

# WIKWEDONG DAZHI-OJIBWE

The Keweenaw Bay Ojibwe

Iskigamizige Giizis - Maple Sugar Making Moon - April 2016 Issue 141



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



Picture by Lauri Denomie.

Left to right, Ray Cadotte, Head Male Dancer, (Mt. Pleasant); Kayla Dakota, Miss Keweenaw Bay, (KBIC); Julie Whitepigeon, Head Female Dancer, (Mt. Pleasant); and Glen Bressette, Sr., Head Veteran Dancer, (KBIC).

Northern Michigan University's (NMU) Annual "Learning To Walk Together" Powwow was held on Saturday, March 12, 2016, at the Vandament Arena on NMU's campus. The powwow is always well attended by Native American communities throughout the Upper Peninsula of Michigan, downstate Michigan, and Wisconsin, including the Keweenaw Bay Indian Community who provides essential support for this mid-March event. Glen Bressette, Sr., KBIC, led the KBIC Veteran's Honor Guard along with Head Dancers; Royalty; and a vast number of Traditional, Fancy,

and Jingle Dress Dancers, into the arena. Julie Whitepigeon and Ray Cadotte (both Saginaw Chippewa) served as Head Dancers for this event. Twice crowned, Miss Keweenaw Bay, Kayla Dakota, was seen representing KBIC throughout the arena, enjoying many of the Inter-tribals, the Jingle Dress exhibition, and many honor dances. Bahweting Singers served as Host Drum with invited drums: Crazy Boy, Mukwaa Gizik, and Sturgeon Bay Singers. Emcee, Stanley Spruce, and Co-Emcee, Mitch Bolo, (both KBIC), kept everyone informed of the events, and things moved quite smoothly. This year's Arena Director, Robert Blackdeer, was very attentive to the arena needs, and Firekeeper, Sam Doyle, kept the sacred fire well attended.

A grand feast was held between the grand entries at the Jacobetti Center where a Hand Drum Competition was also held.

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

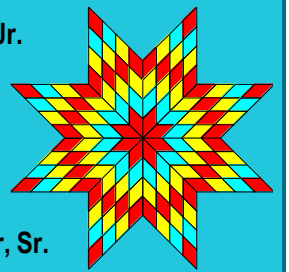


Picture by Lauri Denomie.

Father and son Traditional Dancers, (KBIC), Rodney Loonsfoot (left), and Joey Loonsfoot (right).

### Tribal Council Members:

Warren C. Swartz, Jr., President  
Jennifer Misegan, Vice-President  
Susan J. LaFernier, Secretary  
Toni J. Minton, Asst. Secretary  
Doreen G. Blaker, Treasurer  
Robert R.D. Curtis, Jr.  
Frederick Dakota  
Eddy Edwards  
Randall R. Haataja  
Michael F. LaFernier, Sr.  
Gary F. Loonsfoot, Sr.  
Donald Shalfoe, Sr.



## SPECIAL POINTS OF INTEREST

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

### April is Alcohol Awareness Month

~ A message from Mindy A. Lantz, RN - Public Health Nurse

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

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

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

Limit your drinking to no more than one drink a day for women or two drinks a day for men.

- Keep track of how much you drink.
- Choose a day each week when you will not drink.
- Don't drink when you are upset.
- Avoid places where people drink a lot.
- Make a list of reasons not to drink.

If you are concerned about someone else's drinking, offer to help.

# SECRETARIAL ELECTION NOTICE

March 11, 2016

## KEWEENAW BAY INDIAN COMMUNITY

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

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

**ELECTION DATE:** Tuesday, April 26, 2016

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

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

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

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

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

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

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

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

**Jason D. Oberle, Election Board Chairman**

Bureau of Indian Affairs, Michigan Agency  
2845 Ashmun Street

Sault Ste. Marie, MI 49783-3732

Toll free: 877-659-5028 / Fax Number: (906) 632-0689

**Diana Chaudier, Member**  
**Kim Klopstein, Member**

**Jeanne Emery, Member**  
**Peggy Loonsfoot, Member**

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

### Current Language

#### Constitution of the Keweenaw Bay Indian Community

#### Article VI — Powers and Duties of the Tribal Council

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

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

### Proposed Amendment A

#### CONSTITUTION OF THE KEWEENAW BAY INDIAN COMMUNITY

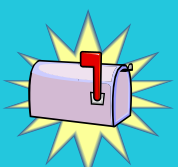
**Proposed Amendment A will amend the Constitution by limiting the amount of funds the Tribal Council may appropriate at any one time, without a referendum vote, to \$500,000. Article VI, Section 1(h), as amended shall read as follows:**

#### ARTICLE VI — Powers and Duties of the Tribal Council

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

**(h) To appropriate for tribal use any available tribal funds, provided, that any appropriation in excess of \$500,000 at any one time shall be of no effect until approved by referendum vote.**

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



## OJIBWA SENIOR CITIZENS REGULAR MEETING

Helene C. Welsh Senior Citizens Building  
February 10, 2016

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

### **The roll call of Executive Board**

Present: Vice President Lois Bedell, Treasurer Susie Crawford, and Assistant Treasurer Agatha Cardinal. Absent: President Ron Spruce, Secretary Veronica Adams, and Assistant Secretary Shirley McKasy.

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

### **Quorum declared present.**

Present: Don Funke, Marsha Pharr, Nancy and Henry Chosa, Jeanene Mayo, Theresa Velmer, Wanda Seppanen, Mary Kauppila, Gerlinde Picard, Jean Eckerberg, Ralph Eckerberg, Rosie Funke, and Mike Cardinal.

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

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

### **Reading/Approval of Treasurer's Report:**

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

### **Business:**

1. Nutrition Report — Nothing to report.
2. Gift Shop Report — No report available. Don Funke inquired how much revenue has been received from the Gift Shop since the inventory of over \$8,000. was done. Treasurer Susie Crawford stated that all the consignment items were included in the inventory and she has no documentation on how much that was. She will work on a total revenue received since the inventory was taken after she returns from her trip in April.
3. Pasty Sale — Don Funke said that 1072 pasties were made in January and we sold out. He stated the dough machine has been acting up and may need a new motor. Hopefully it will be fixed before the February Pasty Sale of February 24 and 25. He is getting materials for approximately 900-950 pasties. We need additional baking help.

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

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

**Mike Cardinal:** Mike stated that there will be a Secretarial Election to change our Constitution and outlined the necessary steps to increase the expenditure ceiling from \$10,000 to \$500,000 for voter approval. All KBIC members will receive an informational packet/registration in the mail

and only those KBIC members who register will be sent the ballot to vote. There will also be a second amendment to the judicial system this summer. There will be several informational meetings for members to learn more about this process. Information will be in the L'Anse Sentinel and at all Tribal offices.

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

Submitted by Susie Crawford, Recording Secretary/Treasurer

## NEWS FROM THE OJIBWA SENIOR CITIZENS

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

Join us for Tai Chi offered every Wednesday at the Ojibwa Senior Citizens Center 10:00 a.m.—11:00 a.m. or 4:30 p.m.—5:30 p.m.

### April:

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

### May:

- TBD May Senior Meeting date Senior Elections to be held.
- May 25, Pasty prep.
- May 26, Pasty Sale.

Please mark your calendars with these dates!

# NOTICE

Effective April 1, 2016, all quest lunches will be \$5.00. Lunch is available Monday thru Friday 11:30 am until 12:30 pm. at the Ojibwa Senior Citizens Center.



## April 2016 Calendar Events

- **Apr. 2:** Reg. Sat. Council Meeting, 9 am, Ojibwa Casino Conference Room, Baraga;
- **Apr. 4:** Constitutional Committee Meeting, 10 am, Tribal Center Bldg, Council Chambers (downstairs conference room);
- **Apr. 23:** Spring Fling, 11 am, Niiwin Akeaa Center;
- **Apr. 26:** Secretarial Election;
- **Apr. 28:** Ojibwa Senior 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](mailto: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.

## LEGAL NOTICE

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

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

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

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

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

By The Court

Megan Treuer, Chief Judge  
Lucille Morrison, Clerk of Court  
Attorney for Petitioner, Chris Allery  
12907 Palmquist Road  
P.O. Box 25  
Nett Lake MN 55772  
Tel: 218-757-3462

## BIA Scholarship Deadline

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

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

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](mailto:amy@KBIC-nsn.gov).

## EDUCATION INCENTIVE PROGRAM AWARDS STUDENTS

The Keweenaw Bay Education Committee offers the Education Incentive Program to local KBIC Tribal students. Monetary incentives are awarded at the end of each of the four marking periods of the academic year. Students must be enrolled KBIC members, reside in Baraga, Houghton, Ontonagon, or Marquette counties, and must attend a public or private school. A student's Honor Roll status is defined according to the requirements of their school district.

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

**Baraga** — DySean Allen, Kamerin Awonohopay, Robert Curtis, Allison Durant, Dhanya Ekdahl, Octavia Geroux, Richard Geroux Jr., Bailey Harden, Steele Jondreau, William Jondreau Jr., Kamrin Kahkonen, Keegin Kahkonen, Dana Kelly, Angel Loonsfoot, Shawna Lussier, Steven Maki, Jenna Messer, Liliana Messer, Leah Owens, Nicholas Owens, Kylie Peterson, Annaleese Rasanen, Presley Rasanen, Toriana Rasanen, Alana Schofield, Logan Shalifoe, Tyler Shalifoe, Javon Shelifoe, Brendan Varline, Cheyenne Welsh, and Nathaniel Welsh.

**L'Anse** — Jade Curtis, Deija Dakota, Kayla Dakota, Keira Dakota, Sara Dakota, Philip Edwards, Shay Ekdahl, Ti'ia Friisvall, Christopher Genschow, Robert Genschow III, William Genschow, Robert Jacobs, Adyson Moulden, Tianna Pillsbury, Grayson

Roe, Jailyn Shelifoe, Abbygail Spruce, Brian Spruce, Charles Spruce, Alicia Stein, Katie Strong, Mariana Teikari, and Cassandra Zasadnyj.

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

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

**Sacred Heart Catholic** — Ireland Chosa and Rachael Velmer.

**Ontonagon** — Courtney Croteau.

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

**Baraga** — Robert Curtis, Breyelle Ekdahl, Dhanya Ekdahl, Preston Ellsworth, Bailey Harden, Austin Heath, Rylee Holm, Steele Jondreau, Kamrin Kahkonen, Keegin Kahkonen, Nevaeh Loonsfoot, Nikira Maki, Steven Maki, Kylie Michaelson, Leah Owens, Presley Rasanen, Logan Shalifoe, and Tyler Shalifoe.

**L'Anse** — Christina Anderson, Kayla Dakota, Keira Dakota, Ayden Ekdahl, Chase Larson, Jaycee Maki, Grayson Roe, Abbygail Spruce, Charles Spruce, Alicia Stein, Cassandra Zasadnyj, and Paige Zasadnyj.

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

**Gwinn** — Kaitlyn Shelafoe, Kimber Shelafoe, Taylor Shelafoe, Destinee Stanton, and Laci Stanton.



## Lake Superior Fishery Management a Continued Top Priority to KBIC

The Keweenaw Bay Indian Community (KBIC) has traditionally fished, both subsistently and commercially, throughout Lake Superior for generations. These activities are considered cherished and vital elements of the culture and fabric of our community. The rights to hunt, fish, and gather were retained through treaties with the federal government and reaffirmed through numerous court cases.

KBIC and its Natural Resources Department (KBIC-NRD) assists in managing the Lake Superior Fishery through stocking, standardized assessment and monitoring, and collaborative efforts to manage this fishery on a regional scale.

The KBIC Aquaculture Program focuses on native fish restorative management. Millions of Lake Trout, Brook Trout, and Walleye have been strategically stocked in Lake Superior and surrounding waters (see summary below). These efforts are done while working closely with multiple agencies, following guidelines prescribed by the Great Lakes Fishery Commission, the Lake Superior Technical Committee, and others.

### **KBIC Fish Stocking Summary. 2015 numbers, and total numbers to date.**

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

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

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

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

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

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

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

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

2. Increase teacher knowledge on family engagement, health disparities, and economic security.
3. Develop and sustain family engagement, focusing on health and wellness, educational attainment, and advocacy.
4. Implement ECE best practices aligned with early learning guidelines to ensure whole-child developmental outcomes, particularly focused on health, and wellness and secure families.
5. Support systems and pathways from birth-to-career as a contributing factor toward racial equity, health and wellness, and economic security for Native families and communities.

Specifically, KBOCC plans to develop culture-based curriculum, assessments, and learning environment in the Little Eagles classroom; implement an Ojibwemowin language mentor-coach program for Little Eagles teachers; embed awareness and knowledge of culture, health and wellness, and family security within the ECE program for future teachers; develop Ojibwemowin language, literacy, and family success kits for Little Eagles families; strengthen partnerships with families through engagement activities that will extend Ojibwemowin language and health and wellness education and support pathways to security; and strengthen partnerships with tribal partners.

KBOCC is very excited about this new endeavor and the positive changes it will bring in the Early Childhood Education program, the Little Eagles classroom, as well as the community.



Above: Making music in the Little Eagles classroom



### **NOTICE**

By Council motion, Attorney Brandon Rickard has been contracted to assist Defendants with criminal matters before the KBIC Tribal Court. As of March 22, 2016, Attorney Rickard is available Tuesday and Wednesday at the KBIC Tribal Court. You can reach him by calling (906) 353-4565 or (906) 225-9705.

**Rickard Law Office**  
*USAF veteran owned law firm*

Rickardlegal@gmail.com

**Brandon T Rickard, Esq.**  
*Attorney at Law (P75104)*  
221 West Washington Street  
Marquette, MI 49855  
Ph. 906-225-9705 Fax 906-225-9960

Attorney Rickard also maintains his private practice.



## **Restoring Culture in Early Learning at KBOCC**

KBOCC was recently awarded funding from the American Indian College Fund's Restorative Teachings Early Childhood Education (ECE) Initiative. Restorative Teachings is a Tribal College and University (TCU) collaborative to strengthen systems of care and learning with Native families and children served by TCUs by aiming to develop culturally-responsive and adapted ECE systems, build stronger investments in strategic health and wellness, and support Native family economic security directly through partnerships and access to higher education. KBOCC joins three other TCUs in this two-year initiative, building upon the success of the College Fund's Wakanyeja (Sacred Little Ones) and K'e' (Family Engagement) early childhood education initiatives.

KBOCC's Early Childhood Education teacher education program will partner with the KBOCC Little Eagles Great Start to Readiness Program to achieve the following program goals:

1. Develop Native-based language and culture-based curriculum and assessments, particularly focused on increasing whole child health and wellness and increasing opportunities for Native families to achieve economic security.



### **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 ALL college students, including incoming freshman and graduate students**

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 Friday, May 27, 2016**

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 15, 2016. The recipient will be required to volunteer during the Annual KBIC Kid's Fishing Derby on Saturday, June 25<sup>th</sup>, 2016.

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.

# HEALTH ASSESSMENT 2015



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

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

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

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

### Who Participated

Social and economic factors like age, sex, income, employment, and education have enormous influence on the health of a person. These factors affect individuals' ability to access many types of resources, including safe housing or healthy food. Among this survey's participants, the largest percentage (23%) reported income between \$0 and <\$10,000. Survey participants were required to be 18 or older and American Indian/Alaska Native.

### Physical Activity

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

Participants were asked whether they participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise. The majority, 79%, said they did. When asked whether they participate in moderate physical activities that increase breathing or heart rate, for at least 10 minutes at a time in a usual week, 83% said they did. Of those, 81% said they engage in those moderate activities 3 or more days per week, with 20% reporting 5 to <6 days per week and 22% reporting 7 days per week of moderate activities.

### Health Concerns

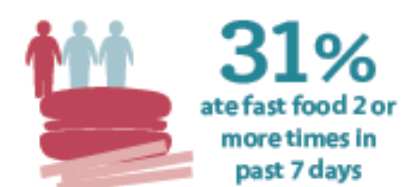
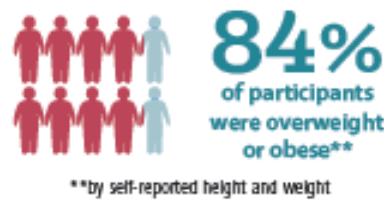
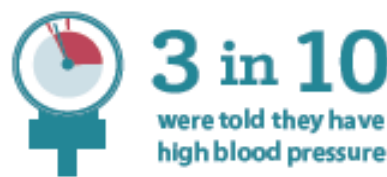
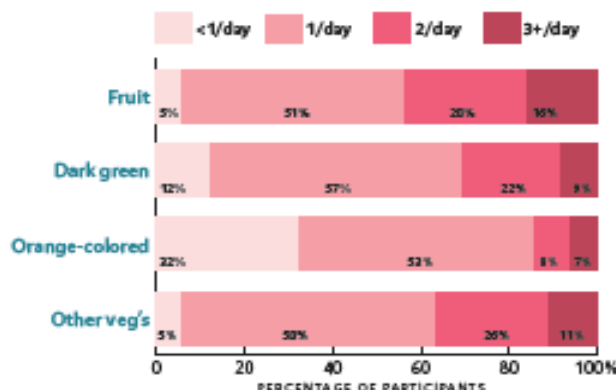
When asked whether a health professional had ever told them that they had certain conditions, 30% reported being told they had hypertension. High blood cholesterol, at 29%, was also a common diagnosis. Of those with a hypertension diagnosis, 83% were taking medication for their high blood pressure. Twenty-three percent reported that an impairment or health problem limited the amount or kind of work they are able to do. While 84% had BMIs in the overweight or obese range, just 65% perceived themselves as overweight, and the same percentage have attempted weight loss in the past year.

### Healthy Diet

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

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

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



Excerpted from: Great Lakes Inter-Tribal Council, Inc. *Keweenaw Bay Indian Community Health Assessment 2015*. Lac du Flambeau, WI: Great Lakes Inter-Tribal Epidemiology Center, Great Lakes Inter-Tribal Council, Inc.; 2015.

Great Lakes Inter-Tribal Epidemiology Center [www.glitc.org/epicenter](http://www.glitc.org/epicenter)

## ZEBA COMMUNITY HALL



Hello Everyone! Services are being setting up in the new Zeba Community Building. Following is a list of things that are scheduled so far:

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

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

**Commodity Foods:** Darren Webb from Commodity Foods is putting on a Nutritional Meal on April 5, 2016. The meal is open to anyone currently receiving commodities. Call him to reserve a spot, and he will let you know the time. (906) 524-7340.

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

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

June 22, 12:30 pm—3:30 pm  
 July 20, 12:30 pm--3:30 pm  
 August 24, 12:30 pm—3:30 pm  
 September 14, 12:30 pm—3:30 pm

New Day Treatment Center and the Youth Center may also be bringing in programs. You will be notified as they are set up.

The hall is available to rent for activities such as Bridal Showers, Anniversary Parties, Wedding Receptions, etc.

## Let's Spring Into Fitness For The Whole Family!

Dance to: **Pow Wow Sweat**

Learn the steps to Traditional Dancing, Crow Hop, Jingle Dress, Men's Fancy Dance and more.

Great way to learn how to dance while spending time with your family!

**Where:** Zeba Community Hall

**When:** Every Tuesday and Thursday starting April 5th. Eight sessions total.

**Time:** 6 PM to 7 PM

**Children must be accompanied by an adult**

**Contact Beth Koski for more information @ 353-6096**

Sponsored by REACH Journey to Wellness Grant

## Seeking Foster Parents



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



Our Community. Our kids.  
 KBIC Tribal Social Services

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

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



Save the Date  
 KBIC Kid's Fishing Derby  
 June 25, 2016



April 11, 2016

Niiwin Akeaa  
 Center, Commons  
 Area, 111 Beartown  
 Rd.

5:00-6:30PM

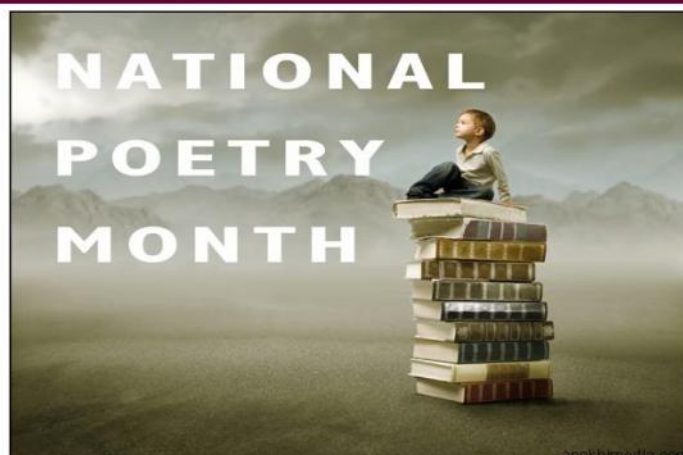
Parent  
 Circle!

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

Second  
 Monday!

## Poetry Night

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



Sponsored by KBIC Family Spirit and Healthy Start Programs

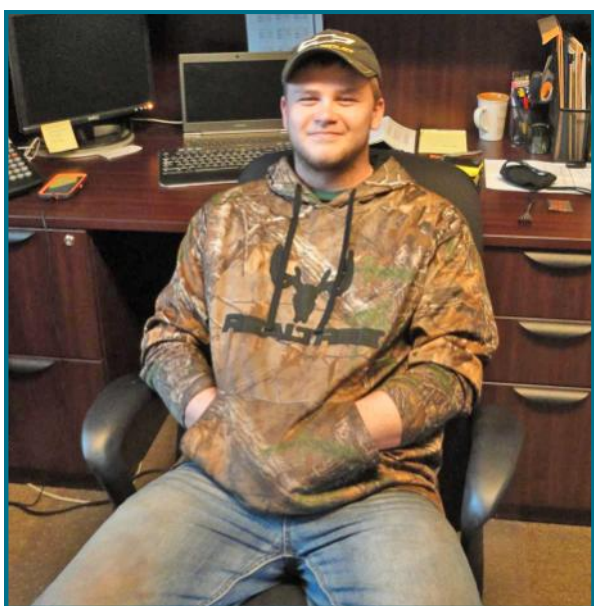


# New Employees



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

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



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

## Anishinaabe Ziinzibaakwad



Maple sugar has been a part of the Keweenaw Bay Indian Community's (KBIC) culture and economics for hundreds of years. Author Charles Cleland (Rites of Conquest) stated that maple sugar was by far the largest export from KBIC. This is also apparent in some of the early reports from the Department of the Interior, especially from the 1865 Mackinac Agency report that stated in L'Anse, "The maple sugar manufactured is reported at 453,252 pounds." Commercial fishing and maple sugar production defined our traditional economics. Today, only a few commercial fishermen remain, and only a few families still return to the sugarbush every spring. Of the few who still produce the amazing natural sweetener, typically only enough is made for personal consumption.

The Anishinaabe ziinzibaakwad (maple sugar) produced by our people is deeply rooted in tradition. Our lunar calendar has a

moon dedicated to sugaring, aptly known as the Sugaring Moon. Aseema is offered in return for the sweet gift of the Aninaatig (sugar maple). Ceremonies and songs are making their way back into the woods. Songs and offerings the forests have not witnessed in a very long time, as our traditional ways were outlawed by the federal government up until the Indian Religious Freedom Act of 1978. Historical logging practices removed the opportunity for Tribal members to tap trees large enough to produce sap. The forest is recovering, as is the tradition.

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

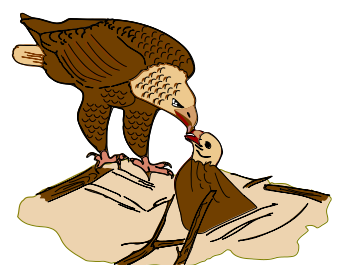
This spring has presented many challenges to the sugaring process as El Nino has produced some very odd temperature swings. Typically, a nice gradual warm-up will provide the ideal temperature patters to induce the sap flow inside the maple trees. This spring, above freezing temperatures presented during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

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

Miigwech,  
Jerry Jondreau, KBIC Tribal Forester



KBIC Youth at the Community Sugarbush.



### FOOD DISTRIBUTION PROGRAM ON INDIAN RESERVATIONS (FDPIR) FY 2016 NET MONTHLY INCOME STANDARDS\* (Effective Oct. 1, 2015 to Sept. 30, 2016)

\*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	\$ 981	+ \$155	=	\$1,136
2	\$1,328	+ \$155	=	\$1,483
3	\$1,675	+ \$155	=	\$1,830
4	\$2,021	+ \$168	=	\$2,189
5	\$2,368	+ \$197	=	\$2,565
6	\$2,715	+ \$226	=	\$2,941
7	\$3,061	+ \$226	=	\$3,287
8	\$3,408	+ \$226	=	\$3,634
Each additional member				+ \$347
Alaska:				Use this amount
Household Size	SNAP Net Monthly Income Standard	SNAP Standard Deduction		FDPIR Net Monthly Income Standard
1	\$1,227	+ \$265	=	\$1,492
2	\$1,660	+ \$265	=	\$1,925
3	\$2,094	+ \$265	=	\$2,359
4	\$2,527	+ \$265	=	\$2,792
5	\$2,960	+ \$265	=	\$3,225
6	\$3,394	+ \$282	=	\$3,676
7	\$3,827	+ \$282	=	\$4,109
8	\$4,260	+ \$282	=	\$4,542
Each additional member				+ \$434



## Who's Who—Who's New—and What Do We Do

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

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

**Debbie Williamson:** Community Assistance Programs Administrator. Debbie began her employment with the CAP office on June 22, 2015. She oversees the Community Assistance Program as outlined below.

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

**Program Goals and Objectives:** To increase self-sufficiency; to reduce poverty among Tribal members and their families; to honor our Tribal Elders and Tribal members; and to continue to provide quality services and expand programs to meet essential needs of the KBIC members.

**Problem Statement:** Funding assistance is lacking to meet essential needs of the KBIC members.

**Mission Statement:** CAP provides assistance not provided by federal, state, local, or other tribal sources in order to promote self-sufficiency of KBIC members by ensuring the quality of life, general health, and welfare of each one.

**Solutions:** The Community Assistance Program administers the following listed programs:

- **BIA-GA Funded** - (Applicants must be enrolled in a federally recognized tribe and reside within the Keweenaw Bay Indian Community eight county service area: Baraga, Marquette, Houghton, Ontonagon, Iron, Gogebic, Keweenaw, Dickenson)
  - General Assistance (GA) – Provides financial assistance payments for basic essential needs. The goal of the program is to increase self-sufficiency.
  - Emergency (EA) – For essential needs to prevent hardship in situations where a home or personal possessions are destroyed or damaged through forces beyond their control.
  - Burial Assistance (BA) – For indigent (lack of resources because of poverty) burials.
- **Tribal Elders Pension and Tribal Disability Pension/Heating Assistance** – Must be an enrolled KBIC member who is an Elder (62+) or Disabled and reside within Marquette Trust Properties or Baraga County.
- **Tribal Elders/Disability Heating Assistance for Ontonagon County** – The program is available the month of November through May, for each fiscal year. Tribal Heating assistance is for KBIC enrolled Elders (62+) or Disabled person living within Baraga County, Ontonagon County, or on the Trust Properties in Marquette, MI.

- **Community Needs Assistance Program (CNAP) - Assistance for Marquette Trust Properties and Baraga County**

- Non-Medical Assistance – To replace or repair appliances or equipment; utility and heating disconnects; vehicle repairs or tire replacements (up to \$300 per qualified household for each fiscal year).
  - Medical Travel/Services – For medical travel, specialists, overnight hospitalizations, medical/surgical procedures, out the area travel to visit hospitalized family members, to attend sobriety/family therapy sessions, and to obtain medical alert services (Up to \$600 per individual per fiscal year. Extended funds available).
  - Fire/Flood – For fire or flood damage involving a primary residence (up to \$1000).
  - Local Funeral Allowance – For out of the area immediate family members to attend local funerals (\$1000 limit).
  - Out of the Area Funeral Allowance – For immediate family member funeral (\$300).
- **ACF-DHHS Low Income Heating Assistance Energy (LHEAP)** - Heating assistance for eligible households living within the KBIC eight county service area, whose gross annual income falls within the 60% of the state median income guideline.
    - Direct Assistance Program (DAP) – Heating Assistance for qualified applicants. (Funding Exhausted for FY 2016)
    - Energy Crisis Intervention Program (ECIP) – Assist with energy crisis (Funding still available for FY 2016)
  - **Community Service Block Grant (CSGB) Assistance** – Assist with urgent emergencies (Applicants must be enrolled in a federally recognized tribe and reside within the Keweenaw Bay Indian Community eight County service area: Baraga, Marquette, Houghton, Ontonagon, Iron, Gogebic, Keweenaw, Dickenson).
  - **Superior Watershed Partnership Michigan Energy Assistance Program (SWP MEAP)** - Partnership with SWP to provide intake and referral services to process applications for primary heating and/or non-heating electric assistance. Assistance available starting mid-October thru September or until funding runs out. (Funding is temporarily exhausted at this time.)

**KBIC's Commodity Foods is located at the 16613 Skanee Road, L'Anse, MI 49946, (906) 524-7340.**

**Darren Webb:** Director. Darren oversees the Commodity Foods Program and assists in the day to day operations as outlined below.

**Jessie Forcia:** Assistant Director. Jessie assists the Director in administrative duties as well as assists in the day to day operations as outlined below.

**Mitchell Durant:** Certification Worker. Mitchell assists in the day to day operations as outlined below.

The KBIC Commodity Food Program serves food once a month to income eligible participants in a ten county area. Tribal and non-tribal residing on KBIC reservation. Tribal members residing off reservation must have Tribal enrollment information (card, etc.) to receive food.

KBIC Commodity Food Program receives main food shipment the first Friday of each month and fresh produce two times monthly. Persons interested in participating in the program must complete an application and be income eligible. All employees would be happy to answer questions regarding the Commodity Food Program. We can be reached at (906) 524-7340. Office hours are 8:00 a.m.—4:30 p.m. Monday through Friday.

Employees not listed chose not to participate.



Picture by Lauri Denomie.

Debbie Williamson (left) and Angela Shelifoe (right).

## April is National Child Abuse Prevention Month

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

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

Here are known protective factors that parents can develop that will strengthen their families:

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

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

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

**Social Connections:** Participate in the community events, join a parenting support group, and find a church that welcomes you

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

**Child emotional and social well-being:** Provide structure, routines and consistency for children so that they know what is happening in their day and they know what to expect and count on. Talk to your children about how important they and their feelings are. Help your child to solve their problems, which will help them to learn how to problem solve. Children learn how to handle their emotions from you, talk to them and show them how you handle your happiness, sorrow, hurt, and anger.

Information modified from the following: <https://www.childwelfare.gov/pubPDFs/Keeping%20Your%20Family%20Strong.pdf>

Keweenaw Bay Indian Community Tribal Social Services are committed to helping families. If you have questions or need more information regarding parenting, please call (906)353-4201.

### Child abuse Reporting

Michigan Child Abuse Reporting Hotline. If you suspect abuse or neglect, call **855-444-3911** any time day or night. This toll-free phone number allows you to report abuse or neglect of any child or adult.

KBIC Tribal Social Services, (906) 353-4201  
<http://www.kbic-nsn.gov/content/social-services>

### Suicide/depression helpline

**Depression and Bipolar Support**, 800-273-TALK (8255), 24-hrs/day, seven days/week  
<http://www.dbsalliance.org>

**National Suicide Hotline**, 800-SUICIDE (784-2433), 800-442-HOPE (4673), 24-hrs/day, seven days/week  
<http://www.hopeline.com>

**National Suicide Prevention Lifeline**, 800-273-TALK (8255), 24 hrs/day, seven days/week  
<http://www.suicidepreventionlifeline.org>

**Thursday's Child National Youth Advocacy Hotline**, 800-USA-KIDS/(800-872-5437), 24 hrs/day, seven days/week  
<http://www.thursdayschild.org>

**Dial Help**, Call: (906) 482-HELP (4357)  
Text: (906) 35-NEEDS (63337)  
<http://www.dialhelp.org/>

### Mental Health Helpline

**National Mental Health Association Hotline**,

**HOTLINES continues:**

800-273-TALK (8255), 24 hrs/day, seven days/week. <http://www.nmha.org>

**Parenting hotline**

**Parenting Magazine's Parenting ON CALL Tip Line, Hotline:** 1-800-782-3030.

**Description:** Sound advice for smart parents, 24/7; Need help? Parenting understands. Support on topics that matter to you is just a FREE phone call away at the 24-hour Parenting ON CALL tip line.

**Website:** <http://www.parenting.com>

**Parents Anonymous, Hotline:** 1-800-352-0528, **Description:** "Strengthening Families All Across America"

**Website:** <http://www.parentsanonymous.org/>

**Professional Parenting, Inc.,**

**Hotline:** 1-800-313-1264, **Description:** Parenting Advice, Parenting, Child Care, Professional Advice & Information.

**Sexual and Domestic Violence Helpline**

**Childhelp USA National Child Abuse Hotline,** 800-4-A-CHILD (422-4453), 24 hrs/day, seven days/week

<http://www.childhelpusa.org>

**loveisrespect, National Teen Dating Abuse Helpline,** (866) 331-9474, 24 hrs/day, seven days/week

<http://www.loveisrespect.org>

**National Domestic Violence Hotline,** 800-799-SAFE (7233), 24 hrs/day, seven days/week

<http://www.ndvh.org>



**Attention KBIC Tribal Members**



**Job Bank Applications**

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

Some of the jobs that will be available are for Carpenters, Masons, Construction workers, Heavy Equipment Operators, General Labor, and other skilled and unskilled workers will be needed for these projects.

Native owned business – you also need to register with the TERO Office to qualify for Native Preference. Please contact this office for an application.

TERO assistance is available during regular office hours in the Tribal Center [Monday – Friday] to assist KBIC Tribal Members in completing the application packet. Job Bank Applications are also available online at <http://www.ojibwa.com/content/tero> -- Please stop by or contact Debbie Picciano @ 353-4167 or Email – [TERO@kbic-nsn.gov](mailto:TERO@kbic-nsn.gov).

**'Find a job you love and you'll never work a day in your life'**

**KBOCC Students attend Annual American Indian Higher Education Conference**

Keweenaw Bay Ojibwa Community College (KBOCC) students and faculty attended the 43<sup>rd</sup> Annual American Indian Higher Education Consortium Student Conference in Minneapolis, Minnesota, from March 13 through March 17, 2016.

Ten students made the journey to Minneapolis. On Tuesday, Mary Kaye Durant and Jolene DeCota were recognized as the Coca Cola Scholar and Student of the Year. Eight students competed in events at the conference as follows:

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

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

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



KBOCC group displays flag at the parade of nations entry (left to right: Jessie Koenig, Joe Eckerberg, Mary Kaye Durant, Melanie Durant, Tara Smith, Betti Szaroletta, Raymond Cadreaus, Jane Kahkonen, Jolene DeCota and Neil Kromer).

**Keweenaw Bay Ojibwa Community College  
Summer 2016 Schedule of Courses  
May 16 - August 5, 2016**

Admissions  
524-8301 or see  
[www.kbocc.edu](http://www.kbocc.edu)

Course	Instructor	Day	Time	Room
<b>Anishinaabe Studies</b>				
AS225 Anishinaabe Education (4 credits) Social Science & Anishinaabe Awareness Elective Class meets May 16-July 1	D. Cadeau	Tue, Wed, Thurs	1:00pm-3:50pm	WAB 211E
<b>Business</b>				
BS103 Personal Finance (4 credits) Class meets May 16-July 1	M. Haataja	Tue, Wed, Thurs	9:00am-11:50am	WAB 211E
<b>Early Childhood Education</b>				
CE119 CDA Preparation Seminar (2 credits) – Section A Class meets May 2-June 24	C. LaRose	TBD	TBD	WAB 120E
CE119 CDA Preparation Seminar (2 credits) – Section B Course fee \$15 Class meets May 9-June 10	C. LaRose	Mon-Fri	8:00am-10:00am	LHS ITV Room
<b>Humanities</b>				
EN250 Native American Images in Literature and Film (4 credits) Prerequisite: EN102 or instructor permission Humanities & Anishinaabe Awareness Elective Class meets May 16-July 1	J. Koenig	Mon, Wed	12:00pm-4:50pm	WAB 113E
<b>Science</b>				
ES207 Sustainable Foods and Farming (4 credits) Lab science elective Course fee \$40	T. Marshall	TBD	TBD	TBD
ES242 Wetlands (4 credits; 3 hours lecture, 3 hours lab) Lab science elective Course fee \$140; 2-day field trip; dates TBD Class meets May 16-August 5	A. Kozich	Tues Thurs	12:00pm-1:50pm 12:00pm-3:50pm	WAB 210E
ES130 Tribal Environmental Management (4 credits) Course fee \$70 Anishinaabe Awareness Elective 2-day conference attendance required (MTU); dates TBD Class meets May 16-July 1	A. Kozich	Mon, Wed	5:00pm-7:50pm	WAB 121E
<b>Social Science</b>				
CJ101 Introduction to Corrections Field Trip Required Class meets May 3-July 1	R. Sackett	Wed	5:00pm-8:50pm	WAB 115E
CJ103 Criminology Field Trip Required Class meets May 3-July 1	J. Bouchard	Thurs	5:00pm-8:50pm	WAB 115E
CJ110 Introduction to Criminal Justice Field Trip Required Class meets May 3-July 1	W. Jondreau	Tues	5:00pm-8:50pm	WAB 115E
SO207 Contemporary Social Issues (4 credits) Social science elective Class meets May 16-July 1	F. Taddeucci	Mon, Wed	4:00pm-7:50pm	WAB 114E

(10) Midaaswi

**KBOCC invites YOU to sign up for Summer 2016 Classes!**

Sign up for one of our degree programs:

- Anishinaabe Studies (Newly Accredited!)
- Business Administration
- Early Childhood Education
- Environmental Science
- Liberal Studies

Financial Aid May Apply  
Call (906) 524-8304 for details

Admissions Office (906) 524-8301

For billing questions, call (906) 524-8306

**Continue your degree as a guest or transfer student, take courses for personal enrichment, or sign up for courses to become eligible for corrections employment (15 credits).**

\*schedule subject to change\*  
TBD - To Be Determined

## Food



**THE GOAL:** Have an emergency food supply that will meet the needs of your household for three days without outside help.

*An emergency food supply doesn't have to sit on a shelf, ready for disaster to strike (although it can). It can be part of the food you use every day. The key to a good food storage plan is to buy ahead of time. Replace items before they run out. Buy items when they are on sale. A large duffel bag or plastic tub with a lid makes a great storage place for an emergency food supply. Make sure your family, including pets, will have what they need when disaster strikes.*

▶▶ CHOOSE ONE OF THE FOLLOWING THINGS TO DO THIS MONTH TO BECOME BETTER PREPARED:

**Buy a three-day emergency food supply for your household.**

Put aside a three-day supply of food for disasters. You probably have a better idea than anyone else how much food you and your family members would need for three days. Follow the BUS rule to help you. BUS stands for balance, usability, and shelf-life.

**1. BALANCE**

You may already buy food that provides a balanced diet for your family. A balanced diet includes a variety of foods from each of the basic food groups. This is especially important for people with certain health conditions. Also include high energy foods (such as nuts and protein bars) and comfort foods (such as graham crackers or chocolate).

**2. USABILITY**

Choose items that don't need to be cooled, heated, or need a lot of water. Examples include canned or dried meat, dry cereal, and canned vegetables. Make sure you have a manual can opener if you plan to use canned goods.

**3. SHELF LIFE**

Look at the expiration date listed on the food item. Use and replace foods before the expiration date.

**Take steps to make sure food in your refrigerator and freezer will stay safe.**

During an extended power outage, temperatures in your fridge and freezer will begin to rise, even if the doors stay closed. As the temperature rises, harmful bacteria may begin to grow on your food.

If the temperature in your fridge stays above 41 degrees Fahrenheit for more than four hours, perishable food items (milk, lunch meat, mayonnaise based salads, poultry items, leftovers, etc.) may be unsafe to eat.

If the temperature in your freezer stays above 41 degrees Fahrenheit for more than one to two days, food may be unsafe to eat. Food that still contains ice crystals should be safe. Always check the color and odor of food, particularly meat when it is thawed. If it is questionable throw it out (make sure it is discarded where animals can't get to it).

**TAKE STEPS NOW TO MAKE SURE YOUR PERISHABLE FOOD REMAINS AS SAFE AS POSSIBLE:**

- Install a thermometer in your fridge and freezer.
- If you anticipate a power outage, such as a winter storm, reduce the temperature of your fridge and freezer. The colder your food is the more time it takes to thaw.
- Keep containers of ice in your freezer to keep the temperature down.

**WHEN THE POWER GOES OUT:**

- Cover the fridge or freezer in newspapers and blankets. Keep vents clear in case the freezer starts operating again.
- Avoid opening the door to the fridge or freezer.
- Use dry ice, if available. Identify a source for dry ice in advance and remember that if the power outage is widespread, there may be a lot of competition for this resource.

If you don't know the temperature of your fridge or if the fridge was off for more than four hours, the food should be discarded. Eating perishable food that has not been kept cold can cause food poisoning, even if it is refrozen or cooked. When in doubt, throw it out!

**Make sure you can meet any special dietary needs in your household.**

Some people are on special diets for health reasons. There can be serious effects if the right food is not available during a disaster. If you use special equipment, like a blender, food scale, or feeding tubes, make sure you take those with you. Think about keeping extra equipment at a friend or relative's home in case you have to evacuate.

Talk to your healthcare provider or a nutritionist about nonperishable menu options that can be used if you can't get to a grocery store, or that can be prepared at an emergency shelter. Keep a description of your medical condition and the diet in your emergency kit.

**Keweenaw Bay Indian Community Employment Opportunities**

<http://www.kbic-nsn.gov/html/personnel.htm>



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



## Attention Tribal Gardeners!

Do you like gardening, but don't have the space to do it at home?

Don't have a green thumb, but would like to try and start a garden?



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

Contact DeAnna Hadden, 524-5757 ext. 23 or [dhadden@kbic-nsn.gov](mailto:dhadden@kbic-nsn.gov) for more information.

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



## Baraga County Spring Fling

April 23, 2016

11:00 am-2:00pm

KBIC Niiwin Akeaa Center  
Games, Prizes,  
Booths

Please join us for some family fun

Sponsored by  
Copper Country Great Start Collaborative

and the following agencies:

- BHK Child Development
- Keweenaw Bay Indian Community
- Baraga County Memorial Hospital
- Keweenaw Bay Ojibwa Community College
- Baraga and L'Anse Area Schools

Concessions sponsored by KBIC Youth

**PUBLIC ANNOUNCEMENT**

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

Federal law, through the Indian Gaming Regulatory Act, granted Tribes exclusive right to regulate gaming activity on Indian lands. Even if you or the members of your organization are not tribal members, the Keweenaw Bay Indian Community Gaming Commission has the authority to regulate your raffle. It is unlawful to game without a license.

Please contact the KBIC Gaming Commission Office at (906) 353-4222 or stop by the office located at the Tribal Center for an application and a copy of the rules and regulations.

Application deadline for submission of **ALL Class I Drawings is 30 days** and **Class II Raffles is 60 days** prior to your event. License Fee will be waived when the application is received within this timeline.



16429 Bear Town, Rd.  
Baraga, MI 49908



**KEWEENAW BAY INDIAN COMMUNITY  
OFFICE OF CHILD SUPPORT SERVICES**

472 N. Superior Ave. • Baraga, MI 49908  
In Tribal Court Building

Phone: 906-353-4566 • Fax: 906-353-8132  
• E-mail: [ocss@kbic-nsn.gov](mailto:ocss@kbic-nsn.gov)

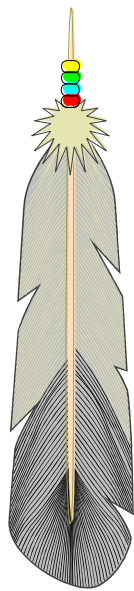
**"Your Children...Our Priority"**

We provide the follow-

- Establishment, Enforcement and Modification of Child Support Orders
- Paternity Establishment
- Location of Custodial and Non-Custodial Parents
- Community Education



<http://www.kbic-nsn.gov>



**Keweenaw Bay Indian Community  
Niimigimiwang**

Office of Violence against Women



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

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

This publication was supported by grant # 2014-TW-AX-0004 awarded by the Office on Violence against Women, U.S. Department of Justice. The opinions, findings, conclusions, and recommendations expressed in this publication are those of the authors and do not necessarily reflect the views of the Department of Justice Office on Violence against Women and Office for Victims of Crime.

**ANNUAL Head Start  
CHILDREN'S POWWOW**

**Saturday, April 16, 2016  
Niiwin Akeaa Center  
Baraga, MI**

**EMCEE:**  
Darrell Kingbird

**HOST DRUMS:**  
Woodlands  
Four Thunders

**VETERAN HONOR  
GUARD:**  
Keweenaw Bay

**HEAD  
DANCERS**  
Jailyn Shelifoe  
Male - TBD

**Grand Entry 1:00 p.m. Feast 3:30 p.m.**

**For More Information:** Contact Terri Denomie at (906) 524-6626.

KBIC Head Start will not be responsible for accidents, lost or stolen items, including children and spouses. Unfortunately, only invited drums can be paid an honorarium.

**This is a smoke free environment and absolutely NO alcohol, drugs, or violence will be tolerated.**

*This event is sponsored by ITC and KBIC THPO.*

**"I Am a Male Victim of Sexual Assault"**  
by Vincent Schilling

When I was a young man—more like a boy, actually—I was molested and sexually assaulted on several occasions by two different older men. Today, I am **not** ashamed of what happened. It was **NOT** my fault. The reality is that I was **targeted**, groomed, coerced and **assaulted** at the hands of men who manipulated me and took advantage of my nature. I also want my fellow Native men to know **you are NOT cowards, you are no less a warrior and you are NOT alone** if you were sexually assaulted in your life-time.

Here are the things I have learned for myself that I hope might help other Native men who have been victims of sexual crimes:

- 1) You should have known better is **NOT** true.
- 2) You were a victim.
- 3) It doesn't matter if you responded physically; our psyche is **NOT** connected to our physicality.
- 4) It was **NOT** your fault.
- 5) It doesn't matter how much older the person was than you.
- 6) You **DON'T** have to get over it.
- 7) Being molested, raped, assaulted **DOES NOT** make you a weak man.
- 8) It **DOES NOT** mean 'you wanted it' if you did not fight back or if you agreed to it.

I realized this important point, even though I was molested, sexually assaulted and victimized, it was **NOT** my fault. Just because I didn't stand up with a baseball bat and scream for the police or pull out a knife, or put up my dukes to defend myself; it was **NOT** my fault. Many times people are surprised at how far down we will fall when our own self-value is challenged. But I am **NOT ASHAMED**. I was **targeted and assaulted**. I was a **child**. I am now a strong man. I have a beautiful wife and I do everything I can to protect her from harm. I try to improve every day in how I carry myself. I **refuse** to allow people that have targeted me as a child in my past to **stop** my success. I will serve as a voice to my fellow Native men and women that are not able to speak out. Together we will continue to fight. Together we will continue to succeed. **WITHOUT SHAME.**

*Vincent Schilling is Akwesasne Mohawk and is the Arts and Entertainment, Sports and Pow Wow Editor and contributor for Indian Country Today Media Network. Follow him on Twitter at @VinceSchilling. Read the full story at: <http://indiancountrytodaymedianetwork.com/print/2016/02/12/i-am-male-victim-sexual-assault>.*

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

**Beading ~ Regalia ~  
Traditional Crafting Group**

**Location: Zeba Hall Every Sunday 1-6 p.m.**  
**Everyone In Our Community Is Welcome**  
**Children 0-18 Must Be Accompanied by a Parent**

**Refreshments and Snacks Offered**  
**Contract Elizabeth Jaukkuri @ 906-395-1422**  
**for any inquiries about our group.**



(12) Ashi Niizh

PRE-SORT STANDARD  
U.S. Postage PAID  
Big Rapids, MI 49307  
Permit No. 62

**2016 IS HERE AND SO IS A NEW LEVEL OF FUN!**

**OJIBWA CASINO**  
BARAGA • MARQUETTE

**BARAGA**  
800-323-8045 | 906-353-6333

**MARQUETTE**  
888-560-9905 | 906-249-4200

GO TO OJIBWACASINO.COM OR SEE GUEST SERVICES FOR DETAILS ON ALL CURRENT PROMOTIONS

**PURELY PLEASURE**  
Getaway

HAVE A CHANCE TO WIN A  
**\$3,000 TRAVEL VOUCHER**

**RANDOM DRAWINGS FOR CASH & FREE PLAY EVERY SATURDAY IN APRIL 7PM - 12AM\***  
(\*RANDOM DRAWINGS END AT 10PM APR. 30TH)

FOR EVERY 100 POINTS EARNED APR. 1ST - 30TH RECEIVE AN ENTRY INTO THE GRAND PRIZE DRAWING

**LADIES NIGHT**

**NEW NIGHT**

— SLOTS —  
**\$50 FREE PLAY DRAWINGS**  
FINAL DRAWING AT 11PM FOR **\$100 FREE PLAY**

— TABLES —  
**\$50 CASH DRAWINGS**  
5PM - 11PM

**FRIDAYS 5PM - 11PM**