Child Support Services
PO Box 490
Baraga MI 49908**

Money orders may be obtained at a bank, credit union, United States Post Office, and some retail and groceries stores. We look forward to serving you and are here to meet all of your child support needs!

EXTENSION OF LICENSES AND REGISTRATIONS

April 14, 2020 — Many of you have expressed concern regarding your soon to expire Hunting/Fishing/Trapping Licenses as well as your expired motor vehicle registrations. Earlier today, I attended a Tribal Council meeting and expressed your concerns to them.

The Council approved a motion today that Tribal Members will have 30-days from the date that the Government is reopened to renew Hunting/Fishing/Trapping Licenses. In the meantime, members are to carry their expired license and if they do not have one, their Tribal Membership card, while exercising their treaty rights.

This extension also includes motor vehicle registrations that expire during the time of the Governmental closure, as well as the new registrations of newly purchased vehicles. Please be sure to have your expired registrations in your vehicle. Newly purchased vehicles must have their purchase paperwork. This extension does not include expiration of insurance. All vehicles still must have valid insurance.

If there are any questions, please contact Sarah Smith, Chief Executive Officer.

Jennifer Misegan
Enrollment/Licensing Director
Keweenaw Bay Indian Community



The Ojibwa Casinos remain closed indefinitely until it is safe for our employees and customers to return to our casinos. During the closure period, work continues to move forward on a number of important projects.



The Tribe has vetted a number of iGaming and internet sports betting partners. The process has resulted in the Tribe working with Golden Nugget and their platform partner, Scientific Gaming. The status of the opportunity includes building the relationship with the partners, developing the partnership structure, review, and finalization of the agreements that support and control the relationship, review and consideration of our facilities to work on offering onsite sports betting and working with our team that is involved in monitoring Michigan's regulations, which are taking much longer than anticipated. This opportunity will provide the Tribe and our casinos with another avenue to aid in supporting the many programs and services offered to its members. It will also provide an avenue to allow our valued guests, both old and new, with the opportunity to game amid the COVID-19 pandemic, and what is sure to be a very slow return to building our brick and mortar customer base. The completion of the casino projects couldn't have happened at a more unfortunate time; but we will get through this and continue the progress that was being made prior to the closing.

Efforts are also taking place to continue the sale of the KBIC Tobacco Co. branded cigarettes in the Marquette area. Immediately following closure of the Marquette Casino, a cigarette shop was setup behind the casino in the community building. The shop is open each Friday and Saturday from noon until 4 p.m. Sales were slow at first but have grown over the five-week period. The sales generate a portion of the funds provided to members eligible for the General Welfare Support Payment (aka; Christmas Check).

The casinos closing hasn't only affected our Tribe. It has also affected hundreds of our employees. Employees received their notices of being placed on a temporary leave due to COVID-19, following research of the MI Unemployment and CARES Act regulations. The Tribe initially provided paychecks to all of the employees

through Easter. When it was imminent that the closure was going to last much longer, a decision had to be made to balance the financial security of the Tribe while caring for its valued employees. Based on the CARES Act bump of \$600 weekly, it was comforting to know that a majority of our employees would experience some financial security, so the decision was made to place them on temporary leave. The decision allowed Tribal funds to cover the essential needs of the governmental operations going forward. The employees placed on temporary leave and who were already receiving the Tribes Health Care plan, were also guaranteed coverage through May of 2020. As of the writing of this update, only two employees remain on the payroll at the casinos; the General Manager and the Controller.

The reopening of the casinos will provide a much different environment than has ever been seen before. Plans are being developed to be ready for the reopening and will include measures that will continue to meet the ever changing recommendations being issued to help control and eventually combat this horrible pandemic. It is believed that the world will continue to look and feel different until a vaccine is approved; this will hold true for the Ojibwa Casinos as well.

We look forward to the day that we can open the doors and once again have our fantastic employees serving our loyal and valued customers!

Respectfully,
Larry Denomie III, General Manager

NOTICE — BURN RESTRICTION

As of 4/22/2020, the Keweenaw Bay Indian Community Tribal Council passed Resolution KB-13-2020 restricting all open burning on Keweenaw Bay Indian Community lands in Baraga, Marquette, and Ontonagon counties. Response to wildfires often places first responders in close proximity to other responders and the general public. The purpose of these restrictions is to reduce the risk to first responders for potential exposure related to the COVID-19 pandemic.

Outdoor cooking, camp, and ceremonial fires are still permitted. All fires must be contained within a fire ring no larger than a 4 ft diameter with the ground cleared of all combustible material a minimum of 5 ft on all sides. A fire contained in a charcoal, camp stove, or other device for the purpose of cooking or heating is also permitted. If you have any questions regarding these restrictions, contact the KBIC Fire Management office at (906) 524-4142.

These restrictions shall remain in effect until the Tribal Council determines that the risk to emergency responders has been alleviated.

This resolution is enforceable under Tribal Code – Title 3 Criminal, Obstruction of Process §3.608.

Thomas Chosa Jr.
Fire & Emergency Management
Keweenaw Bay Indian Community

EPA APPROVES KBIC TAS APPLICATION FOR WATER QUALITY STANDARDS PROGRAM

April 22, 2020 — The Keweenaw Bay Indian Community (KBIC) is very excited to announce that on April 20, 2020, the Environmental Protection Agency (EPA) approved KBIC's application for Treatment as a State (TAS) status for Water Quality under §518(e) of the [Clean Water Act](#) (CWA). KBIC is the first tribe in Michigan to achieve TAS regulatory authority for water quality. TAS permits KBIC to administer a water quality standards (WQS) program for KBIC's L'Anse Indian Reservation under CWA §303 and the certification program under CWA §401.

Now that the TAS application has been approved, the KBIC will proceed with the next steps towards administering its WQS program. KBIC will continue its development of water quality standards while working closely with the EPA and the State of Michigan. Once KBIC and EPA have determined standards that can be reasonably attained, a public hearing will take place, at which time, the public will have the opportunity to provide comments. The KBIC will need to provide responses to public comments and after the response, EPA will have 60 days to approve or 90 days to disapprove KBIC's Water Quality Standards.

The EPA has long encouraged and assisted American Indian tribes to create and administer locally-relevant environmental programs. Kurt Thiede, EPA Region 5 Regional Administrator, provided the following in response to the KBIC TAS approval, "I am pleased to recognize the Tribe's authority to protect rivers and streams on the L'Anse reservation and to safeguard the health and heritage of its community and natural resources," said EPA Regional Administrator Kurt Thiede.

Following TAS approval, KBIC President Swartz stated, "With honoring our first treaty, with all orders of creation which include our obligations and connections to the natural environment, it is imperative that we take the next steps in exercising our sovereignty. The KBIC is excited to begin working on the development of water quality standards that will take into account the well-being of our local community. By obtaining Treatment as a Sovereign, we will continue building relationships with our local, state, and federal partners

CANNABIS UPDATE TO THE COMMUNITY

04/20/2020 — After many months of planning, we are very close to beginning the construction phase of our projects. Since our last community meeting, there have been several advancements in the cannabis laws and state ordinances, along with opportunities that we are going to capitalize on. We are looking at three (3) projects, which I will update, individually.

Crystal Falls, MI, has opted in to allow unlimited licenses to grow cannabis, and two (2) provisioning licenses. Although the opportunity to grow in an unlimited capacity is great news, we are focusing on the provisioning opportunity, for now, in Crystal Falls. Right now, we are in the process of purchasing a building in Crystal Falls with the intent to sell recreational cannabis. Unfortunately, the city of Crystal Falls only opted in for the “adult use” market, and not the medical. What does that mean for the KBIC? It will limit our market. That is it. Those who are medical card holders are not to be subject to the 10% excise tax at provisioning centers that offer medical cannabis. If they choose to purchase our products in Crystal Falls, they will have to pay the excise tax, along with the mandated 6% sales tax. However, because our provisioning center is only 15 miles from Florence, WI, we expect a high volume of traffic from our neighboring state. It is this strategy that we are looking to capitalize on. A Phase 1 environmental will be conducted by the time this notice is published as well as a site survey. We have already had the building inspected by a commercial building inspector and will have an architect drawing up the plans for remodeling. We are looking to have this dispensary built and ready for business by July.

Marquette, MI, is still continuing to develop their ordinances and policies for the cannabis industry. As some of you may know, our gas station in MQT is in the jurisdiction of Marquette Township. The city of Marquette has different ordinances and is a different municipality. The Marquette Township office of Planning and Development is working on the ordinance to present to the MQT Township Board for review, and hopefully, approval. While we are waiting for ordinances and policies to be established, we will be planning for the subsequent approval by having building designs being created and ready to move on once approved.

Negaunee, MI, is the site of our grow operation. Although we own 96 acres at the former airport site, it was zoned as

“residential”. We are in the process of re-zoning 20 acres of this property to “industrial”, as required by the State of Michigan. There are three (3) steps to this process. We are on step two (2). The application for re-zoning was approved by the Planning and Development Board of Negaunee Twp. It is now in the hands of the Marquette County Board of Commissioners. Our application is scheduled to be approved at their next meeting. After that, the application then goes back to the Negaunee Twp. Board for final approval. This will occur thirty (30) days after MQT County’s approval.

As of today, our Mechanical and Electrical drawings are 95% completed. We are finishing up the list of equipment that will be installed by the owner and the contractor. This will be completed by the time this letter is published. Once the drawings are completed, they will be submitted to the State of Michigan for approval, along with our application for licensure. We intend to organically grow into the building. We are going to start with one Class C license in medical, then one Class C license for “adult use”. We will repeat this process until the building is at maximum capacity. Along with the indoor grow, we will also be looking to capitalize on the ability to grow outdoors during our short grow season. We intend to build temporary hoop houses when weather permits.

I apologize for the lengthy process and the time to plan and develop our projects. Had I known the bureaucratic process in advance, I would have given a more realistic timeline. Now that we are nearing the completion of our drawings, the next steps in the process are not going to take much longer. I would like to thank everyone involved, as well as the community for their patience. As soon as our restrictions are lifted, due to the COVID-19 pandemic, we will hold another public meeting with the community to address any questions or concerns that may arise. As of today, a meeting is scheduled for May 14th at 6:00 p.m. If the “stay at home” order is still in effect, the meeting will be rescheduled. Announcements for rescheduling will be in the local papers, online, and will be broadcast over our radio stations. Miigwech.

Respectfully,
Gary F. Loonsfoot, Jr.
KBIC Director of Cannabis Development

MICHIGAN INDIAN ELDERS ASSOCIATION 2020 SCHOLARSHIP NOTICE

The Michigan Indian Elders Association (MIEA) is pleased to announce that it will make available three \$1000 scholarships and six \$500 scholarships. The scholarships will be awarded to at least nine qualified students with the \$1000 scholarships being awarded to top three qualified student, as determined by committee review and lottery, if necessary. Each student must be currently enrolled in a course of study at, or have a letter of acceptance from, a public college or university or technical school and must meet the following qualifications.

QUALIFICATIONS – the student:

- Must be an enrolled member (copy of tribal card) or be a direct descendant of an enrolled member of one of the MIEA constituent Tribes/Bands (must be verified in writing by your Tribal Enrollment Department).
- Must have successfully completed and passed all five General Education Development (G.E.D.) equivalency tests with a minimum score of 40, an average score of 45, and must possess a G.E.D. certificate; or must have graduated from an accredited high school with a 3.00 grade point average; or if currently enrolled at a college, university, or trade school, must have an accumulated grade point average of 3.00.
- Must, except for special and extenuating circumstances, attend college, university, or trade school on a full-time basis.
- Must complete the provided application form and submit it with required supporting documentation and the mailing must be RECEIVED BY THE COORDINATOR post-marked no later than **June 15, 2020**. (PLEASE NOTE, incomplete or late applications will not be considered).

An application form is available at <https://www.michiganindianelders.org/students.php> or can be ob-

tained from the Tribal Education Department of each of the constituent Tribes/Bands.

KBOCC Capstone 2020 — Future Plans — Of Our Graduates

Business

Beth Koski

Beth Koski still has a successful business she plans on continuing, although it was on hold, she is excited to use her degree in business by developing it further. She is not done learning and aspires to take more Anishinaabe courses. Beth would love to one day teach here at the KBOCC in the future.

Raistlin Awonohopay

First, he needs to take a nice break! With a baby on board, his little family needs one. Raistlin plans are to spruce up his business plan he created during his capstone and by finding funding opportunities, setting up finances, and examining places to present it. His goal is to start the restaurant his dad always wanted, maybe starting with a food truck first to examine the customer base and potential audience.

Environmental Science

Sydni Voakes

Sydni’s dream is to attend the University of Michigan and obtain a Masters in their Sustainability Department, but before then she plans to complete her Bachelor’s in Science at Northern Michigan University, hopefully this fall.

Carisa LaFerner

Carisa currently is working at the KBIC’s Transitional Home; she plans on using her Environmental Degree and will be

HAS THE PRESCRIPTION OPIOID CRISIS AFFECTED YOU OR SOMEONE YOU KNOW? YOU COULD BE COMPENSATED FROM THE PURDUE PHARMA L.P. BANKRUPTCY.

FILE YOUR CLAIM BY JUNE 30, 2020.

PLEASE READ THIS NOTICE CAREFULLY. YOUR RIGHTS MAY BE AFFECTED.
PARA INFORMACIÓN EN ESPAÑOL, VISITE EL SITIO WEB.

WHAT IS THIS ABOUT?

If you think you've been hurt by Purdue Pharma L.P., a U.S. limited partnership, its general partner and its subsidiaries, including Imbrium Therapeutics L.P., Adlon Therapeutics L.P., Greenfield BioVentures L.P., Avrio Health L.P., Rhodes Technologies, and Rhodes Pharmaceuticals L.P. ("Purdue"), or Purdue prescription opioids, like OxyContin®, or other prescription opioids produced, marketed or sold by Purdue, you can file a claim for compensation in the Purdue bankruptcy proceeding. The deadline to file a claim is June 30, 2020, at 5:00 p.m. Eastern Time.

WHAT IS A CLAIM AND WHO CAN FILE?

A "claim" means a right to seek payment or other compensation. You must file a Proof of Claim Form so it is actually received by the deadline. It can be filed by you, by a legal guardian, by survivors, or by relatives of people who have died or are disabled. All Personal Injury Claimant Proof of Claim Forms and any supporting documentation submitted with those forms will be kept highly confidential and will not be made available to the public. You do not need an attorney to file a proof of claim for you.

Additionally, partnerships, corporations, joint ventures, trusts, governmental units, and Native American Tribes may also file a proof of claim against Purdue.

Go to PurduePharmaClaims.com to find a complete list of instructions on how to file a claim. You will also find a list of the opioids produced, marketed or sold by Purdue.

You may file a Proof of Claim even if a settlement is contemplated in the Purdue bankruptcy so that your claim can be considered as part of any settlement.

WHO DOES THIS AFFECT AND WHAT ARE MY RIGHTS?

If you think you've suffered harm from Purdue or its prescription opioids, you have the right to file a claim even if you may also have received reimbursement from insurance. Examples of claims that may be filed in the Purdue bankruptcy include death, addiction or dependence, lost wages, loss of spousal relationship benefit for things like child-rearing, enjoyment of life, etc., or Neonatal Abstinence Syndrome (sometimes referred to as "NAS"), among others.

The deadline to file a claim is June 30, 2020, at 5:00 p.m. Eastern Time. If you do not file a claim by the deadline, you will lose the right to file a claim against Purdue, and you will lose any right to seek payment or compensation you may have had. Proof of Claim Forms, a list of opioids produced, marketed or sold by "Purdue," and instructions for how to file a claim are online at PurduePharmaClaims.com. You can also request a claim form by mail, email or phone:

Purdue Pharma Claims Processing Center
c/o Prime Clerk LLC
850 Third Avenue, Ste. 412, Brooklyn, NY 11232
Email: purduepharmainfo@primeclerk.com - Phone: 1.844.217.0912

THIS IS ONLY A SUMMARY OF THE INFORMATION.

Is Purdue out of money? No. For more information concerning Purdue's bankruptcy, Frequently Asked Questions, Proof of Claim Forms, examples of personal injury and other claims that can be filed, instructions on how to file a claim, and important documents including the Bar Date Notice, visit

PurduePharmaClaims.com, or call 1.844.217.0912.



Scan Now

KBOCC Capstone 2020 continued:

looking into careers at the hatchery with the KBIC Natural Resource Department.

Kristen Dean

Kristen is not sure for now, with the halt in the Nation, but she plans to explore a work-study program with Northern Michigan University, using her degree and her work at L'Anse Warden Plant. While she waits, she is enjoying time with her kids and plans to use her degree locally. Kristen's dream is working at NMU on sustainability and one day receive her graduate degree, maybe in biomass fuels.

Sophia Michels

Sophia is moving to Mount Pleasant soon to continue her education at Central Michigan University; she was accepted for the fall and plans to study School Health. Her goal is to one day teach health in school as well as teach classes also using what she learned at KBOCC.

Liberal Studies

Dalene Chosa

Dalane was accepted at Northern Michigan University for this fall to continue her education pursuing a Bachelors in Native American Studies.

Desiree Jermac

Desiree is going to continue her work during this summer. After summer, she plans on continuing her education. She is

seeking new educational opportunities and definitely doesn't want to stop here; she wants to keep growing.

Billie Jo Krask

First stop, Disney was a plan to celebrate her degree, but instead will now be going next spring! Billie Jo plans on connecting with an advisor at Northern Michigan University, she is considering two options: a BA in criminal anthropology or switching her major to a BA in teaching. She decided on NMU to follow in her parents' legacy because they both graduated from there. She does intend on returning to KBOCC someday to work, she almost stayed this time!

EMPLOYEES WANTED!

There are THOUSANDS of available JOBS in Michigan right now!

MiTalent.org

Michigan Department of Labor & Economic Opportunity | EMPLOYMENT & TRAINING

YOUR CHILD deserves the BEST Education



Help Our
Children
Get The
Best Education
And Complete
The 2020
Census.

*To make sure your school gets money for school lunches and education programs, you must complete the **2020 CENSUS** this spring.*

*The **2020 CENSUS** is quick and **EASY** to fill out. Use it to count **EVERYONE** in your home. And by law, it is **100% CONFIDENTIAL***

Gene Mensch Named 2020 KBOCC Faculty Member of the Year

Keweenaw Bay Ojibwa Community College (KBOCC) is pleased to announce Gene Mensch as its 2020 Faculty Member of the Year, an award supported by the American Indian College Fund.

Gene Mensch received nominations from students across campus for his outstanding teaching and his excellence in instruction in his labs and field work projects with them.

As an Adjunct Instructor at KBOCC, Gene teaches one biology course per semester in the Environmental Science Department in a rotation featuring General Biology, Principles of Ecology, Wildlife Biology and Management, and Fisheries Biology and Management.

Gene is the full-time Fisheries Biologist for the Keweenaw Bay Indian Community (KBIC). He plays a lead role in the Tribe's stewardship of its valuable fisheries resources, in partnership with state, federal, and inter-tribal agency partners. He is actively involved in the KBIC fish stocking program and helps monitor harvests by KBIC fishers. He is also very active in community programs such as the annual Kids' Fishing Derby and K-12 Environmental Fair. Through these activities, Gene is well-recognized across the community.

Here is a sampling of the reasoning students gave for their nomination of Gene for this award:

- Gene had us doing amazing lab stuff last semester with real animal samples. I totally didn't expect that kind of experience at such a small college! Very hands-on way of teaching that really helps. It's great to learn from someone who does this stuff for a living. Talk about real science. Now I think I want to take the fish class for my elective if it's run the same way. He's really understanding and flexible with making up work too, which really helps.
- Gene is kind and caring and always looking out for students' needs. He goes above and beyond for giving us good experiences learning in the lab and outside, showing us what people really do in environmental careers. I also like how he teaches us about research and studies that are actually going on around here. Like with the water projects him and Andrew do with students. Overall, he just does a lot for the college and for the tribe, and he's a great teacher in many ways!
- Gene does a lot of great things, positive about learning, and really getting into what he teaches. Gene does tons of great things for us students and the community too, like giving stuff away and making sure we're all doing okay. He's a good guy and a fun teacher.
- Gene sets up incredible labs and field projects, I can't imagine how much time and planning he must put into all this! He gets us into the college's research projects too, taking us out to the study sites and explaining it all. He really works hard to make us ready for real jobs someday. He knows his stuff.

This award was established by American Indian College Fund Board Member, Kim Blanchard, to recognize and celebrate distinguished faculty members at each of the AIHEC Member Tribal Colleges and Universities (TCUs) across the United States. The award honors TCU faculty members who exemplify a commitment to students, scholarship, teaching, and service to Native communities. In recognition of his or her excellence, the faculty member receives a \$500 award.

Through this award, KBOCC students and the entire campus community recognize Gene for all he does for his students and for the college. He is dedicated and professional, an integral part of the college, and well-deserving of this honor.

Below is Gene with his family. Congratulations!







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Keweenaw Bay Ojibwa Community College
KBOCC

KBOCC IS OFFERING ONLINE CLASSES FOR THE SUMMER 2020 SEMESTER
CLASSES START MAY 4, 2020
CONTACT BETTI IF YOU ARE INTERESTED: admissions@kbocc.edu
Summer courses that will be offered online

- Anishinaabe Studies
- Business
- Early Childhood Education
- Humanities
- Social Science
- Math
- Science

*All classes will be held in an online format that is facilitated through the KBOCC Web Portal
For a complete class schedule go to:
<https://www.kbocc.edu/wp-content/uploads/2020/04/Summer-2020-Course-Schedule.pdf>



“Thoughts, Challenges, Prayers”

“April Showers Bring May Flowers!”

50th Anniversary Earth Day – April 22, 2020

Thoughts for us to think about:

I saw an article that stated air quality was already better in the northeastern U.S., and sea turtles were nesting better without human interference because of our stay-in order. Scientists say this is grand; it shows how much of a foot print humanity has on our planet.

I had a great visit with my brother on bikes a few weeks ago to a beautiful Falls in my backyard where the Silver River and another Creek meet in the woods. It was beautiful...our gift of water and trees that we are the caretakers of.

Did you know that trees can give you a reduction in stress while our immune function increases, so spend some time with a tree and learn about our trees...

Remember to reduce, reuse, recycle, and repurpose.

Later we can plant wildflowers for the bees and butterflies.

Social distancing doesn't mean you can't go outside and enjoy nature, just to do responsibly. Nature is not cancelled!

Our challenge is to revision and redesign a more efficient and caring way for each other and the natural environment we share.

Prayers for all who are ill and have lost loved ones. Remember to pray for our courageous workers who protect us all during this world pandemic.

“Alone-Together” Thinking of you...

Susan J. LaFernier,
Tribal Council Member



StrongHearts Native Helpline Partners with The Marigold Project

(EAGAN, Minn., April 24, 2020) — The Marigold Project has selected StrongHearts Native Helpline as a recipient of net proceeds from the sale of a special 7” vinyl album and downloads of Nathaniel Rateliff’s song “Willie’s Birthday Song,” a tribute to Willie Nelson. The album will be available this summer exclusively at shop.nathanielrateliff.com/. The forthcoming 7” release will also include a duet by Rateliff and Willie as the A-side, which will at that time be available digitally. Listen, share and download the song here: <https://found.ee/NRWilliesBirthdaySong>

Founded by Denver-based musician, Rateliff, The Marigold Project supports community and nonprofit organizations working on issues of economic and social justice. The Marigold Project believes that all people deserve to be treated with respect. In order to move forward together, The Marigold Project seeks to fund strategies that solve problems caused by income inequality, boost civic engagement, spark creativity, offer equitable access to growing and eating good food, and encourage gender and racial justice.

“The work of StrongHearts is something both Nathaniel and Willie are hugely supportive of, and we hope to shine a light on their efforts,” said Executive Director of The Marigold Project Kari Nott.

StrongHearts Native Helpline (1-844-762-8483) is a culturally-appropriate domestic violence and dating violence helpline for Native Americans, available every day from 7 a.m. to 10 p.m. CT. StrongHearts advocates offer peer support and advocacy, education, safety planning, crisis intervention, and referrals to Native centered domestic violence service providers.

“We are honored to be chosen as a beneficiary of this special project,” said StrongHearts Director Lori Jump (Sault Ste. Marie Tribe of Chippewa Indians).



STRONGHEARTS
Native Helpline

(8) Ishwaaswi



2020 Spear Harvest Considerations

Impacts of COVID-19

Due to unprecedented circumstances, several staff and assessment challenges are being addressed, taking into account special precautionary procedures and tactics to reduce risks associated with COVID-19, for KBIC Members exercising Treaty Rights, and for KBIC-NRD.

For these reasons, KBIC Leadership and KBIC-NRD are working together to decide timing of the declaration of the “Special Harvest Season” (Daily Walleye bag limit increase from five to ten fish, as per legal rules detailed in Title 10.) Upon Presidential declaration, we will disseminate information as best as we can.

In the meantime, Title 10 rules are currently applicable, with a Walleye harvest limit of five fish per day being allowable. Due to issues associated with the COVID-19 Pandemic, there will likely be no declaration of special Quota Lake harvest scenarios. However, KBIC-NRD is asking for your help with tracking harvest activity.

Please consider allowing KBIC-NRD staff to assist you with coordinating and reporting harvest on the Keweenaw Waterway and Portage Lake Complex, and possibly on other systems.

1. A Facebook Messenger information exchange mechanism is available.
2. You can reach the KBIC-NRD as well: Pat LaPointe (201-1320), Shawn Seppanen (201-7571), Fisheries Biologist at gmensch@kbic-nsn.gov.
3. KBIC Law Enforcement can be reached at (906) 353-6626.

We would like to document spear harvest effort and actual fish harvest on Portage and other area lakes to allow us to compare 2020 effort and harvest to previous years, and to do whatever we can to salvage some degree of assessment and tracking in light of the current COVID-19 outbreak.

We would maintain appropriate social distancing, and would tally and gender check harvested fish. We are also interested in attempting to collect a sample of Walleye for contaminant testing, and are working on securing a small amount of funding to provide monetary compensation for Walleye of specific sizes, and from specific areas.

Additionally, KBIC Law Enforcement and KBIC-NRD will attempt to have some degree of presence for security and/or emergency response purposes, as we have done with the fishing community the past several years at Portage Lake.

Please work with KBIC-NRD, KBIC Law Enforcement, and the Leadership of this Community to assure continued best management of the 1842 Ceded Territory natural resources, during a period of unprecedented challenges.



KBIC-NRD, (906) 524-5757, (906) 201-1320
KBIC Law Enforcement (906) 353-6626

EPA APPROVES KBIC TAS APPLICATION continued:

in protecting our water resources here on the KBIC L’Anse Reservation.”

For more about the KBIC WQS program and its process on achieving KBIC TAS, please contact Stephanie Cree, Water Resources Specialist at scree@kbic-nsn.gov or our cover story on the Natural Resources Department website at <http://nrd.kbic-nsn.gov/>.

May 2020 Calendar:

- May 1, 2020 through ? — Ojibwa Casino Baraga and Ojibwa Casino Marquette — closed due to COVID-19 Pandemic;
- May 1, 2020 through ? — Tribal Government offices limited — due to COVID-19 Pandemic;
- May 10, 2020 — Happy Mother’s Day;
- May 14, 2020 — Community Meeting/Cannabis Venture TENTATIVE DATE due to COVID-19 Pandemic;
- May 25, 2020 — Gov’t offices closed — Memorial Day Holiday.



~ submitted by newsletter editor

SPRING HARVEST OPPORTUNITIES

Spring has arrived, and we're all anxious to get outdoors, and take advantage of nature's bounty, and enjoy some fresh air. In these uncertain times of social distancing and concern over food scarcity, the NRD would like to highlight some of the trapping and hunting opportunities available to Tribal Members that encourage a subsistence lifestyle and support natural resource stewardship. This is also a good time for us to remember that for many species, spring is the beginning of courtship, breeding, and nurturing/rearing of young. KBIC rules and regulations take these times into consideration, providing protections for these animal nations, so future generations may enjoy the same relationships and opportunities we have.



The muskrat and beaver trapping seasons run through May 15th. Harvest of these species not only puts food on the table, but provides a source of income through the sale of their fur. The meat of beaver and muskrat is a good source of protein and can be cooked similar to a pork or beef

roast (and tastes very similar). The water-rich environment of the Reservation supports robust populations of both muskrat and beaver.

Spring turkey season opens on April 1st and continues through May 31st. The NRD would encourage hunters to limit their spring take of turkey to males only (jakes and toms) to protect the females (hens) during the breeding season. Small game and upland game bird seasons run from September 1st through March 31st providing ample time to harvest species such as squirrel, rabbit, snowshoe hare, and ruffed goose. Porcupine can also provide a year-round source of meat similar to pork or chicken.



While you may be seeing white-tailed deer in every field you pass, early spring is a very difficult time for deer. Winter is a season of food scarcity, which puts a great deal of stress on their bodies. Unpredictable spring weather can prolong access to higher quality resources, which can lead to additional stress and mortality. Many females are pregnant and need all the nutritious food they can get to birth a healthy fawn. While antlers are starting to re-grow, it is still very difficult to tell a doe from a buck. Hunting deer at this time could be detrimental to the long-term health and sustainability of our deer herd. We would not encourage deer hunting for any reason at this time, but encourage everyone to enjoy their sightings, while spending time outdoors.

NRD staff are currently working with Tribal leadership, the legal department, and law enforcement to update the KBIC Tribal Code Title 10 Hunting, Fishing, Trapping, and Gathering (2003). Proposed changes include providing more opportunities for youth, clarity on rules and regulations, and when possible expanding harvest opportunities.

For additional questions regarding season regulations, please see KBIC Tribal Code Title 10 Hunting, Fishing, Trapping, and Gathering or contact Erin Johnston, Wildlife Biologist, at ejohnston@kbic-nsn.gov.

Deepest Sympathy

Peter B "Pete" Shelafoe
(July 20, 1935—April 2, 2020)

Peter B. "Pete" Shelafoe, age 84, of Marquette, walked on into eternal life on Thursday, April 2, 2020, at UP Health System – Marquette.

Born July 20, 1935, in Baraga, a son of Benjamin Joseph and Ada (Sipe) Shelafoe, Pete was raised in Baraga until the age of ten. When his parent's marriage ended, Pete and his sisters went to Muskegon where they were raised by their

aunt and uncle, Rose and Solomon Shalfoe. Times were hard and Pete made extra money by collecting lost golf balls at the golf course and selling them, and also working at the carnival when it came to town. He did everything he could to make the lives of his sisters better. He entered military service in 1954, serving with the US Army during the Korean Conflict. On November 3, 1956, Pete was united in marriage to Charlotte Robinson at St. Christopher Catholic Church, Marquette. Pete's duty assignment sent him to France where he served for four years, during which time their son, Michael, was born. Upon his honorable discharge in 1959, the couple returned to Marquette where their two daughters, Rose and Debra were born. Pete's early local employments included selling for the Fuller Brush Company, working at Montgomery Ward, and later at the Marquette Veneer Plant. He then began a long career with Cleveland Cliffs Iron Company, learning electronics at the Pioneer Pellet Plant. During his career as an electronics repairman with CCI, he worked at both the Tilden and Empire Mines, retiring from the Empire Mine, following 32 years of service.

Following retirement, Pete worked at part time jobs and did a lot of volunteering. He volunteered at the Jacobetti Home for Veterans where he often drove vets to doctor's appointments at the VA Hospital in Iron Mountain. He was proud of his work at Jacobetti and his service to veterans.

Pete was a longtime member of Richard Jopling Post 44 of the American Legion where he served as past commander and was an active volunteer for many years. Pete was instrumental in starting the Flags Program at the Veterans Memorial in Harlow Park. The program which placed flags along Washington Street on Memorial Day, Flag Day, 4th of July, Labor Day, and Veterans Day, has grown from 10 flags to currently over 140 flags. This highly visible tribute to veterans is just one of his many accomplishments. Additionally, Pete served on the executive board of the post and was also involved as a senior leader within the Keweenaw Bay Indian Community Military Honor Guard, participating in ceremonies and funerals with both posts. Always with the goal of making life better for others, Pete previously counseled Native American veterans who were inmates at Marquette Branch Prison helping them start productive lives. Pete served as a founding member responsible for the development of the building used for bingo at the Marquette County Fairgrounds. He assisted with bingo and serving monthly lunches to the members at the Jacobetti Home for veterans. For his many years of service to the community and veterans, Pete was named Marquette County Veteran of the Year in 2019, receiving congratulations and recognition from Senator Debbie Stabenow and Representative Sara Cambensy. The recognition was well deserved as he served faithfully and honorably, generously giving of his time and talent.

Pete always liked keeping busy, assisting his children with home building and remodeling and looking forward to projects. In leisure moments, he enjoyed camper camping (member of Good Sam Club), biking, walking with his wife, and making tin men out of various cans.

Pete was the patriarch of his family, a leader in the full sense, to the entire family including his many in-laws, nieces, nephews, and cousins. He was respected and highly regarded by all.

Pete is survived by his wife of 63 years, Charlotte; his children: Peter Michael (Gery) Shelafoe, Rose Marie (Jerry) Paquet both of Marquette, and Debra Jean (Joseph W. III) Bingham of Halfway Location; his grandchildren: Samantha Hurley-Binns, Shela Bingham, Joseph W. Bingham IV, Michael Benjamin (Mari) Shelafoe, Dana Paquet, and Cera Shelafoe; great grandchildren: Sophia, Trenton, William, Josiah, and Joshua; sisters: Annette Settlemoir of Madison Heights, Fran Minor of Simms, TX, Linda Hunnicutt of Two Rivers, WI, and Lila Minor of Simms, TX; a brother: Wally (Marsha) Lehto of Sommerset, KY; numerous nieces, nephews, and cousins; and his extended second family at Jopling Post 44 of the American Legion and Keweenaw Bay Indian Community. Pete was preceded in death by his parents; sisters: infant Dorothy Shelafoe and Gloria Loucks; a brother: Eddie Lehto; and brothers-in-laws: Monty Settlemoir, Milton "Tex" Minor, Leo Trepanier, and Morris Minor.

The family would like to express their appreciation for all the remembrances, words of encouragement, and many kindnesses extended to Pete and to them.

A celebration of life will be held at a later date. The Fassbender Swanson Hansen Funeral and Cremation Services is assisting the family.

EAT WELL, STAY HAPPY AND HEALTHY IN THE TIME OF CORONAVIRUS

~ By Dr. Dale Schmeisser

We are fortunate in Baraga County to have a low rate of COVID-19 illness. We can thank the wonderful effort that KBIC and the rest of the county made to keep everyone safe. Minimizing contacts by closing offices, implementing work-at-home, stay-at-home policies, and encouraging social distancing guidelines have been essential to reducing the risk of transmission.

Congratulations and thanks to each of the Community members who cooperate with those recommendations. Maintaining social distance is the best strategy we have available at the moment. Better ones are on their way—testing for virus and antibodies, and/or a vaccine. The situation changes daily, so we need to stay informed.

Some good news is that food itself is safe. There is no evidence that COVID-19 is transmitted by food or food packaging. Of course, we need to use good sense at the grocery store by maintaining social distance, wearing masks, and washing hands immediately when returning home. Wash all veggies and fruits (even ones that you will peel). That's a good practice for preventing any food-borne illness. Actually, the risk with groceries is more a function of being out in public at the store than it is the food itself.

But will what we eat make a difference in preventing COVID-19 disease? Can we protect ourselves even more through good nutrition? The answer is: **YES**, and **NO**.

YES, making good food choices can balance our immunity to offer the best defense of our health. The immune system gives us protection from all sorts of invaders (bacteria, viruses, etc), and it depends on the protein, vitamins, minerals, and antioxidants that good food choices provide. Good food choices means getting some good lean protein foods, along with plenty of whole grains, fruits, and vegetables. Think of it this way: "A balanced diet makes a balanced immune system."

Putting that into practice right now requires some extra effort. Food is expensive, and sometimes the items we're looking for just aren't available. One week the bread aisle is bare, then the next week many of the veggies are missing. Be flexible when shopping—adapt your menu plan to what's available and affordable. Don't bust the budget on beef if the price is high. Stretch meat further by incorporating into casseroles and stir-frys. Enjoy some meatless meals—eggs, beans, nuts, cheese, and milk are great protein sources. If canned or frozen vegetables and fruits fit better in your budget and your lifestyle, by all means use them generously. KBIC Commodities offers sodium-free canned vegetables, and they are available in the markets, too. Canned fruit in juice is the best choice compared with canned fruit in syrup, which have a lot of added sugar.

Many of us have a little more time to cook now that we're spending so much time at home, so check out some healthy recipes on the internet or pull out an old cookbook. We can use this time to do some slow food (mmm, navy bean soup from scratch?)

YES, we can be happier by eating well, too. A happy mood also helps the immune system. Social distancing can leave us with anxiety and the blues. How we eat and what we eat can lessen both anxiety and sadness. Keeping a routine can help. That includes a reasonable meal schedule of balanced meals. If you're not accustomed to snacking, don't start now. But if you usually do have a snack, make it a healthy one—fruit, nuts, veggies with salsa, a light yogurt are good choices. Cottage cheese with fruit can make a fine evening snack. For most people, avoiding sugary foods, especially early in the day, will support a brighter mood and better energy level. If you love a sweet, save it for later in the day, and be careful of portion. This is probably not the time to go on a crash diet, by the way. You're handling a lot of extra emotions now, and severe diet restrictions can add to that. On the other hand, be careful not to turn all this home-time into a food frenzy. Especially with alcohol; too much can worsen mood problems, and it's hard on the immune system too.

Unwanted weight gain is a real possibility right now. There are multiple reasons for that. 1) When we're in the house much of the time, we're simply less active. 2) When we're a few steps from the kitchen, it's easy to grab snacks too often. That's why a routine is helpful. 3) Anxiety or sadness can trigger emotional eating. A Time Magazine con-

tributor suggested standing up and doing some exercises every time you see news that makes you frustrated or sad (which is most news these days). Watching too much news isn't generally good for mental health at any time. Checking in morning and evening is plenty.

There is no evidence that a particular diet or supplement will prevent COVID-19. However, we do know that a few vitamins and minerals that are often in short supply in our diets are important for optimal immunity. **Vitamin D** is one such vitamin. Because we live in a cold climate we don't get enough sun exposure. 1000 to 2000 units of Vitamin D3 is safe for most adults, and a supplement may be helpful. A **general multivitamin with minerals** (Centrum, Theragran-M or a generic equivalent) isn't a bad idea to supply extra vitamin C and zinc, both of which support the immune system in important ways. The April 1 online edition of a Harvard newsletter called Nutrition Source mentions these as reasonable additions to a well-balanced diet.

Lastly, **NO**, eating well does not protect entirely from getting a COVID-19 illness. Eating well might reduce severity or shorten the duration, but even that is not a given. Older folks, no matter how well they eat, are at higher risk of a severe case of COVID-19. Likewise, people with diabetes, heart disease, and obesity need to be especially careful to protect themselves, as they tend to have a more severe illness. Therefore, maintaining social distancing (6-foot minimum), washing hands often (soap and water for 20 seconds), and minimizing unnecessary public interactions is key.

As a final comment, by all means avoid any internet or TV ad that claims a dietary or other supplement will offer complete protection or a cure from COVID-19. So many competent people are working hard on containing this novel virus, and eventually we will have it resolved. There are some con artists out there who would love to get your money on bogus remedies. We've been there before, let's not go there again.

Be well in body, mind, and spirit, and support your local immune system!!!

Bay Mills Indian Community
Brimley, Michigan 49715

Grand Traverse Band of Ottawa & Chippewa Indians
Suttons Bay, Michigan 49682

Hannahville Indian Community
Wilson, Michigan 49899

Saginaw Chippewa Indian Tribe
Mt. Pleasant, Michigan 48858

Little Traverse Bay Bands of Odawa Indians
Harbor Springs, Michigan 49740

Nottawasippi Huron Band of The Potawatomi
Fulton, Michigan 49502



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Sault Ste. Marie Tribe of Chippewa Indians
Sault Ste. Marie, Michigan 49783

Pokagon Band of Potawatomi Indians
Dowagiac, Michigan 49047

Match-E-Be-Nash-She-Wish (Gun Lake Tribe)
Dorr, Michigan 49323

Little River Band of Ottawa Indians
Manistee, Michigan 49660

2956 Ashmun Street, Suite A, Sault Ste. Marie, Michigan 49783
Phone: (906) 632-6896 Main Fax: 906-632-1810

Now is the Time to Quit Smoking

1-855-372-0037 for Culturally Tailored Quit Resources

According to the Centers for Disease Control and Prevention, based on preliminary U.S. data, persons with underlying health conditions such as diabetes, chronic lung disease, and cardiovascular disease, appear to be at higher risk for severe COVID-19-associated disease than persons without these conditions.

The novel coronavirus COVID-19 is a respiratory illness, and therefore impacts individuals harder with weakened lungs.

Cigarette smoking is proven to cause lung damage such as chronic obstructive pulmonary disease (COPD) or lung cancer.

Now is the time to quit smoking.

According to the CDC, over 25% of Native Americans and Alaska Natives smoke cigarettes. That is 1.5 times greater than the U.S. smoking rate. However, over 50% of those who smoke say they want to quit.

Call 1-855-372-0037 for the American Indian Commercial Tobacco Program. The AICTP offers support, culturally tailored quit coaches, quit tips, along with nicotine patches, gum, and lozenges to help Native Americans quit smoking and keep tobacco sacred.

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



GOOD NUTRITION HELPS SUPPORT YOUR IMMUNE HEALTH¹

The immune system is the body's defense against infections. When it's working well, the immune system can help protect against illnesses and infections.



There are several key factors that help keep your immune system healthy and strong. Some of these factors include adequate rest, regular exercise, good hygiene, decreased stress, and a healthy diet.

Poor nutritional status is associated with decreased immune health.² Including key nutrients as part of a well-balanced diet can improve your nutrition, and may help support and maintain your immune health.

YOU MAY WANT TO CONSIDER CHOOSING FOODS THAT INCLUDE:



PROTEIN helps build antibodies and immune system cells and plays an important role in healing and recovery.
Sources: Eggs, milk, yogurt, fish, lean meats, chicken, turkey, beans, soy products, and nuts and seeds



VITAMIN C helps build healthy skin, which is a barrier to microorganisms, and helps protect cells from damage due to its role as an antioxidant (a substance that helps protect cells).
Sources: Citrus fruits (oranges, grapefruits, tangerines), strawberries, papaya, bell peppers, and Brussels sprouts



VITAMIN A keeps the skin, tissues in the mouth, stomach, and intestines, and the respiratory system healthy, and it helps regulate the immune system.
Sources: Colorful foods like carrots, sweet potatoes, broccoli, spinach, pumpkin, squash, and cantaloupe



VITAMIN E protects immune cells from damage due to its role as an antioxidant.
Sources: Almonds, sunflower seeds, peanut butter, vegetable oil, spinach, and broccoli



VITAMIN D helps with properly regulating immune cell function.
Sources: Fortified foods (milk, cereal, orange juice), fatty fish (salmon, mackerel, tuna), and sunshine



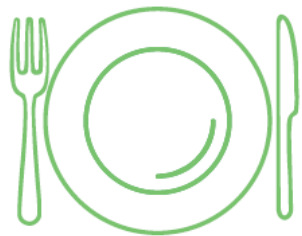
ZINC supports creation of new immune cells, which contributes to the body's ability to heal from wounds.
Sources: Lean meats, chicken, turkey, crab, oysters, milk, whole grains, seeds

VISIT ANHI.ORG FOR A DIGITAL COPY OF THIS INFOGRAPHIC.

References: 1. Support your health with nutrition. Academy of Nutrition and Dietetics website. <https://www.eatright.org/health/wellness/preventing-illness/protect-your-health-with-immune-boosting-nutrition>. Published December 9, 2019. Reviewed March 2020. Accessed March 17, 2020. 2. Bresnahan KA, et al. *Adv Nutr*. 2014;5(6):702-711.



GOOD NUTRITION HELPS SUPPORT YOUR IMMUNE HEALTH



Eating a well-balanced diet is an important part of maintaining good immune health habits.

Individuals who have poor food intake, or who have compromised health conditions, may require support to meet their nutrition needs. Oral nutritional supplements (ONS) can provide protein, vitamins, and minerals to help support the immune system. Talk to your health care provider to find out more about supplements for your diet, or the diet of someone for whom you may be caring.



Drinking enough fluid is also a key part of maintaining good health. Fluids help regulate body temperature and assist the body in eliminating bacteria and other harmful substances. Electrolytes help your cells maintain the right fluid balance for proper hydration.

VISIT ANHI.ORG FOR A DIGITAL COPY OF THIS INFOGRAPHIC.

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.

48 Contiguous United States:				Use this amount	
Household Size	SNAP Net Monthly Income Standard	SNAP Standard Deduction		FDPIR Net Monthly Income Standard	
1	\$1,005	+	\$160	=	\$1,165
2	\$1,354	+	\$160	=	\$1,514
3	\$1,702	+	\$160	=	\$1,862
4	\$2,050	+	\$170	=	\$2,220
5	\$2,399	+	\$199	=	\$2,598
6	\$2,747	+	\$228	=	\$2,975
7	\$3,095	+	\$228	=	\$3,323
8	\$3,444	+	\$228	=	\$3,672
Each additional member					+ \$349

Alaska:				Use this amount	
Household Size	SNAP Net Monthly Income Standard	SNAP Standard Deduction		FDPIR Net Monthly Income Standard	
1	\$1,255	+	\$273	=	\$1,528
2	\$1,691	+	\$273	=	\$1,964
3	\$2,127	+	\$273	=	\$2,400
4	\$2,563	+	\$273	=	\$2,836
5	\$2,999	+	\$273	=	\$3,272
6	\$3,435	+	\$285	=	\$3,720
7	\$3,870	+	\$285	=	\$4,155
8	\$4,306	+	\$285	=	\$4,591
Each additional member					+ \$436

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.



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



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



Our Children Are Our Future

Keweenaw Bay Indian Community
Tribal Social Services
16429 Bear Town Road
Baraga, MI 49908
906-353-4201

Become a Foster Parent

Share Your Home and Heart
With a Native Child



While we are safe distancing during this Pandemic, remember you need to get outside for fresh air.

Let's take care of the local cemeteries. There are no work crews this year thus far.

NITAAZHITOOJIK
INDUSTRIAL TRAINING

ELIGIBLE PROGRAMS

- COMPUTER NUMERICAL CONTROL (CNC)** - Available Winter 2020
- COMPUTER - AIDED DESIGN (CAD)** - Available Fall 2020
- MECHATRONICS** - Available Fall 2021
- WELDING** - Available Fall 2020

FINANCIAL ASSISTANCE AVAILABLE

The Nitaazhitoojik Industrial Training (NIT) Program provides financial assistance to eligible students pursuing education in the following STEM-related programs. Assistance can include, but is not limited to, tuition, course material, transportation, and training costs.

For more information, please contact the LTBB Niigaandiwin Education Department.
Phone: (231) 242-1485 Email: kbennington@ltbbodawa-nsn.gov

Logos for: Keweenaw Bay Indian Community, North Central Michigan College, Industrial Arts Institute, ANA (American Native Artists), and Little Traverse Bay Bands of Odawa.

Keweenaw Bay Indian Community
Office of Child Support Services
P.O. Box 490, Baraga, MI 49908
Phone: 906-353-4566
Fax: 906-353-8132

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We provide the following services:

- Paternity Establishment
- Establishment of Child Support
- Outreach Services
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WE'LL GET THROUGH THIS AND SEE YOU AGAIN SOON!



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