

WIKWEDONG DAZHI-OJIBWE

The Keweenaw Bay Ojibwe

Iskigamizige Giizis - Maple Sugar Making Moon - April 2019 Issue 177



OJIBWA CASINO CELEBRATES—FULLY OPEN AFTER RENOVATION



Picture by Lauri Denomie.

Above is a partial view of the renovated gaming floor. On the next page is the newly installed bar and renovated Rewards (customer service) and the Cashier booths.

On March 7, 2019, a renovation celebration gathering was held to thank everyone who had a hand in bringing the Baraga Casino Renovation Project to completion. Ojibwa Casinos General Manager, Larry Denomie III, began the event with the following short speech:

“What you see is not only beautiful and something we can all be proud of, but the work of many individuals who worked toward a common goal. The nearly \$3.5 million investment by the Keweenaw Bay Indian Community and its members has provided us with a facility that will be the talk of the town for a long time. Even though we weren’t able to do everything we wanted, it will still provide our employees and guests with a much, much nicer environment to work, play, and be entertained at. Everyone involved has worked hard, and because of this, we were able to finish the renovations ahead of schedule. Following our little celebration today, we will be dropping the drapes and opening the final phase for all to enjoy.

Many thought this day would never come and plans for building a new casino, or even renovating what we had, were just more broken promises. It wasn’t easy, and it took us over three years to get here; however, this day marks another milestone in the history of the Keweenaw Bay Indian Community.

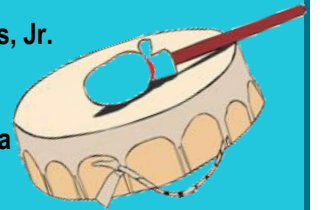
As you know the new Marquette Casino, a \$36 million in-



President Warren “Chris” Swartz, Jr. (left) and General Manager Larry Denomie III (right) toast to the completion of major renovations and re-opening of the Baraga Casino at the Renovation Celebration. (Photo compliments of Peggy Loonsfoot.)

Tribal Council Members:

Warren C. Swartz, Jr., President
 Gary F. Loonsfoot, Jr., Vice-President
 Susan J. LaFernier, Secretary
 Toni J. Minton, Asst. Secretary
 Doreen G. Blaker, Treasurer
 Robert R.D. Curtis, Jr.
 Dale Goodreau
 Randall R. Haataja
 Kim Klopstein
 Michael F. LaFernier, Sr.
 Rodney Loonsfoot
 Elizabeth D. Mayo



SPECIAL POINTS OF INTEREST

- Ojibwa Casino Celebrates - Renovation Completion
- Oshki Maaji (New Beginning) Update
- KBIC Receives EPA Grant
- KBIC Health Systems Updates
- KBIC Hosts Snow Snake Games
- Ojibwemowin
- Criminal Report
- Deepest Sympathy

vestment, is still under construction, but like Baraga, it is planned to be completed ahead of schedule. If the schedule continues as planned, we should celebrate its opening in December of this year. That casino too will be very beautiful when it is finished, and it will be an accomplishment to be very proud of. No more broken promises!

Neither of the projects would be a reality without the commitment of a majority vote of our leadership and more importantly a majority vote of our membership. I’d like to take this opportunity to recognize those who have been a part of this journey.

Our current Tribal Council Members: President Warren (Chris) Swartz, Jr., Vice President Gary Loonsfoot, Jr., Secretary Susan LaFernier, Asst. Secretary Toni Minton, Treasurer Doreen Blaker, RD Curtis, Dale Goodreau, Randy Haataja, Kim Klopstein, Mike LaFernier, Rodney Loonsfoot, and Elizabeth Mayo. Our former Tribal Council Members: Jennifer Misenigan, Fred Dakota, Don Messer, Don Shalfoe, Sr., and Eddy Edwards.

Our core internal team who was involved in the design work, budget development process, and who worked diligently with Gundlach Champion and the Cuningham Group to ensure the projects continued moving forward, even when

Ojibwa Casino continued:

it seemed liked it was going to be impossible to have casinos that everyone could be proud of included: former Tribal Council Vice President Jennifer Misegan, former General Manager Don Wren, Administrative Assistant Barb Mayo, Council Member Mike LaFernier, Realty Officer Jason Ayres, Casino Managers Don Messer (Baraga) and Sharon Misegan (Marquette), and Executive Director of the Gaming Commission Lynn Haataja.

I also want to recognize and thank our external team players, suppliers, contractor, and subcontractors, who have struggled alongside us and transformed the Ojibwa Casino - Baraga to what you see today. They are: Gundlach Champion - General Contractor, Cuningham Group - Architect, Venderweil - Engineers, GEI - Civil Engineers, Bacco Construction - site work, Universal Metal Works - structural steel, North Oak Manufacturing - cabinets and countertops, LaForce, Inc. - door and hardware supplier, Door Solutions & Glass - entrance doors, Mavid - floor and ceilings, Murray Painting, Rajala & Sons - studs and drywall, Moz Designs, Inc. - aluminum wall paper, Ericksons True Value - hardware and lumber, Streich Equipment Co., Inc. - bar equipment, Tweet Garot - mechanical and plumbing, B&B Electrical, North American Video - cameras and surveillance.

Finally, I'd like to extend a heartfelt thank you to all of our great employees who assisted throughout the project. Your dedication toward ensuring our guests were inconvenienced as little as possible didn't go unnoticed. Many of you stepped up time and time again to fill-in whenever and wherever needed."

The celebration included a toast commemorating the event. Free drinks and food were provided to those in attendance.

Oshki Maaji (New Beginning) Update

Oshki Maaji (New Beginning) is progressing on schedule. The plan is to have the program operational by the end of June. Oshki Maaji allows for a recovery housing setting that incorporates clinical and traditional tribal healing practices to support the residents in their holistic healing journey. Oshki Maaji is designed to promote self-sufficiency and reintegration by utilizing the recovery coach and housing model that is centered around supportive and cultural services. The exterior of the Halfway House project has been completed. As of the progress meeting on March 8, 2019, the interior had all the electrical installed except for some life safety hand pulls for the sprinkler system. Oshki Maaji serves both male and female populations who suffer with mental health and/or substance abuse disorders and who have successfully graduated from an accredited residential treatment program. The center will be accessible on the main level and will provide private/semi-private rooms for each of the residents. Oshki Maaji is designed to be a stepping stone where residents can receive supportive services and outpatient treatment for 90 days with 90 day extension reviews by the recovery team up to a maximum stay of one year. Residents will have intensive regiments that will address both mental health and chemical dependency related diagnosis, while working on independence and successful reintegration. Residents will further be provided the option to be treated in a holistic fashion by having the option of traditional healing, ceremonies, and cultural teachings. It is the belief that through the recovery coach and housing model that includes the combination of clinical and traditional practice, residents will have the entire mind, body, physical, and spirit addressed.

This information was provided by Grand River Community Development and the picture by our architect, John Arnold.

(2) Niizh



Picture by Lauri Denomie.



Picture by Lauri Denomie.



Picture by Lauri Denomie.

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



The Summit Lake Wind Project

Informational Forum



Photo: Nancy Haun

6:00 p.m. April 17, 2019 @ ZEBA HALL

Presented by: Friends of the Huron Mountains &
KBIC Natural Resources Department

Refreshments Provided

See the 3-D interactive map showing the viewscape from anywhere within a 25-mile radius of the proposed 28,000-acre industrial wind development site.

See a scale model of a giant wind turbine.

Learn the impacts on: Fish and Wildlife, Rivers, Streams and Wetlands, Tourism, Property Values, Electric Rates, & Tax Revenues.

Learn more about our stewardship obligations into the Seventh Generation.

JOIN US IN SPEAKING FOR THE LAND

The DIGS – Debweyendon Indigenous Garden – Believe in it!

Now in its sixth season, the Natural Resources Department is sponsoring the People's Garden, a program to deepen our connection to the earth and further develop our Food Security and celebrate Food Sovereignty. The Garden is located in L'Anse along Brewery Road next to the New Day Treatment Center. We have given it a new name, the DIGS, for Debweyendon Indigenous Garden. Debweyendon is Ojibwa for "Believe in it" and believing in the mission of the garden to bring community together, grow wholesome fresh vegetables, and take positive steps toward caring for our health by eating home-grown produce, all tie in to how important gardening by and for the community can be.

Community members are welcome to sign up to reserve a garden plot for the summer. It is a wonderful place for parents to share gardening knowledge with their children and for the community to gather. A \$15 fee helps offset the cost of vegetable seeds and plants, the services of tilling and water



New Library Collection Offers Resources

The Keweenaw Bay Ojibwa Community College has a new, unique collection. It contains resources to help students in the Early Childhood Education program. The Early Childhood Education Department section of the college forged a partnership with Great Start and the KBOCC library to provide many unique teaching tools.

There are 29 items in all and not all of them are ECE text books. Many of the offerings are hands-on. There are also teaching modules and interactive kits. The kits, for example, come with a book and a puppet to match the story.

KBOCC Librarian Joe Bouchard calls this Program G*STaR and that stands for Great Start Teachers' Resource. But, the collection is not limited to Educators at the college. The kits can be circulated to all KBOCC staff. Those who teach at the OCC day care and Migiizigan are also able to check out these resources. In addition, KBOCC students who are also parents have access to these materials.



Pictured here is Keweenaw Bay Ojibwa Community College Intern Abby Turpeinen at Migiizigan reading to students. Abby is using the G*STaR kit featuring "Where the Wild Things Are".

supply made available to the gardeners. The garden plot size is 11 x 30 feet, ample room to cultivate an abundant crop of wholesome veggies for you and your family and friends.

Gardening is such a joyous activity, bringing family and community members together. The staff at KBIC-NRD are delighted to be part of this celebration of caring for the soil and plants which in turn give us wholesome food choices. We wish all people who sign up for a garden plot great fun and success with growing vegetables and herbs. Participants in previous years have kept a journal of gardening experiences and at the end of the growing season we plan a gathering to share stories and insights of our gardening successes, recipes, and lessons learned.

The KBIC-NRD has coordinated with the Baraga County Chamber of Commerce to participate in their annual Garden Tours. In July 2019 the DIGS will be one of the featured gardens on the tour!

To sign up for a garden plot, or for more information about the DIGS please contact Kathy Smith (ksmith@kbic-nes.gov) or Karena Schmidt (kschmidt@kbic-nsn.gov), at the KBIC Natural Resources Department offices, 524-5757. Either one will be happy to help answer your gardening questions.

A "Heads Up" – the Baraga and L'Anse Farmer's Market will have their opening days, Saturday, June 22, 2019, in L'Anse at the Waterfront, from 9 a.m. until noon and in Baraga at the Historical Museum on Wednesday, June 26, 2019, from 3-6 p.m. Then throughout the summer, every Saturday morning in L'Anse and every Wednesday evening in Baraga. The Baraga and L'Anse Farmer's Market supports local produce growers and provides a wonderful opportunity to stock up on local wholesome produce grown naturally without the use of harmful chemicals.

Thanks for participating!

UPDATES BY SOUMIT PENDHARKAR, KBIC HEALTH SYSTEM ADMINISTRATOR

We are continuing strong in February 2019! I would like to offer the following updates:

- **Our expanded service hours started January 2019 and continue to produce strong results.** I am happy to report the following:
 - In February 2019, even with a significant number government closure days due to bad weather, we had 30 appointments before 8:00 a.m. and 33 appointments after 4:30 p.m.
 - In total, including January and February 2019, we've had 75 appointments before 8:00 a.m. and 77 appointments after 4:30 p.m.
 - As the numbers above show, the expanded service hours have provided its patients significant more access to services at the KBIC Health System.

Expanded service hours are as follows:

SERVICE	HOURS/NOTES
Medical Clinic	7:30 a.m. to 6:00 p.m. Monday through Friday;
Pharmacy	8:00 a.m. to 6:30 p.m., Monday through Friday, with the last prescription preferably at 6:00 p.m. Please note the Pharmacy is now open Tuesday mornings 8 a.m. to 10:00 a.m. They were previously closed due to staff carrying out bubble pack activity.
Lab Service	Starts at 7:00 a.m. Monday through Friday, available until 6:00 p.m.;
WIC	Adding hours to Wednesday, 7:30 a.m. to 6:00 p.m.; closes on Fridays at 2:30 p.m.; other days as normal.

- **John Lassila joined as our new pharmacist.** John's hire represents a key step in our future plans to expand pharmacy services and service hours even more. Please see below a note from John:

"Greetings! My name is John Lassila, and I have been a practicing pharmacist since graduating from Ferris State University in 1998. Some may remember me from a few years ago when I worked part-time for the Tribe. I was born and raised in the Copper Country and consider myself very fortunate to remain in the area, so I can be close to my family and friends. I enjoy the diversity of the climate, the ruggedness of the terrain, and the character of the people who choose to call the Keweenaw home. My interests include spending time in the great outdoors: fishing, hunting, and gardening top the list. It is my goal that everyone understands and adheres to proper medication usage. Please do not hesitate to use the pharmacy as a resource by asking questions – after all, patients who are informed and involved in their own care are much more likely to have positive outcomes and improved quality of life. Miigwech for the opportunity to serve the Community once again!"



Some may remember me from a few years ago when I worked part-time for the Tribe. I was born and raised in the Copper Country and consider myself very fortunate to remain in the area, so I can be close to my family and friends. I enjoy the diversity of the climate, the ruggedness of the terrain, and the character of the people who choose to call the Keweenaw home. My interests include spending time in the great outdoors: fishing, hunting, and gardening top the list. It is my goal that everyone understands and adheres to proper medication usage. Please do not hesitate to use the pharmacy as a resource by asking questions – after all, patients who are informed and involved in their own care are much more likely to have positive outcomes and improved quality of life. Miigwech for the opportunity to serve the Community once again!"

- **Our Telepsychiatry Clinic launched on February 5th with great success.** In February we saw 36 patients. Below are updated results with **96.55% recommending telepsychiatry to others**. Please see table below for a summary:

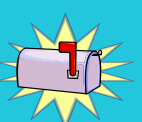
	Poor	Fair	Neutral	Good	Excellent
The ease of seeing images on the monitor, seeing and hearing the telepsychiatry practitioner.	0%	3.33%	10%	53.33%	33.33%
The capability of the assisting nurse.	0%	0%	3.57%	46.43%	50.00%
The length of time to get a telepsychiatry appointment at the KBIC Health System.	0%	0%	0%	66.67%	33.33%
The convenience of having your telepsychiatry appointment at the KBIC Health System (versus traveling to other places to receive care).	0%	0%	6.67%	46.67%	46.67%
The length of time with the telepsychiatry practitioner.	0%	0%	6.67%	46.67%	46.67%
The explanation of your treatment by the telepsychiatry practitioner.	0%	0%	3.45%	37.93%	58.62%
The courtesy, respect, sensitivity, and friendliness of the telepsychiatry staff.	0%	0%	0%	36.67%	63.33%
How well the telepsychiatry staff respected your privacy.	0%	0%	0%	43.33%	56.67%
How well the telepsychiatry staff answered your questions or concerns.	0%	0%	3.45%	37.93%	58.62%
Overall satisfaction with your telepsychiatry experience.	0%	0%	3.33%	36.67%	60.00%
Would you use telepsychiatry again?	Yes: 90.00%		No: 10.00%		
Would you recommend telepsychiatry to another person?	Yes: 96.55%		No: 3.45%		

- **Telepsychiatry services include psychiatry, psychology, and psychometric testing.** All patients will be generally scheduled for clinic on Tuesdays and Thursdays. Patients will be scheduled either via a referral from one of the DHHS providers or by calling (906) 353-4521.
- **The New Traditional Medicine Clinic launched March 8th. The early results have been very favorable with 100% of patients reporting they would recommend the Traditional Medicine Consultant to another person.** This clinic is funded through the Tribal Opioid Response grant. Additional clinic dates will be announced soon with more details forthcoming. If you are interested in scheduling an appointment, please dial (906) 353-4521.
- **We are working on adding new services.** We are currently working on adding physical therapy services to the clinic as a direct service. Physical therapy can help to maximize pain-free movement crucial to quality of life, ability to earn a living, and independence. Additionally, the Centers for Disease Control (CDC) "Guidelines for Prescribing Opioids for Chronic Pain" recommend that patients and providers should consider ways to manage pain that do not include opioids, such as physical therapy. The CDC guidelines state nonpharmacologic therapy and nonopioid pharmacologic therapy are preferred for chronic pain.

More details will be forthcoming!

As always, please do not hesitate to reach out to me directly if you have questions at (906) 353-4553. I enjoy learning from your perspective and particularly value listening to concerns directly. I also wish to thank the staff at the KBIC Health System. Their contributions have assured the success we've seen on the projects described above.

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



CARBON CREDIT FEASIBILITY STUDY

In February 2019, KBIC Tribal Council signed an agreement to enter into a feasibility study for a carbon credit program with the National Indian Carbon Coalition (NICC). A carbon credit program compensates the Tribe for growing trees, or carbon, on the Tribe's land. Here are some facts about the carbon feasibility study:

- The study is at no cost to the Tribe. The Indian Land Tenure Foundation has grant money to produce the feasibility study.
- It takes approximately 9-18 months to complete the study. At the end of that period, Council will decide with more information from the study, if the Tribe will enter a carbon credit program.
- NICC is a not for profit, 503cc organization. They promote sustainable development for Tribes.
- The Tribe's forests are managed according to the Tribe's Forest Stewardship Plan and sustainable forestry, and our management would not change if we were selling carbon credits.
- Essentially the Tribe gets compensated for growing trees (or carbon) and sustainable management of forested land. Being in a carbon program does not limit timber harvesting. When trees are removed, that carbon is considered "banked" or saved. Harvesting timber encourages further growth of the remaining trees and new trees, which is a carbon sink.

If you have questions or would like more information, you can visit NICC's website at <https://www.indiancarbon.org/> or call or write the KBIC Forester, Rachel McDonald, rmcdonald@kbic-nsn.gov, (906) 353-4591.

April 2019 Calendar:

- Apr. 5 — Constitution Committee Meeting, 10:00 a.m., Tribal Center;
- Apr. 6 — Quarterly Saturday Tribal Council Meeting, 9:00 a.m., Big Bucks Bingo Hall;
- Apr. 17 — Summit Lake Wind Project Informational Forum, 6:00 p.m., Zeba Community Hall;
- Apr. 19 — Gov't Offices Closed, Good Friday Holiday.

~ submitted by newsletter editor

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 twenty-seven students were placed on the Honor Roll for the second marking period of the 2018-19 academic year:

Baraga – Robert Curtis, Allison Durant, Dhanya Ekdahl, Noah Evans, Richard Geroux, Jr., Bailey Harden, Jalisa Heath, Rylee Holm, Breanna Jondreau, Kamrin Kahkonen, Keegin Kahkonen, Layla Loonsfoot, Jenna Messer, Kylie Michaelson, Presley Rasanen, Alana Schofield, and Javon Shelifoe

L'Anse – Dysean Allen, Deija Dakota, Kydan Dean, Christopher Genschow, Willow Rexford, Alicia Stein, Mariana Teikari, Cassandra Zasadnyj, and Paige Zasadnyj.

Marquette – Aden Hamalainen.

The following forty-one students received awards for achieving Perfect Attendance:

Baraga – Cara Connor, Robert Curtis, Sara Dakota, Tyler Dakota, Jayden Denomie, Starr Dunleavy, Allison Durant, Dhanya Ekdahl, Madyson Evans, Noah Evans, Dante Gauthier, Destin Gauthier, Reed Geroux, Rylee Holm, Keegin Kahkonen, Adrianna Kyllonen, Aaliyah Loonsfoot, Angel Loonsfoot, Kadynce Loonsfoot, Neveah Loonsfoot, Kylie Michaelson, Addyson Rajacic, Brooklyn Rajacic, Presley Rasanen, Alana Schofield, Javon Shelifoe, Bentley VanDyke, and Bryten VanDyke.

L'Anse – Dysean Allen, Tokala Chosa, Alice Curtis, Derek DeCota, Jr., Izaiah DeCota, Kydan Dean, Kaylee Forcia, Kobe Forcia, Brendan Friisvall, Nathan Friisvall, Elsie Madosh, Matthew Stein, and Prestan Stevens.

SECOND NOTICE

The Real Estate Office of the Keweenaw Bay Indian Community (Community), as Lessor and land owner, will take action to officially cancel the below listed leases/assignments (leases) that pose a serious threat to the health, safety and general welfare of the Community. The below listed leases have been abandoned, fallen into disrepair and are not in compliance with the terms and conditions thereof.

LAST KNOWN LESSEE	LEASE/ ASSIGNMENT NO.	DATE OF DEATH	STRUCTURE ADDRESS
Evelyn Elizabeth (Spruce) Holappa	K-155 (88)	October 1, 2010	15758 Marksman Road, L'Anse, Michigan 49946
Jerome E. "Yogi" Crebessa	KB774 (01)	July 26, 2011	15557 Marksman Road, L'Anse, Michigan 49946
Byron Barbano	308 (f/k/a 311.1)	August 15, 2002	16200 Zeba Road L'Anse, Michigan 49946
Evelyn M (Miller) Onkala	UNKNOWN	May 29, 2001	15845 Marksman Road, L'Anse, Michigan 49946
Rebecca M. Chosa (f/k/a Rebecca M. Chosa Evans)	KB-750 (99)	Not Applicable	15897 Whirligig Road L'Anse, Michigan 49946

If you believe you have an interest in a lease listed above and object to the Community's planned action, you must present, in writing, why the Community should not act to cancel the Lease and remove/demolish the abandoned facilities and structures located thereon, to:

Keweenaw Bay Indian Community
Attn: Real Estate Office
16429 Beartown Road
Baraga, Michigan 49908

No later than 30 days from the date of publication of this Notice.

Any heirs, successors, executors and/or assigns that submit a written letter as to why the Community should not cancel the leases identified above will also be required to present their case, in person, to the Tribal Council of the Keweenaw Bay Indian Community, on a date to be set by the Lessor.

Following the Tradition of Oral Story Telling: Sharing a Message of Wellness, Mikwendaagoziwag, (they are remembered)

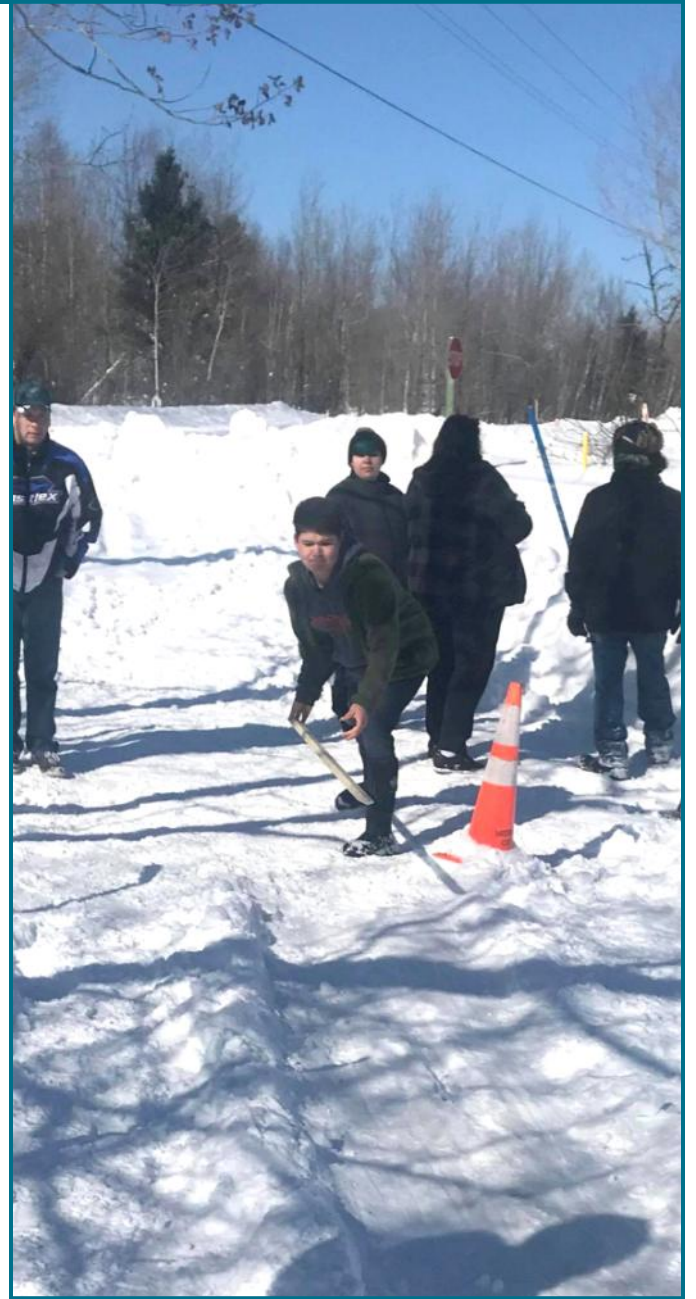
HANNAHVILLE INDIAN COMMUNITY – Mia Smith, a Hannahville Indian Community family member shared her family health story on the importance of knowing family health history, the importance of early screening, and the tools she and her family use to cope and care for her mother who is suffering from multiple forms of cancer, including breast and colorectal cancer.

Mia shared her story for a statewide campaign distributed by the Inter-Tribal Council of Michigan to encourage Native Americans to share their family health history with their family and their doctors, so they can be assessed for their individual cancer screening needs.

"Knowing your health history is huge. We talk a lot about our family history. We just happen to know that. Knowing I'm at risk, I watch for everything," Mia explains in her story.

"Traditional story telling is a Native American tradition used to educate children about cultural norms and values, and integrating family health history into these discussions will inform family members what diseases run in their family. This information is key to cancer prevention, and delaying onset and heart disease," said Beth Sieloff, Program Manager at Inter-Tribal Council.

WINTER ACTIVITY HELD AT KEWEENAW BAY INDIAN COMMUNITY —SNOW SNAKE GAME —



Joey Loonsfoot lines up for his toss down the half-pipe ice track.

Members of the Keweenaw Bay Indian Community participated in a Community Event – Snow Snake Games. The event began with a gathering at the Niiwin Akeaa Center on Saturday, February 23, 2019, where there were supplies available to design our own snow snake stick. The Community then gathered at the Niiwin Akeaa Center the following weekend, Saturday, March 2, 2019, and participated in the Snow Snake Game.

Rodney Loonsfoot, Council-member and Community mentor, organized the event with help from the KBIC Youth Director and staff, and a number of KBIC Health Systems Staff. Loonsfoot said, “The game is played outside in the cold on the ice. Participants take turns tossing their Snow Snake down the half-pipe ice runner and then mark their place with a side marker. There were Snow Snakes available for those who did not make it to they stick making event. Loonsfoot said, “All tribe’s have their own version of the Snow Snake Game. It’s an old game, something to do as a winter activity. We gave everyone a chance to throw. We had about 60-people there.”

The activity day included: sledding, snowshoeing, and smores by a fire. Chili and fry bread were served as well. This was the second Snow Snake Game at KBIC and the consensus of the participants is to hold the event again. Zelina Huhta was named the Farthest Throw Champion. Loonsfoot said, “Next, we are planning our Annual Father’s Day Kickball Game which is a family activity.”

~Submitted by Newsletter Editor.



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Toll Free 1-866-524-7800
www.jacobsonfuneralhome.com

Susan M. Jacobs
Funeral Director/Manager
susan@jacobsonfuneralhome.com

COMFORT, CARE AND CONCERN

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



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OUR Priority”**

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- Outreach Services
- Mediation

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FAMILY ENGAGEMENT | MAKE & TAKE CRAFTS

OJIBWA SENIOR CITIZEN'S CENTER, BARAGA

APRIL 8	REGISTER WITH DAWN: 353-4521	5-6:30 PM
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SPONSORED BY KBIC HEALTHY START & FAMILY SPIRIT PROGRAMS

INTRODUCTION TO TRADITIONAL FOODS

Come taste a core food of the Anishinaabeg: Fish!

To be held on **Wednesday, April 17th 5:30-7 p.m.**

at the **KBOCC Arts & Agriculture Center**
(15211 Pelkie Rd. Pelkie, MI 49958)

If you have any questions, call DeAnna Hadden at (906)524-8209



KBIC Health System
DONALD A. LAPORTE
HEALTH & EDUCATION CENTER



TRIBAL COURT CRIMINAL SENTENCES

The Tribal Court has agreed to comply with the request of the Keweenaw Bay Indian Community's CEO's office to publish criminal sentencing on a routine basis.

Jeremy Voakes, case #18-170, \$8.901, Contempt – 1st offense

Sentencing on 03/04/2019, #18-170, \$8.901:

1. Fine \$100.00.
2. Time served. Credit for 17 days jail served. Defendant is financially responsible for the cost of lodging and any expenses incurred while incarcerated.

Justin Dunleavy, case #18-121, \$3.402, Malicious destruction of personal property – 2nd offense

Sentencing on 03/11/2019, #18-121, \$3.402:

1. Fine \$200.00.
2. Ninety (90) days jail, 20 days jail to be served, 70 days jail suspended pending successful completion of all terms of probation. Defendant is financially responsible for the cost of lodging and any expenses incurred while incarcerated.
3. Defendant shall obtain a full screening for mental health and an anger management evaluation. Defendant shall sign a release of information to allow the Court to monitor compliance.
4. Six - twelve months of standard alcohol and drug restricted probation with a \$10.00 monthly fee. Defendant is financially responsible for the costs of drug and PBT testing, if any.

Steven Gray, case #19-021, \$3.1117, Receiving and concealing stolen property – 1st offense

Sentencing on 03/11/2019, #19-021, \$3.1117:

1. Fine \$300.00.
2. One hundred eighty (180) days jail, credit for 30 days jail served, serve one hundred fifty (150) days jail. Defendant is financially responsible for the cost of lodging and any expenses incurred while incarcerated.
3. The Defendant must serve a minimum of ninety (90) days to be eligible to go to a treatment center. Any remaining days jail shall be suspended and shall be put into a remedial order.
4. Restitution of \$240.00 shall be paid to the Clerk's office, then forwarded to the victim.

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.





KBIC Health Dept. Car Seat Clinic

Have your car seat checked or installed by a certified technician.



Appointment Required.

To make an appointment or for more information call Dawn at 353-4521 or Heather at 353-4546.

If you are purchasing a car seat through the KARS program or are receiving one through the Healthy Start program you must have your voucher at the time of the appointment. KARS is a reduced rate car seat program; call for eligibility.

SPONSORED BY KBIC HEALTHY START - FAMILY SPIRIT PROGRAM



Deepest Sympathy

Paulette Marie Davidson (August 22, 1946—February 20, 2019)

Paulette Marie Davidson was born on August 22, 1946, to Robert and Helmi (Lahti) Cardinal in Ypsilanti, Michigan. Paulette was the granddaughter of Nancy Loonsfoot (Ojibwe) and a registered member of the Keweenaw Bay Indian Community in Baraga, Michigan. When she was two, her family moved to the San Fernando Valley in Los Angeles County California. At first, they lived on her aunt Rona Bradley's rabbit farm. Her sister, Linda, was born in 1948, and the entire family became involved in the local Catholic Church that her aunts helped organize, St. Elisabeth of Hungary, Van Nuys. She went to school there through 6th grade and moved with her family to Reseda following the birth of her brother, Bill in 1956. Paulette attended Cleveland High School and graduated in 1964. She had a great love of flying, space, and science. While out with her girlfriends in the spring of 1968, she met Frank Davidson. He peaked her interest with his own love of aircraft and his work for Lockheed-Vega's Skunk Works. On December 7, 1968, they married in Clark County, Nevada. They lost twin boys before birth in fall 1969, but they were blessed with the arrival of their daughter, Victoria, in October of 1971, and only 14 months later in January of 1973, their second blessing, a son, Robert, was born. After settling the family back in Van Nuys, Paulette spent the next three decades dedicating herself to raising her family and supporting her church. She provided confirmation training through the CCD program, supported the St. Elisabeth's baseball league, spent nearly every day on the school yard at the church tutoring or being a noon-aide, and raised thousands of dollars yearly through Lizzie's Attic, the rummage sale at the church's annual May Festival. Throughout her lifetime, her church, her family, and her culture remained her greatest strengths and supports. After the death of her husband in June 1999, Paulette remained in Van Nuys helping take care of three grandsons. In March 2008 Paulette moved to her son's in Muskegon, MI, helping with and getting to know her six grandchildren there. In 2014 she was diagnosed with Alzheimer's/Dementia and for the last four

years, she was under the excellent care of the Roosevelt Park Nursing facility. Paulette was preceded in death by her parents, her husband, and her siblings. She is survived by her daughter, Victoria (Serafin Castillo) of Los Angeles, CA, and their three sons, Roberto, Ivan, and Nicolas; Her son, Robert (Stefanie Wright) of Muskegon, MI, and their six children, Dakota, Michael, Kendall, Konnor, Kameron, and Erik; niece and nephew Bridget (Heath) Preston and Gregory (Lori) Patch of Georgia; brothers-in-law Michael Patch and Arthur Davidson; and numerous cousins, nephews, grand nephews, grand nieces, and dearest friends. Paulette's final interment will take place in the San Fernando Mission Cemetery. In lieu of flowers, donations can be made to the Friends of Scouting (BSA) Program for Michigan Crossroads Council (Davidson family), Greater Los Angeles Area Council (Castillo-Davidson family) or the United American Indian Involvement Center (Los Angeles). Ginwenj, Tchi bimadisiian ajonda aking – (prayer so that you may live long here on earth....) **ARRANGEMENTS BY SHORELINE MEMORIAL SERVICES, MUSKEGON (231)-722-5050.**

William Joseph Mayo (May 31, 1930—March 15, 2019)

William Joseph Mayo, age 88, of Marquette, MI, passed away unexpectedly Friday, March 15, 2019, at home, in the loving care of his family. Bill was born May 31, 1930, in L'Anse, MI, a son of Ulric and Reata (Sands) Mayo. He was raised in L'Anse and was a graduate of L'Anse High School Class of 1950, where he excelled in track and football, lettering all four years in both sports. Bill's record for the 100 yard dash was 10.6 seconds, and he made the all-star conference football team in his senior year. Bill was also involved in ski jumping competition and was a member of the Hiawatha Ski Jumping Club of Alston.

Following graduation, he went to work at the Ohio Mine in Three Lakes, MI. He then enlisted

in the U.S. Army, serving his country during the Korean War with the 17th Infantry Regiment, stationed at the 38th Parallel North. While serving, he received the Korean Service Ribbon, Two Bronze Stars, United Nations Service Medal, Combat Infantry Badge, and the National Defense Service Medal. Following his honorable discharge, he returned to the Upper Peninsula starting his career with Cleveland Cliffs working in the Republic Mine. On June 28, 1958, he married Doloris Froberg and the couple set about establishing a home and raising a daughter, Reata. Bill worked for Cleveland Cliffs for over 40 years until his retirement. In his spare time he enjoyed four wheeling, snowmobiling, fishing, and spending time at Twin Lakes.

Bill's pride and joy was his granddaughter, Emily. He cherished every moment spent with her, and he never missed attending any of her school and extracurricular activities. He and Emily spent many days driving around and loved to watch the ore boats come and go into the harbor.

Bill was a member of the Keweenaw Bay Indian Community and Disabled American Veterans of America.

Survivors include his daughter: Reata Johnson of Marquette; his granddaughter: Emily Johnson of Marquette; his two sisters: JoAnn Ghiardi of Gwinn, and Barbara Mayo of Baraga; his brother: John (Doris) Mayo of Baraga; sisters-in-law: Marlene Damgaard, Dorothy Mayo, and Karen Mayo; former wife: Doloris Mayo of Marquette; and numerous nieces and nephews.

He was preceded in death by his parents; his step-mother: Jennie Anderini; his brothers: Robert Mayo, Donald Magnant, and Ulric Mayo; and brother-in-law: Jack Ghiardi.

A Mass of Christian Burial was celebrated on Saturday, March 23, 2019, at the St. Louis The King Catholic Church with Rev. Glenn Theoret, pastor as celebrant. A reception followed in the church hall. Memorials may be directed to UPAWS (Upper Peninsula Animal Welfare Shelter), 815 S. M-553, Gwinn, MI 49841. The Fassbender Swanson Hansen Funeral and Cremation Services of Marquette, assisted the family.

FOOD DISTRIBUTION PROGRAM ON INDIAN RESERVATIONS (FDPIR) FY 2018 NET MONTHLY INCOME STANDARDS* (Effective Oct. 1, 2018 to Sept. 30, 2019)

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

48 Contiguous United States:				Use this amount	
Household Size	SNAP Net Monthly Income Standard	SNAP Standard Deduction	FDPIR Net Monthly Income Standard		
1	\$1,005	+	\$160	=	\$1,165
2	\$1,354	+	\$160	=	\$1,514
3	\$1,702	+	\$160	=	\$1,862
4	\$2,050	+	\$170	=	\$2,220
5	\$2,399	+	\$199	=	\$2,598
6	\$2,747	+	\$228	=	\$2,975
7	\$3,095	+	\$228	=	\$3,323
8	\$3,444	+	\$228	=	\$3,672
Each additional member					+ \$349
Alaska:				Use this amount	
Household Size	SNAP Net Monthly Income Standard	SNAP Standard Deduction	FDPIR Net Monthly Income Standard		
1	\$1,255	+	\$273	=	\$1,528
2	\$1,691	+	\$273	=	\$1,964
3	\$2,127	+	\$273	=	\$2,400
4	\$2,563	+	\$273	=	\$2,836
5	\$2,999	+	\$273	=	\$3,272
6	\$3,435	+	\$285	=	\$3,720
7	\$3,870	+	\$285	=	\$4,155
8	\$4,306	+	\$285	=	\$4,591
Each additional member					+ \$436



KEWEENAW BAY INDIAN COMMUNITY NATURAL RESOURCES DEPARTMENT

Community People's Garden

Garden Plots Available!

Located at the end of Brewery Road in L'Anse

Information and sign-up meeting in early May
Time and Place to be determined
Open to all Community Residents
KBIC members encouraged to participate

Fee is only \$15 – Includes your choice of vegetable seeds, plants, and water

Each Plot is approximately 11' x 30'

The purpose of this plot-based community garden is to encourage community residents and families to grow their own healthy food and take a role in their own Food Sovereignty. If you would like to reserve a plot please contact: Karena Schmidt kschmidt@kbic-nsn.gov or Kathy Smith ksmith@kbic-nsn.gov or call us at the KBIC-NRD offices at 906-524-5757

KBIC RECEIVES EPA GRANT

The Keweenaw Bay Indian Community has received a federal grant to modernize its environmental data reporting system. The U.S. Environmental Protection Agency recently awarded KBIC \$195,000.00 from their grant application.

The funding will enable KBIC to join an online data exchange network that is used by the Environmental Protection Agency (EPA), state, tribal, and territorial partners who share environment and health information. This will allow KBIC with better access to a number of data systems including a nationwide inventory of toxic releases.

Warren "Chris" Swartz, Jr., KBIC President, said, "It will help the tribe make well informed decisions, while boosting openness and public participation. We expect the project to be operational in spring 2020."

~ submitted by newsletter editor.

The American Indian College Fund Names 35 Native American First-Generation Scholars to Receive the Coca-Cola First Generation Scholarship

March 18, 2019, Denver, Colo.— The American Indian College Fund and the Coca Cola Foundation honored 36 American Indian scholarship recipients at its 2018-19 Coca-Cola First Generation Scholarship banquet in Billings, Montana.

The Coca-Cola Foundation has awarded nearly \$5-million to the College Fund since 1990, helping more than 375 students to attend college. Native students who are the first in their families to attend college are eligible for the scholarship, which is renewable throughout the students' tribal college careers if they maintain a 3.0 grade point average and are active in campus and community life.

The following tribal college and university students were honored:

- Aaniiih Nakoda College, Rose Mary Antone
- Bay Mills Community College, Alea Ward
- Blackfeet Community College, Janet Blackweasel
- Cankdeska Cikana Community College, Lisa Jackson
- Chief Dull Knife College, Bryan Harris
- College of Menominee Nation, Anthony Chevalier
- College of the Muscogee Nation, Tevin Phillips
- Diné College, Kathleen Begay
- Fond du Lac Tribal and Community College, Curtis Rainey
- Fort Peck Community College, Jeromy Azure, Jr.
- Haskell Indian Nations University, Thomas Berryhill
- Ilisagvik College, Sarah Chagnon
- Institute of American Indian Arts, Lashawn Medicine Horn
- **Keweenaw Bay Ojibwa Community College, Terri Curtis**
- Lac Courte Oreilles Ojibwa Community College, David Butler
- Leech Lake Tribal College, Candace Jacobs
- Little Big Horn College, Kimberly Fourstar
- Little Priest Tribal College, Kylie McKinley
- Navajo Technical University, Loren Tsosie
- Nebraska Indian Community College, Vandy Merrick
- Northwest Indian College, Michael Howling Wolf
- Nueta Hidatsa Sahnish College, Tammy Hammer
- Oglala Lakota College, Tada Vargas
- Oglala Lakota College, Lindsay Masquat
- Red Lake Nation College, Rhianna Cloud
- Saginaw Chippewa Tribal College, Lynette Smith
- Salish Kootenai College, Annie Evans
- Sinte Gleska University, Sarah Zephier
- Sisseton Wahpeton College, Mickala Barnett
- Sitting Bull College, Kaylie Trottier
- Southwestern Indian Polytechnic Institute, Victoria Nofchissey
- Stone Child College, Kendal Chandler
- Tohono O'odham Community College, Stephanie Begay-Garcia
- Turtle Mountain Community College, Raeann Morin
- United Tribes Technical College, Brittany Whitebird
- White Earth Tribal and Community College, Candace Potter

About the American Indian College Fund

Founded in 1989, the American Indian College Fund has been the nation's largest charity supporting Native higher education for 30 years. The College Fund believes "Education is the answer" and provided 5,896 scholarships last year totaling \$7.65 million to American Indian students,

with more than 131,000 scholarships and community support totaling over \$200 million since its inception. The College Fund also supports a variety of academic and support programs at the nation's 35 accredited tribal colleges and universities, which are located on or near Indian reservations, ensuring students have the tools to graduate and succeed in their careers. The College Fund consistently receives top ratings from independent charity evaluators and is one of the nation's top 100 charities named to the Better Business Bureau's Wise Giving Alliance. For more information about the American Indian College Fund, please visit www.collegefund.org.

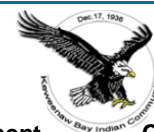
American Indian College Fund Honors 35 Tribal College Students with Student of Year Scholarships for Achievement

March 18, 2019 Denver, Colo.— The American Indian College Fund honored 35 tribal college and university students who were awarded a \$1,200 Student of the Year scholarship to attend their respective institutions at a reception in Billings, Montana. The program is sponsored by the Adolph Coors Foundation.

The 35 scholars named as Students of the Year are:

- Aaniiih Nakoda College, KateLyne Goes Ahead Pretty
- Bay Mills Community College, Alyssa Graham
- Blackfeet Community College, Tessa Tatsey
- Cankdeska Cikana Community College, Carmencita Leaf
- Chief Dull Knife College, Joe Bahr
- College of Menominee Nation, Jasmine Neosh
- College of the Muscogee Nation, Jackson Frye
- Diné College, Kayla Hanks
- Fond du Lac Tribal and Community College, Tami Boyd
- Fort Peck Community College, Orlanda Gray Hawk
- Haskell Indian Nations University, Lena MacDonald
- Ilisagvik College, Jacynthia Oprenov
- Institute of American Indian Arts, Elizabeth Evans
- **Keweenaw Bay Ojibwa Community College, Sophia Michels**
- Lac Courte Oreilles Ojibwa Community College, Gabrielle Kiggins
- Leech Lake Tribal College, William Bowstring
- Little Big Horn College, Naumie Shane
- Little Priest Tribal College, Jennifer Berridge
- Navajo Technical College, Darrick Lee
- Nebraska Indian Community College, Anthony Warrior
- Northwest Indian College, Alicia Fulton
- Nueta Hidatsa Sahnish College, Shayla Gayton
- Oglala Lakota College, Tada Vargas
- Red Lake Nation College, Jessilyn Spears
- Saginaw Chippewa Tribal College, Sydnee Kopke
- Salish Kootenai College, Brevin Holliday
- Sinte Gleska University, Leondra Blacksmith
- Sisseton Wahpeton College, Devin Tohm
- Sitting Bull College, Hoksila WhiteMountain
- Southwestern Indian Polytechnic Institute, Letisha Mailboy
- Stone Child College, Kade Galbavy
- Tohono O'odham Community College, Warren Mattias
- Turtle Mountain Community College, Charlie Decoteau
- United Tribes Technical College, Kasa Hohenstein
- White Earth Tribal and Community College, Jacob McArthur

Keweenaw Bay Indian Community Employment Opportunities



Current Positions		Department	Closing Date
Plant Technician College Intern	Year Round	NRD	04/02/2019
Nurse Practitioner	Full-time	DHHS	Open until filled
Cleaning Person (29 hrs/wk)	Part-time	PWD	Open until filled
IT Help Desk Technician	Full-time	IT	Open until filled
Physician	Full-time	DHHS	Open until filled

On-going recruitment (open continuous): Account Executive/Sales, Cashier/Deli Worker, Internal Sales Specialist, Unit Manager (Newday). (on-call positions): Board Operator, Cashier/Deli Worker, cleaning person, Facility Attendant, Laborer, LPN, Prep Cook, Natural Resource Technician, Nurse Practitioner, OVV Unit Manager, Pharmacist, Pharmacy Technician, Receptionist/Clerical Worker, RN, and Van Driver.

For complete job announcement and application requirements contact: KBIC Personnel Department, 16429 Bear Town Road, Baraga, Michigan, 49908. (906) 353-6623, ext. 4176 or 4140, or visit us at www.kbic-nsn.gov. For Casino jobs — Human Resources Office, Baraga (906) 353- 6623, Marquette (906) 249-4200, ext. 205, or visit www.Ojibwacasino.com.

K.B.I.C NATURAL RESOURCES DEPT. ANNUAL ENVIRONMENTAL FAIR



To be held at:
Niiwin Akeaa Center
111 Beartown Rd. Baraga
April 3, 2019

Times:
9:00a.m. - 12:00p.m
1:00p.m. - 2:30p.m

The goal of the Environmental Fair is to focus on educating elementary school children on the importance of being good stewards for the environment. If you wish to participate, we encourage you to provide a age appropriate hands on activity for attendees.

For additional info contact Stephanie Cree 906-524-5757 Ext. 16



Word list:

- agawaateon
- mookaam
- noojigiigoonyiwe
- gitigaan
- wiingashk
- ziigwan
- mizhakwad
- iskigamizigan
- aabawaa
- waaseyaa



E B Z E K U G Q A O F P
 A F I W Z J M H A S I I
 J S I I N V O C B M D S
 N C G Y B Q O M F I K K
 T H W N E O K I J Z H I
 W P A O I D A B C H Y G
 I S N O E T A A W A G A
 N F U G N L M O A K E M
 P D D I I G Z G A W E I
 B H R I M T B K S A C Z
 J L T G U X I W E D F I
 R V A I G C O G Y I J G
 B Q K J D A A W A B A A
 I Y C O V P B M A A M N
 L M N O H L J A X G N K
 W I I N G A S H K C E B



Hop into Spring

Family Fun Day
 at
The American Legion Post 144
Saturday April 13th 11 am-2 pm

Easter Egg Coloring Contest

Games & Activities

Easter Egg Hunt
 (weather permitting)

Guest Appearance By
The Easter Bunny

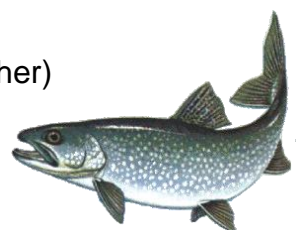
Admission \$5.00 per child
(Lunch included)

Spring Fling Deck Fundraiser




Fill-in-the-blanks:

- m _ o _ a _ _ (sunrise)
- w _ _ _ g a s _ _ (sweet grass)
- _ i z _ _ k _ a d (good weather)
- _ g a _ _ a _ _ o n (umbrella)
- _ a a s _ _ a _ (sunny)
- _ a b a _ _ a (warm weather)
- z _ _ g w _ _ (be spring)
- g i _ _ g a _ _ (garden)
- _ s _ _ g a m _ _ _ g a _ (sugar bush)
- _ o o _ _ g _ _ g o o _ _ _ w e (go fishing)



Sexual Assault Awareness Month – KBIC Victim’s of Crime Assistance

Sexual assault can take many different forms, but one thing remains the same: It’s never the victim’s fault.

What is sexual assault?

Source: Rape, Abuse & Incest National Network (RAINN)

The term sexual assault refers to sexual contact or behavior that occurs without explicit consent of the victim. Some forms of sexual assault include:

- Attempted rape
- Fondling or unwanted sexual touching
- Forcing a victim to perform sexual acts, such as oral sex or penetrating the perpetrator’s body
- Penetration of the victim’s body, also known as rape

What is rape?

Rape is a form of sexual assault, but not all sexual assault is rape. The term rape is often used as a legal definition to specifically include sexual penetration without consent. For its Uniform Crime Reports, the FBI defines rape as “penetration, no matter how slight, of the vagina or anus with any body part or object, or oral penetration by a sex organ of another person, without the consent of the victim.”

What is force?

Force doesn’t always refer to physical pressure. Perpetrators may use emotional coercion, psychological force, or manipulation to coerce a victim into non-consensual sex. Some perpetrators will use threats to force a victim to comply, such as threatening to hurt the victim or their family or other intimidation tactics.

Who are the perpetrators?

The majority of perpetrators are someone known to the victim. Approximately **eight out of ten** sexual assaults are committed by someone known to the victim, such as in the case of **intimate partner sexual violence** or **acquaintance rape**.

The term “date rape” is sometimes used to refer to acquaintance rape. Perpetrators of acquaintance rape might be a date, but they could also be a classmate, a neighbor, a friend’s significant other, or any number of different roles. It’s important to remember that dating, instances of past intimacy, or other acts like kissing do not give someone consent for increased or continued sexual contact.

In other instances the victim may not know the perpetrator at all. This type of sexual violence is sometimes referred to as **stranger rape**. Stranger rape can occur in several different ways:

- **Blitz sexual assault:** When a perpetrator quickly and brutally assaults the victim with no prior contact, usually at night in a public place.
- **Contact sexual assault:** When a perpetrator contacts the victim and tries to gain their trust by flirting, luring the victim to their car or otherwise trying to coerce the victim into a situation where the sexual assault will occur.
- **Home invasion sexual assault:** When a stranger breaks into the victim’s home to commit the assault.

Survivors of both stranger rape and acquaintance rape often blame themselves for behaving in a way that encouraged the perpetrator. It’s important to remember that the victim is never to blame for the actions of a perpetrator.

If you or someone you know has been affected by sexual violence, it’s not your fault. You are not alone.

Help is available 24/7 through:

1. National Sexual Assault Hotline 800-656-HOPE and online rainn.org

2. KBIC Victim’s of Crime Assistance (VOCA) 201-0200
3. KBIC Transitional Home Programs & Services 353-4599
4. Baraga County Shelter Home 353-7078
5. Dial Help 482-4357

Taking Care of Yourself after a Traumatic Event

Source: Notre Dame University Counseling Center, University of Iowa

Everyone who is in any way involved with a disaster or traumatic event may experience trauma reactions. Trauma reactions are normal reactions to extremely **abnormal** circumstances.

Typical Reactions to Trauma – People typically experience reactions that fall into four basic categories:

Psychological and Emotional

- Heightened anxiety or fear
- Irritability, restlessness, or over-excitability
- Feeling of sadness, moodiness, more crying than usual
- Feelings of helplessness or hopelessness
- Feelings of numbness or detachment
- “Survivor guilt”, or feeling of self-blame that you escaped the tragedy
- Re-experiencing of the traumatic event, possibly including:
 - Intrusive thoughts or images of the event
 - Distressing dreams or nightmares
 - Flashbacks about the event
 - Distress when exposed to events that remind you of the trauma
- Feelings of estrangement or isolation from others
- Hyper-vigilance (feelings especially attuned to events around you, scanning environment for possible danger)

Cognitive

- Difficulty concentrating
- Feelings confused or distracted, slower thought than normal

Physical

- Headaches
- Nausea or upset stomach
- Exaggerated startle response (tendency to startle easily at loud noises)

Behavioral

- Hyperactivity, or less activity
- Heightened tendency to behave irritably
- Withdrawal, social isolation
- Avoidance of activities or places that remind you of traumatic event
- Insomnia
- Strong need to talk about the event, read accounts about the event

Self Care

Keep reminding yourself that your responses are normal responses to a stressful situation.

- Talk to people as much as you need to. Reach out.
- Spend time with others, even if you don’t feel like talking.
- Don’t make any major life decisions or big life changes if at all possible.
- Do things that feel good to you.
- Allow yourself to cry, rage, and express your feelings when you need to.
- At any time during this process, you may find it useful to ask for professional help from a counselor or mental health professional.

Tradition of Oral Story Telling continued:

of Michigan.

Cancer, diabetes, and heart disease don’t have to be a death sentence in Native American communities. Some diseases like cancer are preventable and curable with early screening. Native Americans have a higher risk of developing CRC prior to reaching the age 50, the recommended U.S. Preventative Services Task Force screening age for colorectal cancer. Additionally, Native Americans (NA) in Michigan are more likely to develop colorectal cancer (CRC) at a younger age than non-Hispanic Whites. Colorectal cancer is one cancer that is often preventable when individuals notify their

physicians that they have family history of colorectal cancer. It is important that Native Americans continue their cultural traditions and integrate family health history and wellness traditions into the stories of their family history.

Mia’s story will be distributed as a three-minute digital story for airing in tribal health clinics, at health presentations, and available online. The Inter-Tribal Council of Michigan is distributing a shortened thirty second version of her story to air as a PSA throughout Michigan. There is also a sixty second radio PSA that will be distributed, along with a Family Health History education card funded by MDHHS, that is culturally specific to American Indians and the importance of knowing and sharing family health history.



Our Children Are Our Future

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

Become a Foster Parent

*Share Your Home and Heart
With a Native Child*



Tradition of Oral Story Telling continued:

This production was supported by the Cooperative Agreement NU58DP006085 from the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention.

The stories were filmed and edited by a Northern Michigan Company, Lamphere Visuals of Gaylord, Michigan.

To see Mia's full story and to learn more, visit <http://www.itcmi.org/FamilyHealthHistory>



(12) Ashi Niizh

Mia Smith resides in the Hannahville Indian Community and tells her story on the importance of talking about your family health history and scheduling your regular cancer screenings with your doctor. Her story is told as a digital story, TV, and radio PSAs, and distributed by the Inter-Tribal Council of Michigan.

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

Warriors In Motion

Run/Walk Group

Starting Monday April 1, 2019
Come to morning or evening session

Monday 10:00 AM or 6:00 PM
Wednesday 10:00 AM or 6:30 PM
At the KBIC Youth Center Gymnasium

**For more information call :
Zena at 353-4515**

Families encouraged. This is for all fitness levels

PostcardMyWall.com

Happy Birthday To Our Eldest Seniors

"I have reached an age when, if someone tells me to wear socks, I don't have to." ~ Albert Einstein

Keweenaw Bay Indian Community wishes our Ojibwa Seniors who are 80-years and older in this month a very Happy Birthday!



- Shirley A. Beveridge
- Genevieve S. Brooks
- Agatha M. Cardinal
- Carol M. Creisher
- George H. Deschaine
- John W. Hugo, Jr.
- Geraldine Y. Hutson
- Charles A. Loonsfoot, Sr.
- Leon A. Major
- Shirley A. McKasy
- Gloria F. Paul
- William L. Swartz

RENOVATION Celebration

CHEERS TO COMPLETED RENOVATIONS!

Saturdays | 7PM - 11PM

Renovations are complete at last! So, Rewards Club members, join us for our Saturday drawings where you have the chance to win **\$200 Free Play** or up to **\$500 CASH...** and all you have to do is earn 50 points on your Rewards Club card! Then, get ready for a special champagne toast on April 27th.

Baraga 906.353.6333
OjibwaCasino.com

Must be present to win, at least 18 years old, and a Rewards Club member to be eligible for all deals and promotions. Management reserves the right to change or cancel any promotion at any time.

Keweenaw Bay Indian Community
16429 Bear Town Rd-Baraga, MI 49908-9210