



# WIKWEDONG DAZHI-OJIBWE

The Keweenaw Bay Ojibwe

Waabigwani Giizis - Flower Moon - May 2013 Issue 106



## MAY — NATIONAL DRUG COURT MONTH



Picture by Lauri Denomie.

KBIC Drug Court held its third graduation ceremony on April 9, 2013. Pictured above are Thomas Paquin, Jr., James F. Shalifoe, Sr., Tyler Larson, Drug Court Coordinator, and Bradley T. Dakota, Chief Tribal Judge/Drug Court Justice. When a Drug Court client graduates, the Court officials close all criminal convictions.

For over ten years, the National Association of Drug Court Professionals has coordinated National Drug Court Month. Each May, Drug Courts, DWI Courts, Family Drug Courts, Tribal Healing to Wellness Courts, and Veterans Treatment Centers celebrate their success and unparalleled contribution to society by holding special events. National Drug Court Month is also a time to show policymakers – tribal, state, and national – that the Drug Courts are a proven budget solution. Drug Courts have been in existence for more than 20 years all over the United States. They have reduced the costs of housing inmates and recidivism of repeat offenders.

The Keweenaw Bay Indian Community's Drug Court began with a grant from the Department of Justice and held its first session in February 2011 with three clients. KBIC's Drug Court Program offers repeat offenders a chance to address issues of addiction along with housing, education, and jobs. Most importantly the Drug Court offers repeat offenders an opportunity for a better family life and a chance to become productive community members. It is a voluntary and intensively supervised treatment program that requires the participants to be motivated towards changing their lifestyle and becoming free from alcohol and drugs. The KBIC Drug Court Program has been designed for people already in the Court system whose problems stem from addiction. Potential candidates are screened by the Drug Court Team and given the option of going to Drug Court in lieu of being in Criminal Court. Drug Court keeps individuals accountable through close supervision. For a minimum term of one year, Drug

Court participants sign an agreement and are:

- required to appear in Court frequently so that the judge/team may review their progress;
- regularly and randomly tested for drug use;
- subjected to random curfew checks and home searches;

Continues on page four.

### Tribal Council Members:

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



### SPECIAL POINTS OF INTEREST:

- April 6, 2013 Tribal Council Meeting
- May—National Drug Court Month
- Keweenaw Bay Indian Community Works With U.S. Geological Survey To Monitor Yellow Dog Plains
- KBIC Natural Resources Dept. Employees Attend HAZWOPER Training
- KBOCC Graduating Students Present Capstone Projects
- Ojibwa Senior Citizens News
- New Employees

## KBIC RECOGNIZES CASINO EMPLOYEES WITH YEARS OF SERVICE



Picture by Lauri Denomie.

Left to right: Asst. General Manager Dale Shalifoe, Rose Everson (25 years of service), and Vice President Elizabeth D. Mayo.



Picture by Lauri Denomie.

Left to right: Asst. General Manager Dale Shalifoe, Elaine Blamer (25 years of service), and Vice President Elizabeth D. Mayo.

Vice President Elizabeth D. Mayo recognized the Baraga Ojibwa Casino Resort and the Marquette Casino employees for their sincere dedication to the Keweenaw Bay Indian Community. "You all play a vital role in our casino operations — from administration, surveillance, security, cage, table games, slot department, casino bar, guest ser-

vices, housekeeping, maintenance, and hotel staff. Each employee contributes to the success of our casinos, and we appreciate all you do for us. On behalf of the Keweenaw Bay Tribal Council, thank you for a job well done!"

Employees for the Ojibwa Casino (Baraga) and properties were acknowl-

Continues on page six.

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## APRIL 6, 2013 TRIBAL COUNCIL MEETING

The Tribal Council held their regularly scheduled Saturday Tribal Council meeting on April 6, 2013, at the Ojibwa Casino Conference Room, in Baraga, Michigan. President Warren C. Swartz, Jr. presided over the meeting with Susan J. LaFerner, Toni Minton, Robert (RD) Curtis, Jr., Fred Dakota, Jean Jokinen, Michael F. LaFerner, Sr., Carole L. LaPointe, Elizabeth "Chiz" Matthews, and Don Messer, Jr. present. Not present: Elizabeth D. Mayo, Vice President, and Jennifer Misegan, Treasurer.

President Warren C. Swartz, Jr. shared numerous *Thank You* and *For Your Information* items addressed to Council. President Warren C. Swartz, Jr. gave the President's Report (Page two), Secretary Susan J. LaFerner gave the Secretary's Report (page two), and Larry Denomie III gave the CEO's Report (page eight). Council passed the Department Head Reports for February 2013. Council reviewed and approved the Council meeting minutes for April 19, 2012, April 26, 2012, May 3, 2012, and May 5, 2012.

Gayle Isaacson (President), Tracie Larson, and Joanne Danielson, requested a donation on behalf of the Baraga County Lumberjack Days Committee for the Annual Fireworks. **Motion by Fred Dakota to approve a \$8,000.00 donation to the Baraga County Lumberjack Days Committee (Annual Fireworks) as a diamond sponsor, supported by Carole LaPointe, eight supported (S. LaFerner, Minton, Curtis, Dakota, M. LaFerner, LaPointe, Matthews, Messer), one opposed (Jokinen), 0 abstained, two absent (Mayo, Misegan), motion carried.**

Evelyn Ravindran, Parks and Recreation Committee Chair, brought forth

amendments to their by-laws. **Motion by Susan J. LaFerner to approve the Keweenaw Bay Indian Community Parks and Recreation Committee By-Laws revisions in Article III and in Article V, supported by Carole LaPointe, nine supported (S. LaFerner, Minton, Curtis, Dakota, Jokinen, M. LaFerner, LaPointe, Matthews, Messer), 0 opposed, 0 abstained, two absent (Mayo, Misegan), motion carried.**

Evelyn Ravindran, Parks and Recreation Committee Chair, brought forward a draft of the Five Year Recreation Plan. The committee is looking for more input from Council. Council indicated they would review it and would reply with recommendations within a two week period.

President Warren C. Swartz, Jr., presented the donation list for April 2013. **Motion by Robert RD Curtis, Jr. to approve \$401.94 for Jim Welsh's vehicle repair, supported by Fred Dakota, seven supported (Minton, Curtis, Dakota, M. LaFerner, LaPointe, Matthews, Messer), two opposed (S. LaFerner, Jokinen), 0 abstained, two absent (Mayo, Misegan), motion carried.** **Motion by Robert RD Curtis, Jr., to approve April 2012 donations as \$500 for Camp New Day U.P., \$1,860.00 for John Jacobson's request for the L'Anse Jr. High Football Team, total of \$2,360.00, supported by Fred Dakota, seven supported (Minton, Curtis, Dakota, M. LaFerner, LaPointe, Matthews, Messer), two opposed (S. LaFerner, Jokinen), 0 abstained, two absent (Mayo, Misegan), motion carried.**

Susie Crawford requested an increase for Tribal Funding for Grave

Markers as they have increased in price. **Motion by Fred Dakota to approve the increase for Tribal Funding for Grave Markers to \$585 and \$665, supported by Carole LaPointe, nine supported (S. LaFerner, Minton, Curtis, Dakota, Jokinen, M. LaFerner, LaPointe, Matthews, Messer), 0 opposed, 0 abstained, two absent (Mayo, Misegan), motion carried.**

The regular language immersion instruction teacher was unable to hold class recently because of a family emergency. A substitute teacher, Mabel Lewis-Hill, did teach which is allowable in the Community's MOU with Bay Mills College. However, a service agreement needs to be approved. **Motion by Toni Minton to approve the Services Agreement for Mabel Lewis-Hill, supported by Robert RD Curtis, Jr., nine supported (S. LaFerner, Minton, Curtis, Dakota, Jokinen, M. LaFerner, LaPointe, Matthews, Messer), 0 opposed, 0 abstained, two absent (Mayo, Misegan), motion carried.**

Council moved into closed session with one motion made when returning to open session prior to adjournment. **Motion by Jean Jokinen due to the reclassification issue on the last agenda and admission of the employee, the CEO, that they did not follow procedures, she is recommending a five-day suspension without pay effective Monday, April 8, 2013, supported by Robert R.D. Curtis, Jr., two supported (Curtis, Jokinen), seven opposed (S. LaFerner, Minton, Dakota, M. LaFerner, LaPointe, Matthews, Messer), 0 abstained, two absent (Mayo, Misegan), motion defeated.**

~ submitted by Lauri Denomie, Newsletter Editor

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

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

- I signed a funding request for USGS Cooperative Agreement Water Program to the Shakopee Mdewakanton Sioux Community and the Nottawaseppi Huron Band of the Potawatomi. We respectfully asked them to consider funding for the water monitoring program for the Eagle Mine.
- A number of us attended the Court hearing in Marquette relating to our contract support case in Federal court. We are continuing to discuss the details of the case and are reviewing our options.
- I met with Congressman Benishek in Marquette and discussed some of the concerns of the Community relating to the moving of the casino to the former Marquette airport, the Community's proposed gas station in Marquette, and the Mine (Migiizi wa sin).
- I attended a GLIFWC Board of Commissions meeting in Bad River. One of the topics of discussion is some-

thing that we are currently working on right now with the Natural Resources Department and the Title Ten Task Force, the annual spring spearing fishing declaration in Michigan. I brought it to the attention of the Titling Task Force yesterday and we plan to have a discussion on it and make suggestions to the Council to address some of those concerns.

- We continue to work on scheduling a meeting with state officials to discuss the possibility of the wolf situation in Michigan. The Community is opposed to the harvesting of our brother, and we will continue to oppose any sport hunt of the wolf.
- We recently became aware of the possibility of a fish farm in Lake Superior in Keweenaw Bay. There are extensive risks associated with aquaculture also know as fish farming. These risks include, but are not limited to, disease, infection, lice, pollution, increased fishing pressure on wild stocks, and the introduction of invasive species.
- The President's office is working on

a request from KBOCC relating to the membership list. They want to do a survey, and this request will be brought before the Council at a later date.

- The Community did approve free camping at the campground for May 20-24 for the women's group who will be attending a teaching, talking circle, and sweat lodge.
- The Community met and talked with Vince Rose from M3 Insurance. We discussed the Stewardship Report for the Keweenaw Bay Indian Community. The purpose of the Stewardship meeting is to evaluate our insurance program and risk management efforts. Accomplishments were reviewed and issues warranting attention were discussed. The meeting also served as a form to establish goals and objectives for the upcoming year.

This concludes my report.

Respectfully submitted,

Warren C. Swartz, Jr., President

### SECRETARY'S REPORT FOR MARCH 2013

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

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

Our Future."

We continue to recognize the richness of Native American contributions,

accomplishments, and sacrifices to the political, cultural, and economic life of Michigan and the United States.

Congratulations and our best wishes to Mr. Gerald Parish, Superintendent of the B.I.A. Michigan Agency in Sault Ste. Marie (which began in 1976) who retired on March 22, 2013. Many of us remember Mr. Parish as he has worked for the B.I.A. for many years in Sault Ste. Marie as the Superintendent since January 2005 and a total of 36 years of service with the Bureau, all with the MI Agency. Also congratulations to the Inter-Tribal Council of Michigan, Inc. who will be celebrating their 45<sup>th</sup> anniversary of becoming a state charter on April 16, 1968. May is also National Drug Court Month, and this year's theme is "Drug Courts: A Proven Budget Solution" (see information about Drug Courts).

President Swartz stated in his report last month that he and I met with Mr. Tim Greimel (MI House Democratic Leader-29<sup>th</sup> District) and State Legislature Representative Scott Dianda, Michigan 110<sup>th</sup> District (from Calumet) here at the Tribal Center. I was glad that I had the opportunity to speak to them as they both listened and asked questions regarding our issues and concerns, and it was very interesting. We discussed and stressed the great importance of our government to government consultations on all issues with the State of Michigan that needs to occur.

We continue to work on the Government Personnel Policy revisions, alternative and renewable energy options with the CARE Committee, and reviewing the previous proposed mining ordinance and other options for Council to consider. On March 21, 2013, President Swartz, Carole LaPointe, Michael LaFernier, Sr., and I attended the Motion Hearing regarding changing our original complaint to allow KBIC to add more years of unpaid costs regarding our I.H.S. Contract Support Costs case. The hearing was held at the U.S. District Court for the Western District of Michigan Court room in Marquette with Judge Greeley presiding. He could possibly make a decision in the next few weeks. In the near future, there will be public meetings held regarding our Treatment as a state under the Clean Water Act (for regulatory authority over water quality standards on the Reservation) application to the EPA which has been worked on the last few years by our Natural Resources Department and Water Division. They have done a tremendous job in preparing the application. The Council appointed a six person Task Force on March 19, 2013, to oversee the application process and answer questions before the final application is submitted. On March 6, 2013, Council also received an excellent presentation regarding "Social Media in the Workplace" by Megan Shanahan, KB Ojibwa Community College.

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

five times a week to stay fit. The employee 12-week "Weight Loss Challenge — New Year, New You" began on January 17, 2013, and will end on April 11, 2013. The Walk & Talk Program also continues during the winter months.

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

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

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

During March 2013, the Tribal Council held one Regular Tribal Council Meeting on March 9, 2013, at the Ojibwa Motel Conference Room. This meeting is covered in the April 2013 Newsletter. Tribal Council held five Special Council Meetings. Following are the unapproved motions from March.

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

- Approved to include the entire Reservation for the Treatment as a State for Water Quality application to the EPA;
- Approved the renewal of Jeff Lamson's Que Master business license and liquor license;
- Approved Resolution KB 1928-2013 National Park Service/ Historic Preservation Fund application for \$24,553.00 for two years for the KBIC Community Sugar Bush project;
- Approved the Professional Services Agreement and the bid with Aero Metric for the LiDAR (light detection and ranging) equipment for \$45,000.00 from the THPO budget;

- Approved to table the request for the renewal of the License Agreement with Michael Joseph for "Training in Gaming's on-line casino Training System" for one year for the Baraga Casino until surveillance reports are reviewed;
- Approved Resolution KB 1924-2013 Tribal Transportation Program road inventory changes (to add various parking lots and trail systems);
- Approved Resolution KB 1927-2013 Tribal Transportation Program Agreement and Referenced Funding Agreement/Retained Services Addendum;
- Approved Resolution KB 1926-2013 Gerald G. Clisch and Shirley J. Clisch Residential Lease;
- Approved to rename the road to the Marquette Casino as "Zhooniyaa Mii-kana" (money) Road and name the road off of Wadaga Road in Baraga as "Manning Road";
- Approved the National Pharmaceutical Returns, Inc. Service Contract (to return unused drugs from the Pharmacy);
- Approved the Memorandum of Agreement with I.T.C. for the M.D.C.H. Cardiovascular Health, Nutrition and Physical Activity Section Contract;
- Approved the background adjudication request for ICWA committee member Debra Picciano for a five year clearance.

At a council meeting (Finance) held March 14, 2013, the following actions were taken:

- Approved Resolution KB 1929-2013 (the Ojibwa Housing Authority) application for ICDBG funds for a Zeba Community Center with a land match of \$75,000.00;
- Approved the #645 Pow-Wow budget modification (Budget B);
- Defeated a motion to allow camping for Tribal elders at 50% off the weekly rate at the marina/campgrounds;
- Approved a motion to deny donations to the Baraga County Convention Bureau (gas for groomers) and to the Finn Fest Celebration this June.

At a council meeting held March 19, 2013, the following actions were taken:

- Approved Resolution KB 1930-2013 Purchase Agreement with Mary E. Merrill Lowney who is selling her interest of the Elizabeth Beesley Allotment for \$869.38;
- Approved the bid from OHM for \$6,500.00 and the services agreement (surveying crew for light detection and ranging);
- Approved the appointment of five people to a panel for the Treatment as a State for Water Quality application to the EPA;
- Approved the 2013 Can-Am Craze Promotion (to purchase two Commander 800 XT Utility Vehicles) for the Baraga/Marquette Casinos for May-June 2013;
- Approved Resolution KB 1925-2013 Tribal Transportation Improvement Plan for 2013-2017.

At a council meeting held March 26, 2013, the following actions were taken:



### **Secretary Report continues:**

- Approved the appointment of Diana Chaudier as the Interim Enrollment Director at \$19.95 per hour;
- Defeated a motion in regards to the health insurance renewal: to find the cheapest way possible including employees paying more (blue cross) and to look at all of the options, raise the prescription co-pay and raise the in-State deductible to \$5,000.00 and the out of state to \$10,000.00;
- Approved to raise the in-State deductible to \$5,000.00 and out of state to \$10,000.00 and increase the prescription co-pay to \$7/\$35/\$70 and not to increase the employee's portion (percent to pay).

At a council meeting held March 28, 2013, the following actions were taken:

- Approved the March 29, April 5, April 12, April 14, 2012 Tribal Council meeting minutes;
- Clarification regarding the motion from March 9, 2013: approved a donation to Dan MacNeil for \$7,000.00 contingent on the agreement that he will work for KBIC and if he does not pass the bar exam, he will have to return the donation;
- Approved the renewal of the Michael Joseph license agreement for the Baraga Casino (on-line casino gaming training system);
- Approved to draw up a resolution opposing fish farming to come back to Council for review;
- Approved the transfer of \$20,000.00 from the Baraga Casino marketing budget to the Marquette Casino marketing budget for the May-June Can-Am Craze promotion;
- Approved the bid from the Public Works Department for an air conditioning unit for the Commodity Foods Warehouse (food area) for \$10,456.76;
- Approved the Joint Funding Agreement with the U.S. Geological Survey and the Huron Mountain Club for the Yellow Dog/Salmon Trout Rivers water monitoring for five years;
- Approved 19 Commercial Fishing Licenses for 2013-2014;
- Approved the Superior Watershed Funding Transfer Agreement to KBIC for fish culverts for \$50,000.00;
- Approved the request to waive the pavilion/campground fees for the women's group on June 20-24, 2013;
- Approved the bid from Quality Equipment, Inc. for \$59,662.00 for a Bobcat/Toolcat 5600 F-Series with attachments for the Public Works Department;
- Approved the Ojibwa Senior Citizens travel request to the MIEA Spring Conference, April 8-10, 2013, in Battle Creek, MI for \$4,808.42;
- Approved the Baraga Area Schools request for a yearbook ad for \$180.00;
- Defeated a motion to go into closed session;
- Approved the Professional Services Agreement with Brian C. Kuopus (Marquette) to provide audiology services for three years.

Respectfully submitted,  
Susan J. LaFernier, Secretary

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### **Nat'l Drug Court Month continues:**

- held accountable by the Drug Court Judge/Team for meeting their obligations to the Court, the community, themselves, and their families;
- rewarded for doing well or sanctioned when they do not live up to their obligations.

There are four phases in the program and each participant must fulfill the obligations of each phase before moving to the next phase.

Since February 2011, there have been several clients accepted into the program. These clients can be referred to the program by the Judge, Prosecutor, Probation, Defense Advocate, etc. When a client is referred, the Team votes (at a Team meeting) whether or not the client is suitable for the program. If denied, the client continues with adult probation. If accepted, the client must successfully complete a residential treatment program and then immediately report to the Tribal Court. Once the client reports to the Court, they will sign all the necessary paper and then begin with Day 1, Phase 1 of the program. They will be drug tested and begin accruing their clean time in the program.

KBIC's Drug Court currently has 14 active participants. There have been seven graduates and have had four people terminated from the program. The Drug Court Team meets every Tuesday, while holding Drug Court sessions every other Tuesday, where the clients will be seen in front of the Judge. The Team consists of the Prosecutor, Probation Officer, Drug Court Coordinator, Defense Advocate, Police Commissioner, Police Officer, Substance Abuse Counselor, Judge, and a Group Counselor.

Current positives with the Drug Court are the collaboration that the KBIC's Drug Court Team has with communication between the Health Clinic, Housing, and Substance abuse. This collaborative effort is a key factor in holding each offender accountable. Many people in the program are doing the best they

have in their life. Some continue to have troubles, but the program continues to help guide them into the right direction. Collaboration with the Heath Clinic is extremely helpful as the Team is able to check up on the clients and make sure they are doing what they are supposed to and make sure they aren't doing anything they're not supposed to.

Current struggles that the program has are the continued abuse of "other" substances by the clients. Though they are drug tested often by very effective drug tests, they will use substances that will not show up on the tests. At times the Team will catch them, but the testing is so expensive it's difficult to continue to send them to the lab continually. There have been about 930 drug tests conducted dating back to this time last year in the program. To help combat this issue, periodic checks with the pharmacies are done to see if the clients are filling any new scripts and random home searches are conducted to check if there are any drugs in their home. By instituting a curfew policy, the Team is able to check at any given time since they are required to be at home by the set curfew.

KBIC's Drug Court Program has come a long way from their first session. The Team has implemented several new requirements (i.e. Neurontin, Community Service, Curfew, AA verification, daily reporting). Also implementation of a Positive Peer Culture Group has made an excellent addition to the program. That, along with the frequency of testing, constant contact with Team members, and a good structure is the best formula the Team have been able to come up with that works.

The clients in the program that are in the later phases are really appreciating what the Team have required them do because their starting to feel good about themselves and understanding what it's going to take to stay sober and to be a productive member of the community. KBIC's Drug Court Program has decided to take on some of our most difficult people, unlike many other Drug Courts who take easier clients which increases their success rate.

### **NEWS FROM THE OJIBWA SENIOR CITIZENS**

#### **Branson Trip:**

We will be leaving Baraga on September 15 – 21, travelling to Branson, Missouri. Letters have been sent to those seniors who have signed up for this trip giving them more information and deposit requirements. There is still space available for seniors who may not have seen the sign-up sheet and additional fundraising events are being planned to help meet the fundraising requirement. For more information, call Susie Crawford.

#### **Pasty Sales:**

May 22 - pasty prep starting after lunch (12:15 pm)

May 23 - pasty making starting at 5:00 am. VOLUNTEERS ARE NEEDED AS EARLY AS YOU CAN MAKE IT!

#### **Upcoming Fundraising:**

- Pasty sale June 26 & 27;
- Table at the Waterfront Concert in conjunction with the Finn Fest activities - more information will be coming;
- 50/50 raffle during July 4th celebration;
- Possible Indian Taco Sale - still in the planning stages.

#### **Additional Information:**

At the Ojibwa Senior Citizens' meeting held April 17, 2013, it was decided that we will send cards when a senior is in the hospital and send flowers to funerals. If you know of someone who has been admitted to the hospital, please call Dave Firestone at 353-6096, so he can get a message to the Ojibwa Seniors, so a card will be sent to them. Information about an Ojibwa Senior funeral would also be greatly appreciated so flowers/memorial will be sent.



## ATTENTION MARQUETTE/GWINN RESIDENTS:

To enroll in the ATR Program, meet with R.D. Curtis on Saturday, May 11, 2013, between 10 am – 2 pm, at the Harvey Community Center (behind the Ojibwa II). Enrollment is open to Tribal members, descendants, or a family member who are 12 years of age and older. Great incentives are issued after completing eight or twelve hours of education (viewing movies). For more information contact R.D. Curtis at 201-2198.

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

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

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

## KEWEENAW BAY INDIAN COMMUNITY WORKS WITH U.S. GEOLOGICAL SURVEY TO MONITOR THE YELLOW DOG PLAINS

FROM THE OFFICE OF THE KBIC TRIBAL PRESIDENT, WARREN (CHRIS) SWARTZ, JR.

L'Anse Indian Reservation: Keweenaw Bay Indian Community has entered into an agreement with the U.S. Geological Service (USGS) to provide water monitoring on the Yellow Dog Plains. The Keweenaw Bay Indian Community is a federally recognized Indian tribe who, along with the other Chippewa tribes, ceded millions of acres of land while retaining their inherent right to hunt, fish, trap, and gather in, on, and over the lands and waters that were ceded to the United States under the Treaty of 1842. The Yellow Dog Plains are located just east of the Community's L'Anse Reservation and within their 1842 ceded territory in northwest Marquette County, Michigan.

Aquifers of the Yellow Dog Plains discharge to form several pristine rivers including the Salmon Trout River and the Yellow Dog River. The Salmon Trout River, with headwaters on the Yellow Dog Plains, is the only known remaining stream on the south shore of Lake Superior that supports a reproducing population of coaster brook trout. Surface water and ground water associated with these local drainage systems support many ecologically diverse habitats.

Today, mineral exploration drilling, the construction and operation of a large industrial facility, the construction and enhancement of roads, a significant increase of heavy truck traffic, all in close proximity to tributary streams and wetlands of the Yellow Dog Plains, have created the potential for the introduction and migration of contaminants into this water-rich area. These activities may diminish the inherent value of the Community's 1842 Treaty rights and put the health and welfare of the public in jeopardy for generations to come.

Because the Community was concerned about adverse ecosystem impacts, they sought assistance from the USGS, widely considered the Nation's premiere science agency. The USGS Michigan Water Science Center agreed to conduct a baseline water quality investigation of the Yellow Dog Plains. The USGS and the Keweenaw Bay Indian Community have conducted cooperative investigations of water resources in and near the Reservation for many years. Since 2001, the USGS and the Community have operated a network of continuous record streamgages and water-quality monitors that has grown from one site in 2001 to six sites in 2013. Discussions with the USGS about a potential cooperative water-quality study of the Yellow Dog Plains began the summer of 2011.

A cooperative monitoring program was developed by the USGS and the Community with the assistance of Community partners: Huron Mountain Club and Yellow Dog Watershed Preserve of Big Bay, Michigan. The Huron Mountain Club, a long established conservation and landholder organization that has sponsored ecological studies for decades, will assist with funding of the USGS program. The Yellow Dog Watershed Preserve, a grassroots group in Big Bay, has been instrumental in developing the program because they have been collecting water quality information in the Yellow Dog Plains area since 2002.

A formal request to the USGS for an investigation proposal was submitted by the Community in March 2012. After agreeing on a scope of work, the USGS Joint Funding Agreement was authorized by the Keweenaw Bay Indian Community Tribal Council on March 28, 2013. Pursuant to the agreement, this monitoring program of the Yellow Dog and Salmon Trout watersheds will be conducted over the four years, from 2013-2016, and a report summarizing the results will be prepared and submitted to the Community in 2017.



## SORNA Education and Information Day

Tuesday, May 14, 2013

10:00am – 6:30pm

Ojibwa Casino Resort Conference Room

Anyone interested in learning about the Keweenaw Bay Indian Community's Sex Offender Registration Program or the KBIC Sex Offender Registry is welcome to stop by the Ojibwa Conference Room any time between 10am and 6:30pm, Tuesday May 14<sup>th</sup>.

This educational session is for anyone who:

- Has questions about why someone may or may not be on the KBIC Sex Offender Registry.
- Wants to sign up for community notification from the Registry.
- Needs information about where to turn when dealing with an abusive situation.
- Would like information or an update on the current state of affairs regarding the activities of the SORNA office.

If you have any questions or for more information, please contact:

Chuck Miller – SORNA Coordinator, KBIC Tribal Police at 353-6626 or [cmiller@kbic-nsn.gov](mailto:cmiller@kbic-nsn.gov).

Mother's Dinner



Bring your mother, daughter, sister, or friend age 16 and older to join us for dinner, fun, and health education.

Monday, May 13th

5:00 p.m.

Ojibwa Motel Chippewa Rooms

Seating is limited, you must be registered prior to the event.

Register by calling Heather at 353-4546.

This event is sponsored by KBIC Community Health, the American Cancer Society, and Inter-Tribal Council of Michigan



**Ojibwa Casino Employees Recognized continues :**



Picture by Lauri Denomie.

Left to right: (back) Asst. General Manager Dale Shalifoe, (front) Nancy Kauppila (25 years of service), and Vice President Elizabeth D. Mayo.



Ojibwa Casino II (Marquette Employees)  
Left to right: (back row) Mary Bawden, Deb Kurian, Brenda Aldrich, Dianne Brady, Jaime Santiago, (front row) General Manager David Haataja, and Carol Seelen.

edged for their many years of service (in five year increments) on Wednesday, April 10, 2013, and with Ojibwa Casino II (Marquette) being held on Friday, April 19, 2013.

**Ojibwa Casino Resort Employees Recognition, Years of Service ending in 2012:**

**10 years**

Haven Curtis, Jason Dunn, Amanda Holappa, Ronald Hueckstaedt, Robert Jacobs, Tabathia Miller, Steven Murray, Betty Saari, Jeffrey Stark.

**15 years**

Hope Dakota, Tammy LeClaire, Tanya Miller, Marilyn Nord, Linda Seppanen, Christopher Tschury.

**20 years**

Steve Bish, John LaPointe, Donald Messer, Jr., Paula Rantanen.

**25 years**

Elaine Blamer, Wendell Dompier, Rose Everson, Nancy Kauppila.

**Ojibwa Casino Marquette Employees Recognition, Years of Service ending in 2012:**

**10 years**

Brenda Aldrich, Dianne Brady, Kurt Hamalainen, Vicky LaPorte-Sarasien, Mary Pollard, Jaimie Santiago, Carol Seelen.

**15 years**

Mary Bawden, Rodger Chambers, Phillip Kinney, Deborah Kurian, Paul Melka, Chad Rajala.

# New Employees



Dan Connor has been recently hired as the KBIC Solid Waste Facility Manager. Dan, a KBIC Tribal Member, graduated from L'Anse High School in 1992. He joined the U.S. Army and served three years in Ft. Wainwright, Alaska, as a heavy wheeled vehicle mechanic.

Dan worked for Local Roofing from 1996 to 1999; Drift Roofing Company from 1999 to 2005; Ojibwa Building Supply from 2005 to 2008; ran his own company, Drift N Sons Contracting, from 2009 to 2010; and worked at the Ojibwa Building Supply from 2010 until he accepted his new position. Dan has served on the Policy Council for Head Start/Early Head Start for three years and has also served as a Powwow Committee Member for the past three years.

Dan lives in Baraga with his wife of eight years, Beth, their four-year-old son, Daniel, and two-year-old daughter, Cara. Dan stated, "I like to play softball, but mostly I like spending time with my family. I am excited to start my position as Manager of the soon to be coming KBIC Transfer Station. I look forward to working with my tribe. I think the transfer station is long overdue in this area. One of the most important things is that it will help keep our Tribal lands cleaner. Hopefully we can also get a successful recycling program going."



Picture by Lauri Denomie.

Jayne Perrault has been hired as a Dental Assistant at the KBIC Dental Clinic in the Donald A. LaPointe Medical Center. Jayne and her husband, Kevin, moved to the area in 1997. She attended Austin High School and the Austin Community College in Austin, Minnesota.

She and Kevin have three children: Mike, Natalie, and Daniel. Jayne brings with her eight years of dental assistant experience as she had previously been employed as a dental assistant in Wisconsin.

Jayne added, "I enjoy snowshoeing, gardening, baking, MTU football, and spending time with family, friends, and my granddaughter."

## CAREER FAIR

*Are you looking for more than a job?  
Do you want a career??*

Then you must attend this Career Fair!

Come and listen to a variety of Tradesmen explain what their trade and apprenticeship programs have to offer you.

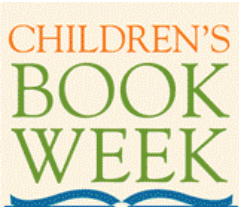
You may find just what you are looking for in the construction industry!

Please contact the KBIC TERO office for more information and to sign up!  
Brigitte LaPointe, TERO  
906-353-4167  
brigitte@kbic-nsn.gov

Sponsored by the Ironworkers Local #8

## OJIBWA LIBRARY NEWS

Part of our Enhancement Grant is to provide for a book club. So far we have read *The Plague of Doves* by Louise Erdrich and *Raven Steals the Moon* by Garth Stein. At our April meeting we discussed *Heartburn* by Nora Ephron. May's meeting will be our last meeting until September. Our club meets once a month and we do have room for a few additional members. Call the library if you are interested. You can check out the library on Facebook for more book club news. Be sure to "like" us. If you have problems downloading books from the Overdrive program, we can help you.



The library will be celebrating Children's Book Week, May 13-23. Bring your children to the library. We will have a drawing for books on the 23rd.

~ submitted by Mary Bergerson,  
Tribal Library Director



**KEWEENAW BAY TRIBAL NATURAL RESOURCES DEPARTMENT EMPLOYEES ATTEND HAZWOPER TRAINING**



In March, Kit Laux and Lauren Nenadovich of the KBIC NRD traveled to Memphis, TN, to complete the 40 hour hazardous waste operations and emergency response course (40 Hour HAZWOPER). The course consisted of classroom and practical situation training. The last two days of the course involved wearing personal protective equipment and taking part in hazardous material scenarios. The training was extremely beneficial; Water and Air Quality staff members are now certified to properly recognize, evaluate, and use proper protection equipment if needed in potentially hazardous situations. In addition, they may assist in other EPA program situations where this certification is required.

Above, in the yellow suits, Kit (left) and Lauren (right), are the primary decontamination team; the first people to help decontaminate those who have entered a hazardous scenario.

~ submitted by Lori Sherman, KBTNRD Director

**LOONSFOT FAMILY TO OPEN LAFAMILIA RESTAURANT**



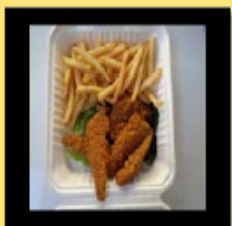
Picture by Lauri Denomie.

The community will be offered a new variety in their menu choices soon. Brandon (pictured above) and Tammi Loonsfoot will be opening the doors to Baraga's newest restaurant, the *LaFamilia*, in early May. After surveying the community the couple decided the area was in need of a Mexican themed menu. "With the opportunity of an Ojibwa Housing Community Development Corporation Small Business Loan, I decided to open up a restaurant that offers Latin cuisine, as it covers the general area of El Salvador, Central America, Jamaica, and Portugal," said Brandon Loonsfoot. "I chose to name the restaurant, *LaFamilia*, as it means 'The Family' in Spanish."

The couple moved from the Milwaukee/Chicago area about a year ago with hopes to enter into the restaurant business and to get away from city life. Brandon, a KBIC member, has worked numerous years at the Potawatomi Casino Buffet in Milwaukee; while Tammi has experience as a manager of food chain restaurants. With the preparation tasks of opening a new restaurant, they have been assisted by a cousins: Vicki Gauthier, Jamie and Rodney Loonsfoot; a nephew, Ryan Semasky; daughter, Aiyana Loonsfoot (pictured above); their newest family member Bryton Loonsfoot (pictured above); and various members of the Wednesday Night Culture Group.

Some of the menu choices will include Tortilla Crusted Fish, Fish Tacos, Tacos and Burritos, Mexican Pork Chops, Mexican Grilled Steaks, etc. and the house salsa will be no other than *Crazy Joe's Salsa*. *LaFamilia* will be open Monday – Saturday, 10 am – 9 pm, and the telephone number is: 353-FOOD (3663).

**Putting Portions Into Perspective**



HuH?!? That's what I ate yesterday plus breakfast and lunch! OMG snacks too!



**What's Served**



**Healthier Choice**

Eating Smaller Portions more often keeps your body fueled!



**Pay Attention to Portion Sizes and take a step toward Living Life In A Good Way!**

**Take a Hands ON approach to healthy eating**

Use your **HAND** to help you avoid portion distortion  
It can help you keep in mind what a healthy serving size is to eat!



**1 fist = 1 cup**

Use for beverages, cereal, soups, salads, fruit and dairy products.



**1 palm = 3 oz**

Use for beef, pork, chicken, fish



**1 cupped hand = 1/2 cup**

Use for rice, beans, potatoes, cooked veggies



**1 thumb = 1 tablespoon**

Use for salad dressing, jelly, peanut butter, sour cream



**1 thumb tip = 1 teaspoon**

Use for oil, butter, and mayonnaise

Adapted from: "Heart healthy living: Hand Guide to Portion Control" [http://www.hearthealthyonline.com/files/weight-loss/hand-guide-portion-control\\_c11.html](http://www.hearthealthyonline.com/files/weight-loss/hand-guide-portion-control_c11.html)





## CEO REPORT FOR THE MONTHS OF FEBRUARY AND MARCH 2013

The months of February and March 2013 included the following activities and reportable items:

- Staff met with Vince Rose and his associates of Employee Benefits to review the annual renewal for the Tribe's BCBS plans. The initial renewal provided for a substantial increase in premiums but with purchasing a higher deductible plan and slightly higher prescription plan, the increase was minimal. The deductible will be brought back down to current levels through a partial self-funding mechanism administered by a third party. Employees will only see a slight change in coverage in their prescriptions which is a minimal increase in their co-pay.
- Several staff members including myself are doing a comprehensive review of the government's personnel policies. The recently approved Ojibwa Casino policies are used as the basis. As you can imagine, this is a significant project and is progressing slowly.
- Nicole Arens, Youth Programs Coordinator, is working on the development of summer programming for elementary aged youth. The programming will fill a gap for parents who are over income for the GE programming that is provided by the local schools. More details will be available very soon.
- Planning for the annual pow-wow is slowly moving forward. Advertisements have been put out to fill a five member committee. Once the seats are filled, planning should move forward more quickly. Gary Loonsfoot Jr., Director of Cultural Resources, is leading the effort this year. Anyone interested in applying for the committee is encouraged to contact Kim Klopstein for an application. The deadline for submission is Monday April 8, by 4 p.m.
- The Tribe's Department of Social Services is working on finalizing full implementation of the Title IV-E program. The original start date for the program was planned for April 1, 2013, but the finalization of an MOU with the State of Michigan is still in the works. Judy Heath, Director of Social Services, has indicated that she has received approval to push the start date off to late summer. Heather Chapman is assisting Judy with the MOU.
- Planning is underway for this year's Summer Youth Work Program. The coordinator position and supervisors' positions have been advertised and closed. We may need to further discuss the coordinator position at the meeting next Thursday.
- Daniel Connor has been hired as the new Transfer Station Manager. The Hiring Committee made the selection, and Dan will begin working on Monday, April 8. The position is within our Department of Public Works and under the supervision of Bruce LaPointe, Projects Manager.
- The CITGO Heating program which

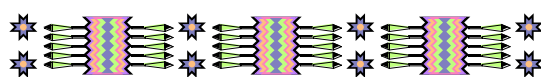
was approved this year is providing \$240 in funding directly to individuals' home heating fuel vendors. Those who qualify for or have already been approved for LIHEAP will receive the additional funds provided by the CITGO program. Anyone who needs help with heating bills this year should contact the Community Assistance Programs office to see if they are eligible.

- Sarah is working with our attorney's office and Gregg Nominelli, Economic Developer, on a sub-recipient agreement with the Aanikoosing Inc. Board of Directors. The agreement will allow grant funds received by the Tribe to be passed on to them for the new gas station project and other business development projects they are working on.
- Susan, Carole, and I met regarding the draft food code. We discussed placing it on the back burner so-to-speak. After talking about the needs of the Tribe, we concluded that a better plan may be to have a staff person who is capable of handling not only the food safety issues but the environmental safety issues as well. We will be looking into the development of a position which would report to the Health Administrator with a title such as Health and Environmental Safety Officer. The individual would work on policies and procedures related to environmental safety as well as the food code. Since I.H.S. is obligated to provide these services to us already, such as conducting the health and food safety surveys, we will continue to utilize their services while having our staff person work with our departments and tribally licensed members on correcting deficiencies, preparing plans for major issues (things that cannot be corrected easily or cost effectively), writing and implementing safety plans, and coordinating trainings internally and with licensed entities. The individual may also be able to take on the licensing component as well. I.H.S. has agreed to aid us in the development of the position. The funding for the position could be covered through M & I dollars from I.H.S. I will report further on this concept as it develops.

As always, if anyone has questions, concerns, or issues the CEO's office can assist with, please don't hesitate to stop, e-mail, or call.

Respectfully submitted,

Larry J. Denomie, III, CEO



### LEGAL AID CLINIC

A legal aid clinic will be available to Tribal members on Friday, May 10, 2013, from 9:00 a.m. to 2:00 p.m. in the upstairs conference room of the Tribal Center. The clinic is provided by Michigan Indian Legal Services, for questions call 1-800-968-6877.

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

\*The net monthly income standard for each household size is the sum of the applicable Supplemental Nutrition Assistance Program (SNAP) net monthly income standard and the applicable SNAP standard deduction.

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

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

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

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

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

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

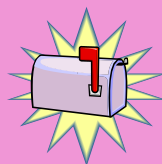
**Medicare Part B Medical Insurance and Part D Prescription Drug Coverage Premiums** — Households that incur the cost of Medicare Part B medical insurance and/or Part D prescription drug coverage premiums are allowed a deduction for the monthly cost of the premiums.

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

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

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

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



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

**All Tribal Veterans' Meeting at the Lighthouse, Sand Point, will be held every third Wednesday of the month at 1900 hours. All Tribal Veterans Welcome!**



# KBIC/DHHS COMMUNITY HEALTH COLUMN

## May is National Asthma and Allergy Awareness Month

### What is Asthma?

Asthma is a lifelong disease that causes wheezing, breathlessness, chest tightness, and coughing. It can limit a person's quality of life. While we don't know why asthma rates are rising, we do know that most people with asthma can control their symptoms and prevent asthma attacks by avoiding asthma triggers and correctly using prescribed medicines, such as inhaled corticosteroids.

The number of people diagnosed with asthma nationally grew by 4.3 million from 2001 to 2009.

**Better asthma education is needed for people with Asthma. Where can you learn more about your asthma or your child's asthma?**

**Schedule regular appointments with your pediatrician or physician!**

• People with asthma can prevent asthma attacks if they are taught to use inhaled corticosteroids and other prescribed daily long-term control medicines correctly and to avoid *asthma triggers*.

• Triggers can include:

- tobacco smoke
- mold(s), pollen, animal dander
- outdoor air pollution, cold air, weather changes
- colds and flu

• Doctors and patients can better manage asthma by creating a personal asthma action plan that the patient follows.

### Asthma Action Plan Stages

#### Green Zone: Doing Well

- No cough, wheeze, chest tightness, or shortness of breath; can do all usual activities. Take prescribed long-term control medicine such as inhaled corticosteroids.

#### Yellow Zone: Getting Worse

- Cough, wheeze, chest tightness, or shortness of breath; waking at night; can do some, but not all, usual activities. Add quick-relief medicine.

#### Red Zone: Medical Alert!

- Very short of breath; quick-relief medicines don't help; cannot do usual activities; symptoms no better after 24 hours in Yellow Zone. Get medical help NOW. Go to the Emergency Room!

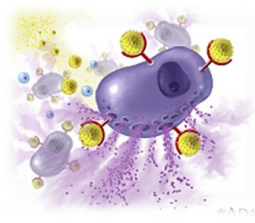
- Full Action Plan: <http://www.cdc.gov/asthma/actionplan.html>

When you visit your health care provider at the KBIC Medical Clinic, and you have asthma, ask about receiving a peak flow meter and how to use it. Make sure your Oxygen Saturation is measured on each visit to your doctor, use your steroid inhalers/roto-halers as directed, and follow your physician's preventative instructions to avoid asthma attacks. Stay current on your immunizations! You can schedule a visit by calling (906) 353-8700.

### What is an Allergy?

An allergy is a reaction of your immune system to something that does not bother most other people. People who have allergies often are sensitive to more than one thing. Substances that often cause reactions are:

- Pollen
- Dust mites
- Mold spores
- Pet dander
- Food
- Insect stings
- Medicines



How do you get allergies? Scientists think both genes and the environment have something to do with it. Normally, your immune system fights germs. It is your body's defense system. In most allergic reactions, however, it is responding to a false alarm.

Allergies can cause a runny nose, sneezing, itching, rashes, swelling, or asthma. Symptoms vary. Although allergies can make you feel bad, they usually won't kill you. However, a severe reaction called anaphylaxis is life-threatening.

Millions of people suffer from allergies caused by everyday exposures to agents such as dust mites, cat dander, and pollens. Agents encountered by workers can also cause allergic problems such as asthma, nasal and sinus allergies, hives, and even severe anaphylactic reactions. Examples of these work-related agents include animal proteins, enzymes, flour, natural rubber latex, and certain reactive chemicals.

Asthma is one of the more serious problems that may be caused by environment or work-related allergy. It can cause recurrent attacks of symptoms such as wheezing, chest tightness, shortness of breath, and coughing. In severe cases, these symptoms can be disabling. Fortunately, when potential hazards are recognized, work-related allergies and asthma can often be prevented or their effects minimized.

Look for information on Asthma and Allergies at the Donald A. LaPointe Health Center and around the community during May! Call your health care provider at (906) 353-8700 to schedule an appointment today to assess your allergies!

### CHECKING YOUR BLOOD PRESSURE REGULARLY CAN HELP YOU IMPROVE YOUR HEALTH

About one out of three Native Americans has high blood pressure. High blood pressure raises the risk for heart attack, stroke, eye problems, and kidney problems. Having your blood pressure checked regularly and taking steps to reach your blood pressure target can improve your health.

### What is blood pressure?

Blood pressure is the force of blood against your artery walls. High blood

pressure is when your blood pressure is higher than your target.

### Are you at risk?

Anyone, including children, can develop high blood pressure. There are some risks that you cannot change, such as your age. But you can work to reduce your risk by:

- Not smoking or chewing tobacco.
- Eating a healthy diet.
- Maintaining a healthy weight.
- Being physically active.
- Reducing your stress by using positive coping skills or having support.

### What are the signs and symptoms?

High blood pressure usually has no warning signs or symptoms. Many people don't know they have it. That's why it's important to have your blood pressure checked often.

### How is high blood pressure diagnosed?

Your health care provider measures your blood pressure by wrapping your arm with a cuff, then inflating it. Air is slowly released from the cuff. A gauge measures the pressure in the blood vessels when the heart beats (systolic) and when it rests (diastolic).

### How can high blood pressure be controlled?

Here are some things you can do to control high blood pressure:

- Don't smoke or chew tobacco.
- Take your blood pressure medications.
- Get blood pressure checked often.
- Reduce salty foods.
- Lose weight.
- Be physically active.
- Avoid alcohol.

Produced by IHS Division of Diabetes Treatment and Prevention, [www.diabetes.ihs.gov](http://www.diabetes.ihs.gov)



### PUBLIC ANNOUNCEMENT

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

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

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

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



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





## ATTENTION ARTISTS

The Natural Resources Conservation Service (NRCS) is honored to announce that Michigan has been selected to create and distribute the agency's national 2013 American Indian/Alaska Native Heritage Month Poster. Distributing a poster, with original artwork created by an American Indian Artist, is one of the ways that NRCS celebrates American Indian Heritage Month.

Michigan American Indian artists are invited to create an original painting that provides the artist's interpretation of American Indian Culture and Heritage, keeping in mind the following theme that we selected to inspire this year's artwork:

*Land of the Great Water—Sustainer of Life.*

**Rules for the competition are as follows:**

- ⇒ All American Indian artists in Michigan are invited to submit their artwork.
- ⇒ Only one painting will be selected for the 2013 Heritage Month Poster.
- ⇒ NRCS will purchase the artwork for the 2013 Heritage Month Poster from the artist at the rate of \$2,000. NRCS has the right to reproduce and distribute copies of the artwork at its discretion. NRCS and the selected artist will sign a contractual agreement to set forth the terms of the procurement and rights of the two parties.
- ⇒ The artwork is to be original, size 18" x 24", in acrylic or oil on canvas.
- ⇒ A written narrative and name of the piece is to be included with each entry
- ⇒ The deadline for submitting the artwork to NRCS is Monday, **June 21, 2013**. The artwork should be submitted to the following location by the deadline:

Natural Resources Conservation Service  
Michigan State Office  
3001 Coolidge Road, Suite 250  
East Lansing, Michigan 48823

**NOTE:** NRCS has offices located through Michigan. If sending or transporting your artwork to East Lansing is a burden, please contact Sandy Penn, at 517-324-5261 or [sandy.penn@mi.usda.gov](mailto:sandy.penn@mi.usda.gov) no later than May 17, 2013, to make arrangements to use the NRCS staffing network to assist in the transport of your artwork.

- ⇒ The artwork will be judged on: 1) Creativity and originality 2) The realistic portrayal of something related to the heritage of American Indians in Michigan 3) The interesting depiction of an aspect of American Indian culture in Michigan 4) The essence of the poster competition theme in the artwork and 5) Craftsmanship and skill.

If you have questions about this competition, please contact Sandy Penn at the number above.

NRCS is an equal opportunity provider and employer.

### Would You Like FREE Money?

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

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

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

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

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

Angela Shelifoe  
KBOHCDC Program Administrator  
906-353-7117 X106  
[Angie@kboha.com](mailto:Angie@kboha.com)

The Keweenaw Bay Indian Community Head Start & Early Head Start will be accepting applications for the 2013-2014 school year. Applications are available at the KBIC Health Clinic, KBIC Tribal Center, Ojibwa Community College, and at the Head Start & Early Head Start Center. You may also have an application mailed to you by calling 524-6626. Reminder, all applications **MUST** be returned with a proof of income. All applications are due by July 12, 2013.



There will be a Native American Craft Bazaar on November 24, 2013, 10 am—4 pm, at the Harvey Community Center behind the Ojibwa Casino, M-28, Marquette.



Featuring... fry bread, beadwork, blankets, Indian statues, wreaths, Christmas center pieces, banana breads, dream catchers, and beaded earrings.

Call Sandy at (906) 273-0286 for information.

### MAY 2013 Calendar Events

- May 3:** Constitutional Committee Meeting, 1 pm, Council Chambers;
- May 4:** Reg. Sat. Council Meeting, 9 am, Ojibwa Resort Conf. Rm;
- May 10:** Legal Aid Clinic;
- May 11:** Marquette/Harvey ATR registration;
- May 12:** Mother's Day;
- May 13:** Mother's Day Dinner—must RSVP;
- May 14:** SORNA Education and Information Day;
- May 15:** Veteran's Meeting, 7 pm;
- May 23:** Senior Citizens' Pasty Sale;
- May 27:** Memorial Day, Tribal Gov't Offices closed.

~ 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.

# 11th Annual KBIC Kids Fishing Derby

In Memory of Todd L. Warner

## June 29, 2013

**FOOD!**

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

**FISHING!**

Registration begins at 9am  
Ages 4-12

Children must be accompanied by an adult.



**GAMES!**

**FUN!**




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

### PLEASE HELP!


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







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



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

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

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

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

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

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



**Important Medical Billing Information**

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

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



**MICHIGAN INDIAN  
 ELDERS  
 ASSOCIATION**



**MICHIGAN INDIAN ELDERS ASSOCIATION 2013 SCHOLARSHIP NOTICE:**

The Michigan Indian Elders Association (MIEA) is pleased to announce that it will make available a minimum of four (6) \$500 scholarships and one (1) \$1000 scholarship. The scholarships will be awarded to at least five qualified students with the \$1000 scholarship being awarded to the most 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 and 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 not later than June 20, 2013. (PLEASE NOTE, incomplete or late applications will not be considered).**

An application form can be downloaded from visiting <http://www.michiganindianelders.org/MIEA%20Students.htm> or from the Tribal Education Department of each of the constituent Tribes/Bands.

Current Constituent Tribes/Bands are: Bay Mills Indian Community, Grand Traverse Band of Ottawa and Chippewa Indians, Hannahville Band of Potawatomi Indians, Keweenaw Bay Indian Community, Lac Vieux Desert Band of Lake Superior Chippewa Indians, Little River Band of Ottawa Indians, Litter Traverse Bay Band of Odawa Indians, Match-E-Be-Nash-She-Wish Band of Potawatomi Indians—Gun Lake Tribe, Notawaseppi Huron Band of Potawatomi, Pokagon Band of Potawatomi Indians, Saginaw Chippewa Indian Tribe, and the Sault Ste. Marie Tribe of Chippewa Indians.

**KBOCC GRADUATING STUDENTS PRESENT CAPSTONE PROJECTS**



Karen Andersen as she presents her Capstone Project.

Keweenaw Bay Ojibwa Community College graduating students presented capstone projects in Liberal Studies and Environmental Science to college and community members on Friday, April 12, 2013. In the capstone course, students conduct small-scale individual projects which enable them to polish skills needed for transferring to a four-year degree program or entering the work force. As part of their capstone experience, students assess the impact of their educational experiences on their world view, reflecting on and evaluating their personal and professional growth, the benefits of lifelong learning, and the impact of these elements on their future. The presentations given on Friday were:

Liberal Studies

- "The Decline and Recovery of the Fisheries of Lake Superior," by Gary Loonsfoot, Sr.
- "Migration of the Ojibwe People," by Alicia Paquin.
- "Temporal Order: Substance Abuse and Homelessness," by Margaret Boyer.

Environmental Science

- "A Comparison of Plant Growth in Three Soil Types," by Karen Andersen.
- "White Spruce Growth Study," by Shannon DesRochers.





