

WIKWEDONG DAZHI-OJIBWE

The Keweenaw Bay Ojibwe

Onaabani Giizi - Crusty Moon - March 2020

Issue 188



Ojibwa Casino Marquette—Phase 1 Nearing Completion



The Keweenaw Bay Indian Community is nearing completion of its Phase I Ojibwa Casino Marquette project. The new casino celebrated its soft opening this past December and will be fully operational in late March.

The finishing touches are nearly complete on the final addition to the new casino, the Marquette Tavern. The Tribe partnered with Dave Anderson, founder of Famous Dave's BBQ, and Charlie Torgerson, his longtime associate, to not only develop the menu and related recipes, but to also design the space.

The restaurant will feature savory meats that are smoked onsite, pizzas made from scratch and cooked in the woodfired oven, along with local and regional foods and wines. The entry into the new restaurant boasts a wine display unlike any other in the area.

There are several features that were included in the design process. As soon as customers enter the space, they'll notice the wall of wine feature along with the whisky barrel ceiling and one of the featured



Continues on page two.

Tribal Council Members:

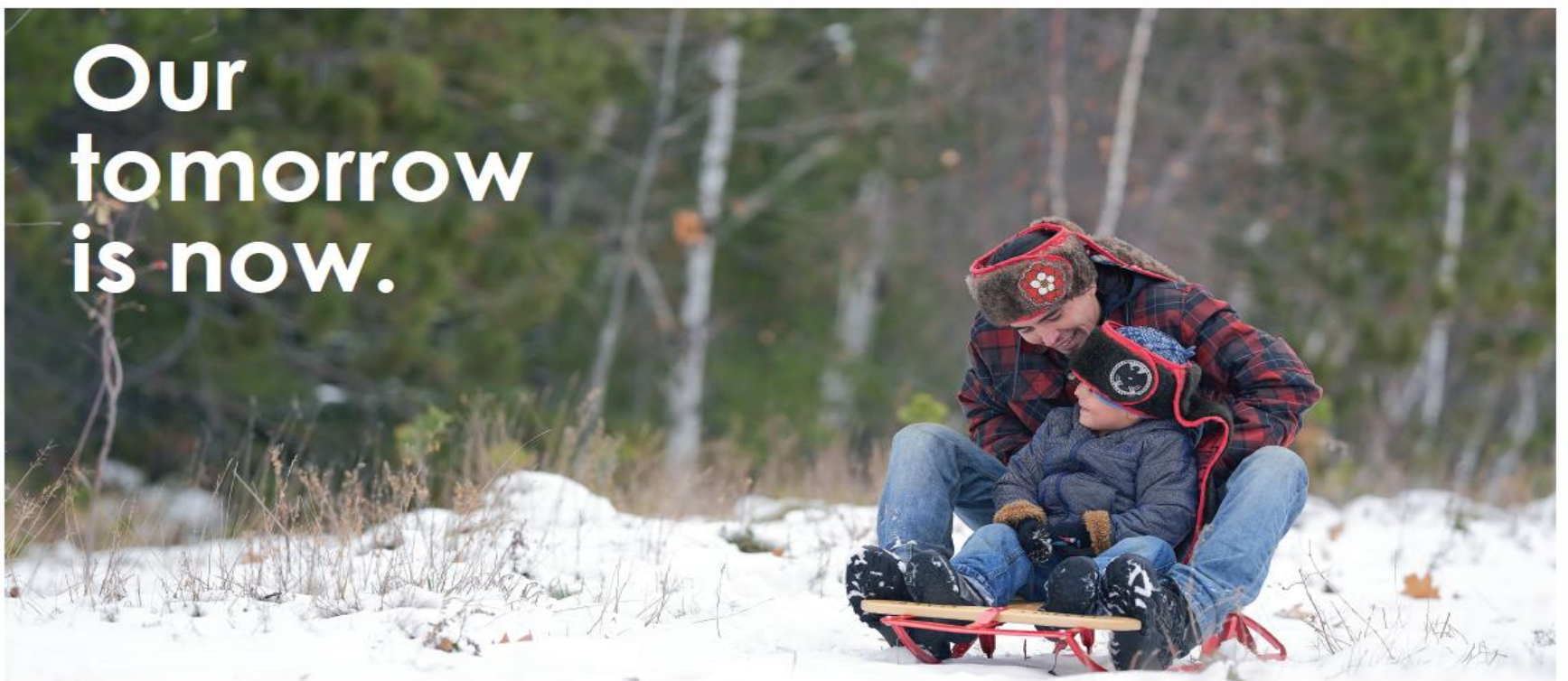
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SPECIAL POINTS OF INTEREST

- Ojibwa Casino Marquette Nears Phase 1 Completion
- KBIC Tribal President Attends Meet and Greet Event
- Iskigamizigan Workshop Held at KBIC
- KBIC One of Six Tribes Expanding Food Access
- Dial Help Offers Youth Services
- Criminal Report
- Deepest Sympathy
- Ojibwemowin

Our
tomorrow
is now.



It is time for the 2020 Census and we need to participate now. Our children are counting on us as it helps shape the future of our communities. Census data is used for programs and grants that are important for all American Indians and Alaska Natives.

Complete the census online, by phone, or by mail.
2020CENSUS.GOV.

Paid for by U.S. Census Bureau

Shape
our future
START HERE >



Iskigamizigan (Sugarbush) Workshop Combines Past, Present, and Future Tribal Involvement



This past month, the Ke-weenaw Bay Indian Community held a forest foods workshop focusing on maple. Sixteen participants came together to discuss KBIC historical maple production, stories, personal accounts of working a sugarbush, and what and how we hope to involve people in the great cultural practice of Iskigamizigan. Much practical knowledge was shared on how to

start tapping maples and boiling sap into syrup, sugar, and candy.

Stay tuned for an outdoor, hands-on workshop during the sap flow (likely in mid-late March). We will visit family sugarbushes on the Reservation and see different types of operations. Contact KBOCC dhadden@kbocc.edu or KBIC Forester rmcdonald@kbic-nsn.gov, (906) 353-4591 for more information.

Ojibwa Casino Marquette continued:



“chalk board” walls. As they move further into the space, their sight will be drawn to the large bar and the eight TV screens above it. Beyond that is the open to the floor kitchen area, and to the left is beautiful woodfired pizza oven. The seating and color pallet will take you back in time, while providing a warm, cozy, and inviting atmosphere.

To celebrate the completion of Phase I of the new casino, a Grand Opening celebration will take place in late May. The celebration is in the final stages of planning, and a headliner act has been secured for the new 1200 seat event center. The celebration will also include cash giveaways and many other specials throughout the casino.



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 Ke-weenaw Bay Indian Community Gaming Commission has the authority to regulate your raffle. It is unlawful to game without a license.

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

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



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

KBIC Tribal President Attends Meet and Greet Event



KBIC Tribal President Warren “Chris” Swartz, Jr. (left) attended a meet and greet event with Senator Gary Peters (right) to discuss Tribal issues with other Michigan Tribal Leaders on Wednesday,

February 19, 2020, in Lansing, Michigan. The meet and greet event was held in conjunction with the Tribal State Forum and the United Tribes of Michigan meeting.

(Photo compliments of Danielle Webb).

March 2020 Calendar:

- Mar. 6 — Constitution Committee Meeting, 10:00 a.m., Tribal Center;
- Mar. 13 — Tribal Water Day, 9:00 a.m., Ojibwa Casino Bingo Hall.

~ submitted by newsletter editor



Is it true that food can affect my mood?

~ By Dr. Dale Schmeisser

March, as the saying goes, “comes in like a lion and goes out like a lamb.” If only. In the U.P., March can stay lion-like all month. We’ve all been in blizzards on March 31, and covered our Easter finery in our parkas. On the other hand, March is the month when we all start thawing out a little. We see longer days and more sunlight, and this can help brighten our moods and move us to be a little more active.

In Ojibwa tradition this time of year is noted as *Onaabani giizis Mii o'apii onaabanak* (the Moon when the crust is on the snow) and the start of *Ziissbaakdoke giizas* (Sugar Moon). These descriptions of season are such appropriate ways to look at the natural world and the peoples’ activities in it. It affects the way we think about what’s to come and our general mood. In her book *The Birchbark House*, Louise Erdrich describes this time of year as a time when food was not too abundant, yet when the people prepared for sugar bush and other spring activities. Relief, along with anticipating the activities to be accomplished in easier weather which is not so different from the way we experience March now.

Late winter can be a time when mood slumps, however, and there is some evidence that what we eat, and our general nutritional health, affects mood. Seasonal affective disorder (SAD) can continue well into March and April in our cold climate. We know that it’s affected by exposure to light, so as the days get longer we should all make an effort to get outdoors during daylight hours, even if we need to stay bundled up.

Vitamin D. Some of the benefit of sun exposure on our moods may be that skin exposed to light will manufacture vitamin D, which we now know can support a brighter mood (along with bone health and the immune system). A large fraction of the population in the UP has a low vitamin D level in their blood, indicating that they are deficient in the vitamin. Food sources of vitamin D are limited: it’s added to milk, some yogurts and fortified cereals. Vitamin D occurs naturally in some fish like salmon, tuna and halibut, in egg yolk and liver, as well as some mushrooms and greens. But consumption of these foods doesn’t always meet requirement, so discuss with your health provider whether a supplement of vitamin D3 would be appropriate.

Omega-3 fatty acids. Fats that are rich in omega-3 fatty acids have been shown to improve mild depression symptoms, particularly in women. Rich sources are ocean salmon, herring, sardines, tuna, flax seed oil, and some leafy greens. Our Lake Superior salmon is, unfortunately, not a great source of these fats, yet Lake Superior Whitefish is a pretty good source. Americans tend to consume low levels of omega-3 fatty acids, and we consume excessive amounts of other fat categories (saturated and omega-6 fatty acids) that can interfere with the way the omega-3 fats work. Consider adding some fatty fish to your diet a couple times per week. If you are considering a supplement, discuss it with your health provider first.

Anti-oxidant rich, whole foods diet. The best evidence so far for supporting mood is to maintain a diet that is rich in fruits and vegetables, and low in sugar and processed foods. Fruits and vegeta-

bles are rich in vitamins and minerals and many other antioxidants that optimize brain function and outlook. They can boost your energy level and strength, which is always good for mood. Too much sugar and other refined carbohydrates (white bread, white rice, etc) can cause blood sugar swings that can lead to a mood slump and overeating. We should all be shooting for 2-3 cups of veggies daily, and 1 to 2 cups of fruit. If you are dealing with a chronic health problem such as diabetes, fruit can be adjusted downward and vegetables be increased, but don’t shortchange yourself on these valuable foods.

Increase activity. True, it’s not nutrition. But there is no question that activity helps mood in many ways, including changes in brain chemistry that brightens mood. I have worked with a psychiatrist who actually prescribed activity for his patients, to improve the way that they responded to their medications. It’s important. Do what you can to take a walk indoors or outdoors. If mobility is limited, find a chair exercise video (there are dozens, ranging from 10 to 45 minutes, and they are free). Do an internet search for “youtube chair exercises”. Just move along with the trainer, adjust your program to your abilities and limitations.

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.



Beverly Ann Cardinal, case #20-014, §3.1308, Disobedience of a lawful court order – 1st offense

Sentencing on 02/05/2020, #20-014, §3.308:

1. Forty-five days jail to be served on tether. Defendant shall be financially responsible for the cost of lodging and any expenses incurred while incarcerated.
2. Defendant shall obtain a substance abuse screening and follow the recommendations of the screening until successfully discharged.
3. Payment Probation.

Joseph Jossens, case #18-043, §31706, Controlled substance (distribution of Methamphetamine) – 1st offense

Sentencing on 02/06/2020, #18-043, §3.1706:

1. Fine \$1,000.00, suspended pending successful completion of banishment.
2. One-hundred-eighty days jail, credit for 173 days jail, seven days jail to be served. Defendant shall be financially responsible for the costs of lodging and any expenses incurred while incarcerated.
3. The Defendant is banished indefinitely from the Keweenaw Bay Indian Community Reservation, which shall commence when the Defendant is released from jail. The Defendant may petition the Court to lift the banishment after a period of no less than two (2) years and after certain conditions have been met.

Joseph Jossens, case #19-025, §8.901, Contempt of court – 1st offense

Sentencing on 02/06/2020, #19-025, §8.901:

1. Fine \$500.00, suspended.
2. One-hundred-eighty days jail, credit for 82 days jail, 38 days jail to be served, suspend 60 days jail pending successful completion of all terms of banishment order.

*Keweenaw Bay Indian Community
Natural Resources Department*

Presents:

Tribal Water Day

March 13, 2020

9:00am-4:00pm

**Ojibwa Casino Bingo Hall
16449 Michigan Ave, Baraga**

- 8:00 – 9:00AM** *Doors Open – Please take this time to view the display area and network*
- 9:00 – 9:30AM** *Welcome & Importance of Protecting and Healing Our Waters*
Keweenaw Bay Indian Community Tribal Council Leadership
KBIC Water Walkers – Raising Awareness to Protect Nibi
- 9:30 – 10:30AM** **Developing Water Quality Standards**
Alan Walts, Director, Tribal and Multi-media Programs Office, EPA
- 10:30 – 11:10AM** *KBIC Water Quality Standards Development*
Cory McDonald, Civil and Environmental Engineering,
Michigan Technological University
- 11:10 – 11:50AM** *KBIC Fisheries Program – State of the KBIC Fisheries Program, Past, Present and Future*
Gene Mensch, KBIC NRD, Fish Biologist
Karen Anderson, KBIC NRD, AIS Specialist
- Noon-1:00PM **LUNCH PROVIDED**
- 1:00 – 1:30PM** *Assessing Climate Vulnerability through Science and Ojibwa Knowledge*
Rob Croll, Policy Analyst, Great Lakes Indian Fish & Wildlife Commission
- 1:30 – 1:50PM** *KBIC Manoomin (Wild Rice) Current Restoration Efforts*
Kathleen Smith, KBIC NRD Habitat Specialist
- 1:50 – 2:10PM** *Wetlands as the Ojibwa Medicine Cabinet*
Karena Schmidt, KBIC NRD Ecologist
- 2:10 – 2:40PM** *Panel Discussion on Community Environmental Monitoring Program*
Geri Grant, Superior Watershed Partnership
Matt Johnson, Lundin Mining
Community Foundation of Marquette County
Evelyn Ravindran, KBIC NRD
- 2:40 – 3:00PM** *An Update on Perfluoroalkyl and Polyfluoroalkyl Substances (PFAS)*
Tom Asmus, Michigan Department of Environment, Great Lakes, and Energy
- 3:00 – 3:20PM** *Bridging Knowledge Systems and Expertise for Understanding Landscape Contamination*
Judith Perlinger and Noel Urban, Civil and Environmental Engineering,
Michigan Technological University
- 3:20 – 3:40PM** *National Marine Sanctuary – a Keweenaw Lake Superior Designation?*
Bill Rose and Erika Vye, Great Lakes Research Center, Michigan Technological University
- 3:40 – 4:00PM** *Closing Remarks*

**For questions, please contact: Stephanie Cree, (906) 524-8700 or scree@kbic-nsn.gov*

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.



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

Deepest Sympathy

Michael John Uren
(May 10, 1982—February 5, 2020)



Michael John Uren, age 37, of Houghton, MI, passed away on February 5, 2020, at Aspirus Keweenaw Hospital in Laurium, MI.

He was born May 10, 1982, in L'Anse, MI, the son of John and Marilyn (Hamm) Uren. He is survived

by his fiancé: Jacqueline Jossens of Zeba; his children: Nevaeh, Kevin, Emma, and Jackson; father: John Uren of Jackson, MI; mother: Marilyn Uren of Ontonagon, MI; maternal grandparents: Charles and Marilyn Loonsfoot of Baraga; paternal grandmother: Val Uren of Higgins Lake, MI; and numerous aunts, uncles, and cousins. He is preceded in death by his paternal grandfather: John Uren, Sr.

Michael enjoyed spending time with his children. He was a stay at home dad and took care of and loved his children dearly. All of his family meant the world to him. He enjoyed playing poker, fishing, and hanging with friends. Michael was a proud member of the Keweenaw Bay Indian Community.

Visitation was held on Tuesday, February 11, 2020, 5-7:00 p.m. at Jacobson Funeral Home in L'Anse, and on Wednesday, February 12, 2020, prior to funeral services. Funeral services were held on Wednesday at 11:00 a.m. at the funeral home with Deacon John Cadeau officiating. A luncheon feast followed at the Ojibwa Senior Center in Baraga, MI. Burial will be in the spring at the Assinins Cemetery.

The Jacobson Funeral Home assisted the family.

William L. "Bill" Swartz
(April 14, 1929—February 2, 2020)



William L. "Bill" Swartz, age 90, of L'Anse, MI, passed away at his home on Sunday, February 2, 2020. He

was born in L'Anse, on April 14, 1929, the son of the late John "Mickey" and Clara (Knapp) Swartz.

Bill graduated from L'Anse High School in 1947, where he played football and ran track. He had sailed on the Great Lakes for five years, two of those years were during the summer of his Junior and Senior years of high school. During that time, he would always come home on leave to help support his family.

Bill served in the United States Army

during the Korean War. Following his honorable discharge from the Army, he attended Michigan Technological University on the GI Bill and received his bachelor's degree in Mechanical Engineering. Bill was employed by Baker Perkins in Saginaw, MI, for over 20 years where he became the Engineering Manager of a world-wide bakery equipment manufacturer. After working in lower peninsula for all these years, and raising a family, he had the opportunity to move back to the U.P. and jumped at the chance. He finished his working career at American Fabricators located south of Sault Ste. Marie, where he was the Plant Manager of an induction heating coil manufacturer, located at the old Kincheloe AFB. He moved to Pequaming, MI, after retiring, where he enjoyed the company of all his family and friends who he truly loved and cared about.

Bill married the love of his life, the former Anna Wallin, in Baraga, MI, on October 30, 1953. She preceded him in death on April 3, 2017. Bill was a member of the Zeba Indian Mission United Methodist Church, former member of the L'Anse Hospital Board, Keweenaw Bay Indian Community, L'Anse VFW #3897, L'Anse American Legion Post #144, and the Skanee Bunny Club. Bill enjoyed fishing, hunting, bowling, playing cards, visiting, and gardening.

Bill is survived by his loving sons: Bruce (Valerie) Swartz of Navarre, Ohio, and Gary (Diane Koskela) Swartz of Chassell, MI; grandchildren: Brian, Stephanie, and Anna; great grandchildren: Brielle Grace and Ari Vivian; brothers: Ward (Nancy) Swartz of Millington, MI, and Roland (Cheryl "Dodo") Swartz of L'Anse; sister: Amelia "Dolly" Sapcut of Baraga; and numerous nieces, nephews, and cousins. He is also survived by his very good friend, fellow card player and care giver, Carol Eilola. Bill was preceded in death by his parents; his wife; his son, Brian "Bims"; brothers: Wayne, Clyde, Jerry, and infant brother Baby Blue; and his sister: Pearl Thoresen.

A memorial funeral service for Bill was held at 11 a.m., Monday, February 10, 2020, at the Reid Funeral Service and Chapel, L'Anse, with Pastor Nathan Reed officiating. The family greeted friends at the funeral chapel on Monday from 9 a.m. until the time of the funeral service. Baraga County area veterans, under the direction of the Baraga American Legion Post #444 conducted military honors at 10:30 am. The family held a fellowship and luncheon at the Zeba Hall immediately following the services.

The Reid Funeral Service and Chapel of L'Anse assisted the family.

Anita Roselee Madosh
(August 12, 1956—February 20, 2020)



Anita Roselee Madosh, age 63, of Chocolay Township, walked on Thursday morning, February 20, 2020, at her home, in the comforting care of her family.

Born August 12, 1956, in Marquette, MI, the daughter of Leander August and Clara (Hilliard) Madosh, Nita was raised in Marquette, and she graduated from Marquette Senior High School, Class of 1996. During her working career, she was employed in maintenance with Michigan Bell Telephone and later at Wal-Mart.

In her leisure moments, she enjoyed going to the casino, sightseeing trips, and especially watching children, who affectionately called her "Auntie Nita". She was a member of the Keweenaw Bay Indian Community.

Nita is survived by her son: Brian Allen Johnson of Chocolay Township; sisters: Genevieve "Jeannie" (Gerald) Terando of Morris, IL, Nora Madosh of Orange Park, FL, Lana Rosenthal of Fond du Lac, WI, and Sharon (Dave) Schnorr of Fond du Lac, WI; a brother: Jon Glen (Debbie) Trevillion of Negaunee. She was preceded in death by her parents; step-father: Raymond Trevillion; sister: Judy Smith; and brothers: Gerald Madosh and Leander "Lee" (the late Lorraine) Madosh.

Traditional Native American ceremonies were held at the Ojibwa Community Center, located behind the Ojibwa Casino in Harvey, MI, on Sunday, February 23, 2020, beginning at 3:00 pm until 7:00 pm, with a feast held.

Fassbender Swanson Hansen Funeral and Cremation Services of Marquette assisted the family.



KBIC SENIORS - TAX PREPARATION REIMBURSEMENT PROGRAM

Eligible Seniors: Enrolled KBIC Members 55 years of age and older residing in Baraga County or on the Marquette Trust property.

How the Program Works: Eligible seniors will receive reimbursement up to \$100 for their 2019 tax return preparation. This year's program also provides reimbursement up to \$26 for completion of your 2019 Home Heating Credit return.

To qualify for reimbursement, eligible seniors must use a tax preparer who has been issued a Preparer Tax Identification Number (PTIN) by the Internal Revenue Service.

The Lake Superior Community Development Corporation and Sally Snyder are excluded from the program.

To receive your reimbursement, please turn in your original receipt to the Administrative Specialist in the CEO's Office. Please allow up to 10 business days for payment processing. (Reimbursement for personal returns only, business returns are not covered.)

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m.n.a. Michigan Nonprofit Association

For more information go to
www.mivoicecounts.org

KBIC Breastfeeding Support Circle

2020 Dates

- February 6th
- March 5th
- April 2nd
- May 14th
- June 4th
- July 2nd
- August 6th
- September 3rd
- October 1st
- November 5th
- December 3rd

Make and take craft, snacks, and social support for Breastfeeding families. Open to the community, pregnant women, new mothers, and experienced mothers.

Transportation Available

Register with Dawn at 353-4521.

KBIC Health Systems 2nd floor
conference room 4-6pm

Michigan WIC This institute is an equal opportunity provider.

Sponsored by KBIC WIC, Family Spirit, and Healthy Start Programs



Mother to Mother Support



Our Children Are Our Future

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

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With a Native Child*



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Brian & Suzie Elmlad
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Baraga, MI 49908

906.353.8827
backroadorganicsupply@gmail.com
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MARCH Birthdays

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

- Janice J Converse
- Leo S. Durant
- William E. Freese
- John Y Laux
- Karen A. Keck
- Earl R. Otchingwanigan
- Gary L. Robillard
- Annette M. Settlemoir



To know how to grow old is the master-work of wisdom, and one of the most difficult chapters in the great art of living.
~ Henri Frederic Amiel

Please let our Enrollment Office know if someone was missed or information is incorrect by calling (906) 353-6623, ext. 4111.

~ Miigwech

HAPPY BIRTHDAY



Jacobson Funeral Home, Inc
www.jacobsonfuneralhome.com

200 L'Anse Ave., PO Box 220
L'Anse, MI 49946
Ph 906-524-7800 Fax 906-524-7700

Susan M. Jacobs
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Six Tribes in Michigan Show Success Expanding Tribal Food Access

“The tribal food programs have assisted my family in making a healthier lifestyle switch that will last a lifetime. We will continue to use the tools gifted to us and share the knowledge with family, friends, and the community,” said Kristine Maki, a Tribal citizen of Keweenaw Bay Indian Community.

The Michigan Tribal Food Access Collaborative started in April 2017, a partnership between six Federally Recognized Tribes, Inter-Tribal Council of Michigan, Michigan Health Endowment Fund, and Michigan Public Health Institute. The project enhances the nutrition landscape in tribal communities. Participating tribes included Bay Mills Indian Community, Hannahville Indian Community, Keweenaw Bay Indian Community, Little Traverse Bay Bands of Odawa Indians, Nottawaseppi Huron Band of the Potawatomi, and Pokagon Band of Potawatomi.

Hannahville Indian Community located in the Upper Peninsula of Michigan is one of many tribal communities looking to help families increase their access to healthy whole foods at affordable prices, which is difficult in rural communities. “The Michigan Tribal Food Access Collaborative allowed us to stretch our range of outreach to those community members who would benefit from nutrition education and activities,” said Kelly Hansen, Hannahville Indian Community Health Educator

In two years, participating tribes went from 47 to 106 community partners. Community outreach activities included: nutrition education, cooking classes, food tastings, and distribution of materials. Tribes reported hosting 29 events in year one reaching about 900 people and 286 events in year two reaching about 17,040 people, collectively.

Elizabeth Leffler, Community Health Outreach Supervisor, Pokagon Band of Potawatomi Department of Health Services reported, “One of the biggest changes the program has helped to impact was getting a policy in place with medical providers to have them initiate conversations around BMI and health concerns during children’s wellness appointments. Providers are having these conversations with families earlier and completing referrals for at-risk children to work with a dietician for three months.”

Tribal healthcare providers were given a variety of resources, education, and tools focused on health behaviors, risk prevention, pediatric nutrition, and referrals to improve pediatric obesity screening rates and monitoring for their patient populations. At least four tribal health centers and a number of other communities through the National Native Network received training on improving the effective use of patient data within the electronic health record, education on pediatric obesity, type 2 diabetes, and other health and nutrition related topics.

Each tribe completed a food resource assessment to capture a snapshot of food access points in their communities. Emily VanderKlok, Community Health Outreach Manager, Nottawaseppi Huron Band of Potawatomi noted that, “Our food distribution has really improved on the reservation. We’ve made strong relationships with local farms, with one of them bringing veggie boxes once a week. We’ve also incorporated these veggie boxes into some targeted population programs, including the maternal-infant program and the youth program.

“I feel that the Michigan Tribal Food Access Collaborative has allowed a unique opportunity for our community. We have been able for the first time ever to work with youth in a full circle educational, scientific, and cultural process of the importance of gardening, and being seed savers for our community. We are hoping to reach more people each year with this effort. Future plans are for the children to sell garden vegetables at the Bay Mills and Brimley Farmer’s Market, along with sharing the knowledge they obtained with family. I am very excited to see this work continue and watch the children become leaders in growing sustainable healthy foods for community members to consume,” said Angela Johnston, MTFAC Coordinator at Bay Mills Indian Community.

Through continued commitment of local and statewide partners, the tribes participating in the Michigan Tribal Food Access Collaborative hope to continue to build on these early multi-component successes in the future by engaging local convenience stores to provide more fresh whole food options, expanding the learning community, continuing to work with health providers and clinics as well as children and families to educate on healthy Anishinaabe lifestyles and eating.

Dial Help Offers Youth Services

The mental health of teens is a huge topic in the country and here in the Upper Peninsula. Suicide rates have been on the rise since 1999, with suicide now the #2 cause of death for youth ages 10 and up. Dial Help developed the Youth One-Stop (YOS) Program with the unofficial motto “the buck stops here” when it comes to the well-being of young people in the Copper Country. With this program, funded by Portage Health Foundation, trained staff work to provide complete wrap-around care to make sure no child falls through the cracks.

“The schools can call us in when a student is in crisis, but we also have standing times where our staff is in the school available for drop-ins,” said Kara Eastling, YOS Coordinator and LLPC. “They can come in for any kind of support—whether they’re just having a rough day or dealing with more serious stuff. Our Crisis Specialists deescalate the situation and help the kids create safety plans to cope short-term. We also connect them to other professionals for long-term care when they need it.” YOS services include:

- Mobile Response Teams to provide face-to-face support
- Follow-up services to check in with youth by phone call or text
- Family support services to help promote healing as family
- Referral to resources and treatment system navigation
- Free counseling to youth who can’t access it elsewhere
- 24/7 crisis line

“Portage Health Foundation funded the YOS because they saw that local youth were struggling, and they thought the program had a potential for impact,” said Rebecca Crane, Dial Help Executive Director. “As we see outcomes for these kids getting better, it makes us excited about having an even bigger im-

Dial Help Offers Youth Services continued:

pact if we eventually expand.” This program is available in Baraga, Houghton, Keweenaw, and Ontonagon Counties. You can learn more by contacting Kara Eastling, LLPC at keastling@dialhelp.org or (906) 231-9294, or by searching the hashtag #DialHelpYOS. More information about Dial Help is available at www.dialhelp.org. Contact their crisis line 24/7/365 at (906) 482-HELP or (800) 562-7622, by texting 35NEEDS (906-356-3337), or online at their website. Learn more about Portage Health Foundation at www.phfgive.org.

STATE LAND BANK AUTHORITY

Second round of demolition grants available to help rural communities fight blight

State Land Bank rolls out \$250,000 in grants to eliminate blight in counties with 50,000 or less residents

LANSING, Mich. – The State Land Bank Authority announced Tuesday they are rolling out a second round of **Michigan Rural Community Demolition Grants**. Smaller communities in Michigan can apply for a \$50,000 grant to help eliminate blight and revitalize their communities.

The funds, available to Michigan county land banks and local units of government in counties with populations under 50,000, are designed to help communities remove vacant and abandoned structures from their neighborhoods and prepare for future developments that spark business investment and provide good jobs for residents. **Applications are due Friday, March 13, 2020, at 5 p.m.**

“We’ve seen great success within this past year and are very excited to be rolling out a second wave of grants,” State Land Bank Interim Director Jeff Huntington said. “We look forward to working with our upcoming group of grant recipients to help continue the development of vibrant communities as well as usher in new economic opportunities.”

Nine communities received funding last year to demolish abandoned and blighted structures in their communities. These demolition projects were completed throughout the fall and paved the way for new community gathering places, commercial units, and residential housing.

The one-time fund appropriation was spearheaded by Senator Jim Stamas and highlights the importance of supporting rural communities.

“Our rural communities and small towns are home to nearly two-thirds of Michigan families and represent the foundation of our economy and way of life,” Stamas said. “I look forward to seeing this effective program continue to help our smaller communities remove blighted structures, return the land back to productive use, and attract new development and opportunities.”

The maximum award per proposal is \$50,000 and can be used toward vacant and abandoned, blighted commercial or residential structures. Proposals will be evaluated based on their anticipated impact in promoting public safety, enhancing economic development, public and private investment in the project, and alignment with the community vision or other place making efforts.

Municipalities interested in applying for funds can learn more at Michigan.gov/LandBank.

INTERNSHIPS AVAILABLE



Great Lakes Indian Fish & Wildlife Commission (GLIFWC) is happy to announce available internships for its 2020 GLIFWC Summer Internship Program! In 2020, GLIFWC will be offering 16 unique internships from its various divisions, including

Biological Services, Planning and Development, Public Information, Enforcement, and Administration.

Through this internship program, college students will work one-on-one with their GLIFWC mentors in various divisions and learn about necessary coursework, college degrees, and trainings which result in gainful employment in a multitude of careers, including natural resource and stewardship careers with tribes. Also, students will participate in a variety of traditional Anishinaabe cultural events and learn about the importance of treaty reserved rights to the Anishinaabe people and their history in preserving these rights.

Complete applications (as outlined within the Opportunity Announcement) are due by **March 6th, 2020**, by 4:30 PM CST.

Internship Position Descriptions will also be available for viewing at www.glifwc.org under the “Employment” section.

KBIC SENIORS - TAX PREPARATION REIMBURSEMENT PROGRAM

Eligible Seniors: Enrolled KBIC Members 55 years of age and older residing in Baraga County or on the Marquette Trust property.

How the Program Works: Eligible seniors will receive reimbursement up to \$100 for their 2019 tax return preparation. This year’s program also provides reimbursement up to \$26 for completion of your 2019 Home Heating Credit return.

To qualify for reimbursement, eligible seniors must use a tax preparer who has been issued a Preparer Tax Identification Number (PTIN) by the Internal Revenue Service.

The Lake Superior Community Development Corporation and Sally Snyder are excluded from the program.

To receive your reimbursement, please turn in your original receipt to the Administrative Specialist in the CEO’s Office. Please allow up to 10 business days for payment processing. (Reimbursement for personal returns only, business returns are not covered.)

BIA Scholarship Deadline

The deadline to apply for a BIA Scholarship for the 2020-21 academic year is May 1, 2020.

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

Applications are available from the Education Office, Keweenaw Bay Tribal Center, 16429 Bear-town Rd. Baraga MI 49908.

For more information, please contact the Education Office at (906) 353-4117.

Human Resources
Baraga Property
16449 Michigan Avenue
Baraga, MI 49908
Phone: 906-353-4120
Fax: 906-353-8786



Human Resources
Marquette Property
105 Acre Trail
Marquette, MI 49855
Phone: 906-249-4200 x204
Fax: 906-249-9610

JOB TITLE: CDL Shuttle Bus Driver

DEPARTMENT: Marketing

LOCATION: Marquette

SUPERVISOR: Guest Services Supervisor

WAGE: \$14.50/hr + tips; Grade 8
Part-time, Non-Exempt

CLOSING DATE: 03/04/2020

The Keweenaw Bay Indian Community does not discriminate on the basis of race, color, national origin, sex, religion, or age in employment. However, individuals of Indian Ancestry and Veterans will be given preference by law.

POSITION SUMMARY: This position is responsible for the safe transportation of passengers to and from the Ojibwa Casinos. The incumbent will perform all required safety inspections and other duties required for the normal operation of the fleet vehicles. The employee must use the highest degree of care when interacting with the passengers, complying with all applicable Tribal, Federal and State rules, regulations and traffic laws. **Must be able to work evenings, weekends and holidays as needed.**

TO APPLY, PLEASE COMPLETE A KBIC ENTERPRISE APPLICATION AND SUBMIT IT & REQUIRED DOCUMENTATION TO:

(Applications may be obtained on the Ojibwa Casino website or from Human Resources)

You may email to hr@ojibwacasino.com OR

16449 MICHIGAN AVENUE
BARAGA, MI 49908

OR
105 ACRE TRAIL
MARQUETTE, MI 49855



NALOXONE—Can Save a Life!!

[ITC provides Naloxone/Harm Reduction Training](#)

Contact Lisa Moran, Education Manager

906-632-6896 Ext. 126

lmoran@itcmi.org

As the number of fatal opioid overdoses continue to increase dramatically across America, it is **IMPORTANT** to have naloxone in the hands of first responders, health professionals, family members, roommates and friends who can save someone's life before it's too late!

Who is at risk for an opioid overdose?

- People who take prescription opioids, especially in high doses.
- People who use alcohol, anti-depressants, or benzodiazepines in addition to opioids.
- People who are addicted to prescription or illicit opioids.
- People who have recently detoxed from opioids, or who are recently in recovery from opioid addiction.

What is naloxone?

- Also known by brand names Narcan or Evzio—Safe, FDA-approved medication that has been proven to reverse opioid overdoses in minutes. It comes in forms of a nasal spray and an injection.
- It can reverse an opioid overdose in minutes.

How does naloxone work?

- When you take an opioid, it binds to specific receptors in the brain, spinal cord & gastrointestinal tract.
- During an overdose, the drugs depress the user's respiratory system so much that the user stops breathing completely.
- Naloxone is an opioid antagonist used to temporarily reverse the effects of an overdose.
- It binds to the same receptor as the opioid, displacing the opioid in the process & temporarily undoing its harmful effects.
- After naloxone has been administered to an overdose victim, they can begin breathing again within a matter of a minute.

What is the need?

- There is a small time period of opportunity to reverse overdose & ensure the person stays alive when they overdose.
- Must be introduced to the body relatively quickly.
- It's only meant to be a first line of defense during overdose, because its antidote effect will wear off in 20-90 minutes.
- It buys time for the victim until they can be treated more thoroughly by licensed medical professionals.

How do you get naloxone?

- You may be able to access free or low-cost naloxone kits through community organizations.
- Local Pharmacy—these medications are available in most states without a prescription. (Cost varies)

VACANCY ANNOUNCEMENT



ANA ENVIRONMENTAL

BIOLOGIST: Six-month full time position, (funded March 6, 2020, until September 29, 2020), for the Great Lakes Indian Fish and Wildlife Commission (GLIFWC), located on the Bad River Reservation at

Odanah, WI. GLIFWC serves 11 Ojibwe tribes in the implementation and management of treaty harvesting rights. (Administration for Native Americans/BIA In-kind funded at 100% time).

DUTIES AND RESPONSIBILITIES: The ANA Environmental Biologist will:

1. Finalize edits for an Addendum to the Traditional Food Contamination and Food Safety Reports as per the direction of the Program Director and GLIFWC Biological Services Director.
2. Present the Addendum to the Traditional Food Contamination and Food Safety Report to GLIFWC's Board of Commissioners (BOC), Voigt Intertribal Task Force (VITF), and Lakes Committees and GLIFWC's Advisory and General Input Group of Elders (GAAGIGE), with Program Director.
3. Review chemical, biological, and physical contaminants risk of traditional foods to prepare outreach materials.
4. Consult with GLIFWC's Policy Analyst in the drafting of a Tribal Model Food Codes to ensure the codes are based upon sound science and effectively protect human health within tribal communities.
5. Provide community outreach to assist tribal communities in reducing biological, chemical and physical risks from traditional Ojibwe foods through participation in round-table discussions, workshops, and development of training materials.
6. Other duties as assigned.

QUALIFICATIONS: Bachelors of Science in fields such Environmental Science, Wildlife toxicology, Chemistry or a related area), preferred excellent scientific writing skills.

1. Demonstrated ability to draft scientific documents and possess an understanding of research including: 1) the application of standard scientific principles, theories, and concepts; 2) utilization of QAQC plans; 3) laboratory testing results; and 4) statistical analysis.
2. Demonstrated high degree of skill in written and oral communications and statistical analysis.
3. Experience working with Native American communities, elders, and tribal harvesters.
4. Willing and able to travel within the MN, WI, MI area.
5. Must possess a valid driver's license and be insurable.
6. Indian Preference will be applied consistent with GLIFWC Policies and the federal Indian Self-Determination and Education Assistance Act (PL 93-638).

SALARY: The starting salary range for this position is \$39,707 - \$43,679 depending upon qualifications and experience. GLIFWC offers a full range of benefits including health insurance, retirement plan, disability insurance, and life insurance.

TO APPLY: Send resume, cover letter and three references to: Jim Thannum, Director of Planning and Development, Great Lakes Indian Fish and Wildlife Commission, P.O. Box 9, Odanah, WI 54861 jthannum@glifwc.org

CLOSING DATE FOR APPLICATIONS: March 6, 2020, (4:00 pm CST).

Michigan Indian Leadership Program at Michigan State University

FOOD DISTRIBUTION PROGRAM ON INDIAN RESERVATIONS (FDPIR) FY 2018 NET MONTHLY INCOME STANDARDS* (Effective Oct. 1, 2019 to Sept. 30, 2020)

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

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:

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

JULY 19-24, 2020

- FREE Program for Native Youth
- Space is Limited
- Apply Early
- Application Deadline: April 17, 2020. Late applications will be considered on a space available basis or placed on the waiting list.
- Call or email for more information or to request an application



Contact Information:

Stephanie Chau
Little River Band Of
Ottawa Indians Tribal
Citizen and
MILP Director
(517) 355-0234
chaus@msu.edu

- Program Dates are: JULY 19-24, 2020
- Native American Students Entering 8-12 Grades in Fall 2020
- Application Deadline: April 17, 2020
- Learn about College, Admissions and Financial Aid
- Prepare for College and Your Future
- SAT Prep
- Cultural Activities
- Leadership Development
- Native American Staff/Mentors/College Students
- Explore College Majors and Career Opportunities
- You can download the application on our website:

<https://www.canr.msu.edu/milp>

Sponsored by: College of Agriculture & Natural Resources and the Office of Associate Provost for Undergraduate Education.



Word list
iskigamizigan
mikwam
anit
ziigwan
zoogipon
bimose
giigoonyike
gizhiyaadae

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

_ i k w _ _ (ice)

_ _ m _ _ e (she walks along)

g i z _ _ _ y _ _ d a e (she skates fast)

_ s k _ _ a m _ z i g a _ (sugar camp)

z o _ _ _ p o n (it snows)

_ i i g _ _ _ (it is spring)

_ n _ t (a fish spear)

g _ _ g _ _ n y _ _ e (she fishes)



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

Keweenaw Bay Ojibwa Community College

KBOCC

CAREER FAIR

FREE AND OPEN TO THE PUBLIC

Thursday, March 12

10AM-2PM

KBOCC Wabanung Campus
770 N Main Street
L'Anse, MI 49946

Companies will be looking for full-time, part-time, paid internships and seasonal positions

This event is sponsored by the KBOCC Business Department

www.kbocc.edu/careerfair

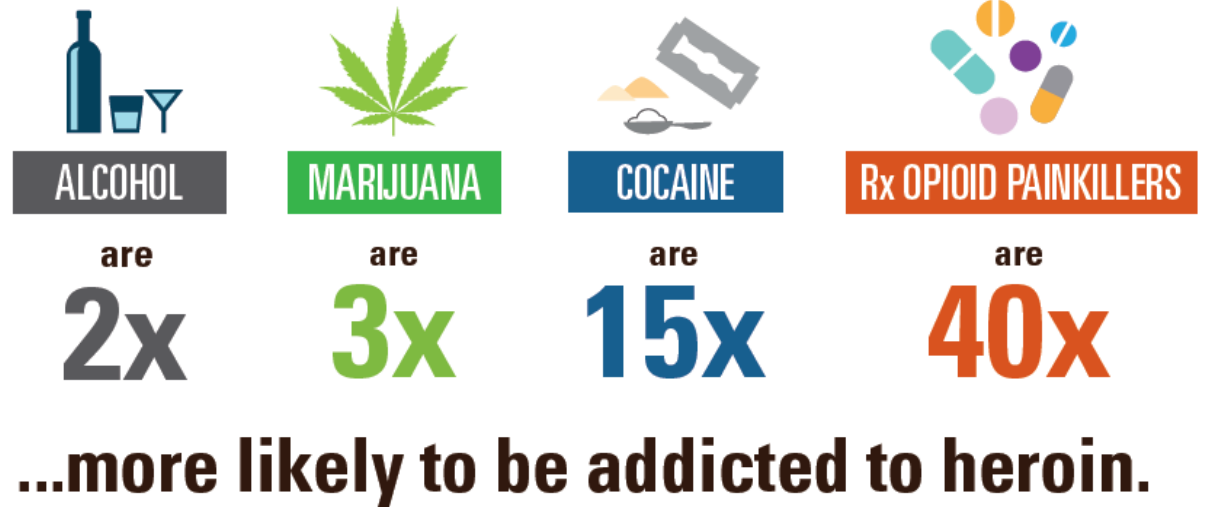
Heroin use is part of a larger substance abuse problem.

Nearly all people who used heroin also used at least 1 other drug.

Most used at least **3** other drugs.

Heroin is a highly addictive opioid drug with a high risk of overdose and **death** for users.

People who are addicted to...



SOURCE: National Survey on Drug Use and Health (NSDUH), 2011-2013.

Keweenaw Bay Indian Community

Office of Child Support Services

P.O. Box 490, Baraga, MI 49908
Phone: 906-353-4566
Fax: 906-353-8132



"YOUR Children ... OUR Priority"

We provide the following services:

- Paternity Establishment
- Establishment of Child Support
- Outreach Services
- Mediation



REMINDER: Starting October 1, 2020, you will need REAL ID to fly in the United States. **What is a REAL ID?** REAL ID can be any of the following:

- Your driver's license or State ID Card only if it includes the REAL ID star.
- Your Enhanced Driver's License or Enhanced State ID Card (with or without the REAL ID star).
- A valid U.S. passport or passport card or other document listed at TSA.gov.
- A Native American Tribal I.D.



How will REAL ID affect me? Beginning October 1, 2020, you must have a REAL ID—compliant document to board domestic flights and enter certain federal facilities, nuclear power plants, and U.S. military bases. REAL ID is a federal law passed after 9/11. For more information at REAL ID, visit Michigan.gov/REALID.

(12) Ashi Niizh

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

\$20,000 MARCH MONEY MADNESS

OjibwaCasino.com

Participants must be a Rewards Club member, at least 18 years old, and have a valid government-issued ID.

SHOOT FOR A SHARE OF \$20K!

Saturdays | 5PM - 11PM

Dribble, shoot, and alley-ooop into Ojibwa Casinos Saturdays in March for your chance to score a share of over **\$20,000 CASH!** Beginning March 1st, you'll receive an entry for every 100 points earned. Then, be here every Saturday for the hourly drawings from 5PM to 11PM, where we'll choose SIX lucky guests to win **\$700 CASH** and ONE lucky winner of **\$1,000 CASH!** So, get in the basketball spirit and come in for your lucky shot at a WIN!

OJIBWA CASINO
BARAGA | MARQUETTE

According to us, we're invincible...

...when we participate in the 2020 Census. The census is our voice to show others how our communities have grown and what we need. When we participate, the census provides us information that we use for programs and grants to help shape the future for generations to come.

To learn more go to 2020CENSUS.GOV

Shape our future
START HERE >

