

# WIKWEDONG DAZHI-OJIBWE

The Keweenaw Bay Ojibwe

Namebini Giizis - Sucker Fish Moon - February 2017 Issue 151



## Keweenaw Bay Indian Community's Elected and Re-Elected Council Members Sworn Into Office



Picture by Lauri Denomie.

(Left to right) Newly elected and re-elected Council Members, Rodney Loonsfoot, Gary F. Loonsfoot, Jr., Elizabeth "Popcorn" Mayo, and Michael F. LaFernier, Sr., take oath of office conducted by President Warren "Chris" Swartz, Jr. at the January 7, 2017 Council Meeting.



Picture by Lauri Denomie.

(Above) President Warren "Chris" Swartz, Jr. Conducts the oath of office to re-elected Associate Judge, Violet M. Friisvall Ayres. (Below) President Warren "Chris" Swartz, Jr. recognizes retiring Councilman Gary F. Loonsfoot, Sr.



Picture by Lauri Denomie.

## January 7, 2017 TRIBAL COUNCIL MEETING

The Regular Saturday Tribal Council Meeting was held on January 7, 2017, at the Ojibwa Casino Resort Conference Room in Baraga, Michigan. President Warren "Chris" Swartz, Jr., presided over the meeting with Jennifer Misegan, Susan J. LaFernier, Toni Minton, Doreen Blaker, Robert R.D. Curtis, Jr., Fred Dakota, Randall Haataja, Michael F. LaFernier, Sr., and Gary F. Loonsfoot, Sr. present. Not present: Eddy Edwards and Donald Shalifoe, Sr.

President Swartz shared numerous *Thank You* and *For Your Information* items addressed to Council.

Vice President Jennifer Misegan gave the Vice President's Report (page three), Susan J. LaFernier gave the Secretary's Report (page three), and Larry Denomie III gave the CEO's Report (page four). Council approved the November 2016 Department Head Reports and Meeting Minutes for December 3, 2016, December 9, 2016, and December 19, 2016.

Treasurer Doreen Blaker presented the January 2017 donations requests. **Motion by Jennifer Misegan to approve the January 2017 donations as: \$500 for Daniel Curtis' travel to New York City with LHS Band, supported by Michael F. LaFernier, Sr. Eight supported (Misegan, S. LaFernier, Minton, Blaker, Dakota, Haataja, M. LaFernier, Loonsfoot), 0 opposed, one abstained (Curtis), two absent (Edwards, Shalifoe), motion carried.**

Diana Chaudier, Election Board Chairperson, presented the December 17, 2016, General Election results for certification. Results for Tribal Council in the Baraga District were: Donald Shalifoe, Sr. (Inc.) 169 votes; Rodney Loonsfoot 218 votes; Elizabeth "Popcorn" Mayo 183 votes; and Don Messer, Jr. 154 votes. In the L'Anse District: Michael F. LaFernier, Sr. (Inc.) 269 votes; Lyndon Ekdahl 197 votes; and Gary F. Loonsfoot, Jr. 227 votes. For Associate Judge: Violet M.

### Tribal Council Members:

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



### SPECIAL POINTS OF INTEREST

- Elected and Re-Elected Council Members Sworn Into Office
- January 7, 2017 Tribal Council Meeting
- New Years Eve Powwow Held at KBIC
- Ojibwa Library News
- Education Incentive Program Awards Announced
- Deepest Sympathy
- Ojibwemowin

Friisvall Ayres (Inc.) 312 votes. There are 721 registered voters, of whom 391 (54%) actually voted in this election. Of the 831 individuals who are eligible to register to vote, 47% of them voted in this election. **Motion by Robert R.D. Curtis, Jr. to certify the December 17, 2016, General Election results, supported by Randall Haataja. Seven supported (Misegan, Minton, Blaker, Curtis, Dakota, Haataja, Loonsfoot), 0 opposed, two abstained (S. LaFernier, M. LaFernier), two absent (Edwards, Shalifoe), motion carried.**

President Warren "Chris" Swartz, Jr. recognized Eddy Edwards, Gary F. Loonsfoot, Sr. and Donald Shalifoe, Sr. for their years of service as a Council Members. Gary F. Loonsfoot, Sr. was presented with a plaque and a parting gift on behalf of the Keweenaw Bay Indian Community and the Tribal Council. Eddy Edwards and Donald Shalifoe Sr. will receive their gifts and plaque at the Tribal Center as they were not present at today's meeting. President Swartz expressed to all three departing Tribal Council Members, "I express my sincere thanks and gratitude for everything you've done while on the Council. Sometimes the things we discuss at this table can be contentious and the debate can be spirited, but at the end of the day, we can hold our heads up high when we leave knowing that we've done the best that we could do for the people of the Community."

President Warren "Chris" Swartz, Jr.

Continues on page two. (1) Bezhigh

## **Council Meeting continued:**

conducted the oath of office to the re-elected Associate Judge, Violet M. Friisvall Ayres.

President Warren "Chris" Swartz, Jr. conducted the oath of office to the newly elected and re-elected Council Members: Michael F. LaFerner, Sr., Gary F. Loonsfoot, Jr., Rodney Loonsfoot, and Elizabeth D. Mayo.

Reorganization nominations were made as follows:

- (Nominations for President). Council Member Elizabeth "Popcorn" Mayo asked, "Is this an hourly paid position of the Tribe?" President Warren "Chris" Swartz, Jr. replied, "Yes. \$39.97 per hour." Elizabeth "Popcorn" Mayo asked, "How many hours a week do you work?" President Warren "Chris" Swartz, Jr. replied, "Varies, at least 40." Elizabeth "Popcorn" Mayo asked, "Does this position receive a meeting stipend?" Warren "Chris" Swartz, Jr. replied, "On Saturdays I do. All other meetings I don't." Elizabeth "Popcorn" Mayo nominated Warren "Chris" Swartz, Jr. for President. Warren "Chris" Swartz, Jr. was named President.
- (Nominations for Vice President). Council Member Elizabeth "Popcorn" Mayo asked, "Is this an hourly paid position of the Tribe?" Vice President Jennifer Misegan replied, "It has been. So, sometime this summer it was made a 20-hour a week position at \$32.00/hour. The stipend is done as it is for every employee. There is an amount that is taken off for our wage when we attend meetings." Elizabeth "Popcorn" Mayo asked, "So do you take your Council wage off the stipend?" Vice President Jennifer Misegan replied, "It is actually my hourly wage, and the Council wage is combined, and there's an average of the two, and that is what is taken off." Elizabeth "Popcorn" Mayo stated, "For the record, I do not support the paid position of the Vice President. The Vice President has always been paid by a meeting stipend. An hourly paid Vice President position or an hourly paid Executive Board should be brought forward to the Community to be voted on by the people." Toni Minton nominated Jennifer Misegan for Vice President. Rodney Loonsfoot nominated Elizabeth "Popcorn" Mayo for Vice President. Mayo declined the nomination. Robert R.D. Curtis, Jr. nominated Rodney Loonsfoot for Vice President. Jennifer Misegan (nine votes), and Rodney Loonsfoot (three votes). Jennifer Misegan was named Vice President.
- (Nomination for Secretary). Council Member Elizabeth "Popcorn" Mayo asked, "Is this an hourly paid position of the Tribe?" President Warren "Chris" Swartz, Jr. replied, "No." Elizabeth "Popcorn" Mayo asked, "Does this position receive a meeting stipend?" Secretary Susan J. LaFerner replied, "Yes, it does, but I decline the meeting stipends for special meetings. I do take the Saturday meeting stipend." Toni Minton nominated Susan J. LaFerner for Secretary. Susan J. LaFerner was named Secretary.
- (Nomination for Assistant Secretary). Council Member Elizabeth "Popcorn" Mayo asked, "Is this an hourly paid position of the Tribe?" Assistant Secretary Toni Minton replied, "No." Elizabeth "Popcorn" Mayo asked, "Does this position receive a meeting stipend?" Toni Minton replied, "Yes." Jennifer Misegan nominated Toni Minton for Assistant Secretary. Toni Minton was named Assistant Secretary.
- (Nomination for Treasurer). Council Member Elizabeth "Popcorn" Mayo asked, "Is this an hourly paid position of the Tribe?" Treasurer Doreen Blaker replied, "No, ma'am." Elizabeth "Popcorn" Mayo asked, "Does this position receive a meeting stipend?" Treasurer Doreen Blaker replied, "Yes, ma'am." Susan J. LaFerner nominated Doreen Blaker for Treasurer. Doreen Blaker was named Treasurer.

Elizabeth "Popcorn" Mayo said, "It is not against you guys. It's a question I want the Community to know. It's been three years since I've been on Council, and that is the only reason I'm asking the questions." President Warren "Chris" Swartz, Jr. said, "Just so everyone knows that the only position that has changed is the Vice President position, all of the others are the same." Vice President Jennifer Misegan

said, "In all actuality there is enough work for the entire Council to be full time."

Council Member Elizabeth "Popcorn" Mayo said, "Can we approve your (President's) salary while in open session so everybody knows?"

President Warren "Chris" Swartz, Jr. said, "Yes."

Vice President Jennifer Misegan said, "I believe it is time for us to do a wage analysis because it has been several years. I have actually started working on that. I have a questionnaire that I'll e-mail to everyone. I think people need to know what these positions detail, and the work that is involved. It needs further discussion."

Elizabeth "Popcorn" Mayo said, "I talked with the Chairman yesterday, and I asked him what he was thinking; I'll make a motion based on that decision. He thought \$55.00 was fair." **Motion by Elizabeth "Popcorn" Mayo to approve the Chairman's salary at \$55.00 per hour based on his experience as Chairman for the past seven years and being on the Tribal Council for over sixteen years, supported by Randall Haataja. Six supported (S. LaFerner, Dakota, Haataja, M. LaFerner, G. Loonsfoot, Mayo), three opposed (Blaker, Curtis, R. Loonsfoot), two abstained (Misegan, Minton), 0 absent, motion carried.**

Opposition and further discussion: Robert R.D. Curtis, Jr. said, "I'd like to have more time to think about that."

Rodney Loonsfoot said, "I'd like to see the wage analysis."

Doreen Blaker said, "There was a wage analysis that was going to be done, and that could be presented to the public, so everyone could understand where that \$55.00 was coming from or if it was more or less."

Jennifer Misegan said, "I'm abstaining for the same reason. We were going to do some work to find out what other tribes are paying their Presidents."

President Warren "Chris" Swartz, Jr. said, "I've talked to the Council regarding my wage. It's hard. I said this when Donny was the Chairman. There is no consideration for your President after he is gone. The President is the only position in this Community that doesn't get paid unemployment. Everyone else gets unemployment. For my unemployment, I have to save my annual and my sick leave throughout the year. So over the past few years I've saved that annual and sick leave because I never knew if I'd continue to be the President or not every time it comes up (yearly), so I'd have some money to live off if I wasn't here. So when Popcorn asked me what I thought I should be paid, and I thought Donny should have been paid more, and I did bring it up at this table because I know what it feels like to not have a job and not have any money coming in. I thought it was time. When I first started out, I got \$28.00 an hour, and I got one raise after three years up to \$33.00 an hour. I've been in this position, and this is my eighth year now. When I first started, I agree I didn't have the experience, but I did the best that I could when I was given the opportunity to sit in this position. I wish everyone had the opportunity to sit in this chair and experience what it is like because it is not all fun and games. I lay up at night thinking and thinking. I am always thinking of my people, and what's the best interest of our people. We've got our environmental issues, we've got our treaty issues, we've got a college now, and we've got the Affordable Care Act that might be torn apart here within the next year. There are a lot of uncertainties that we don't know that is going to happen, and the people look at us as their leader; what are we doing with this? I don't always have the answer, but I have people surrounding me whom I can use as resources, and together, we can get the job done and hopefully move forward in the best interest of the Tribe. So I don't think the extra \$15.00 is extravagant. It's just not easy."

Fred Dakota said, "It's not an easy thing to be sitting where Chris is. It's very difficult. Our reservation is being invaded by the state. They are pushing more and more regulations on us, and we have to stand up for ourselves and make certain that we have the jurisdiction over our people here not them."

President Warren "Chris" Swartz, Jr. said, "Not once have I ever watered down the sovereignty when it comes to treaty rights that we enjoy at this table."

Michael F. LaFerner, Sr. said, "I do know one thing, in all the years that I've sat here, we

don't all know what is going on; sometimes just a few who sit at this table do. I don't like that. People ask me, and I don't have an answer."

Elizabeth "Popcorn" Mayo said, "That needs to stop. We need to work as a team, and we always need to be on the same page."

President Warren "Chris" Swartz, Jr. said, "There is an opportunity to work on the same page, and it's in regard to treaty rights. We need to go down to Lac Vieux Desert and stand up for our home territory here and convince Lac Vieux Desert that is what we want to do here in Michigan. It would be good to get them on board, so we can regulate all Indians here in Michigan similar to what the VOIGT Model Code does over in Wisconsin."

Doreen Blaker restated her opposition, "There was a wage analysis that was going to go on. If we're being accountable to the people and asking each individual position that is being done here, what better way than justifying a wage raise by doing an analysis and showing all the work that he is doing. Nobody is saying that you don't work hard, Chris. I think you do a great job as Chairman. But I also think to justify this to the people of the Community there should have been a wage analysis."

President Warren "Chris" Swartz, Jr. said, "So noted. Was there one done for the Vice President?"

Vice President Jennifer Misegan said, "Actually that would be done in the analysis."

Rodney Loonsfoot said, "I'd like to state my opposition. As a new Council member I would like to see the wage analysis in that process, so I am educated in making the correct decisions. Chris, you do a phenomenal job; we just want to make sure we give the proper credit due process for what you do and for what you just stated."

**Motion by Susan J. LaFerner to continue with the wage analysis of Council, top executives, and all employee compensation, supported by Toni Minton. Ten supported (Misegan, S. LaFerner, Minton, Blaker, Curtis, Dakota, Haataja, M. LaFerner, G. Loonsfoot, Mayo), 0 opposed, one abstained (R. Loonsfoot), 0 absent, motion carried.**

Larry Denomie III said, "A proposal is being sought to do a compensation review since it hasn't been done since 2007, and it was suggested when that structure was done that it be done every five years. Hannah Beesley, Personnel Director, and Jim Nardi, HR Director, have solicited for proposals. I believe they have two, and they are waiting on the third one. That would be for everyone on the wage structure across the Tribe."

**Motion by Doreen Blaker to approve the Depository of Funds with Superior National Bank and Wells Fargo Bank, supported by Michael F. LaFerner, Sr. Ten supported (Misegan, Minton, Blaker, Curtis, Dakota, Haataja, M. LaFerner, G. Loonsfoot, R. Loonsfoot, Mayo), 0 opposed, one abstained (Susan J. LaFerner), 0 absent, motion carried.**

**Motion by Doreen Blaker to have the check signers be any two Council Members and the signature stamps are to only be used by a Council Member in cases of emergency, payroll, and the senior/disability disbursements, supported by Elizabeth "Popcorn" Mayo. Eleven supported (Misegan, S. LaFerner, Minton, Blaker, Curtis, Dakota, Haataja, M. LaFerner, G. Loonsfoot, R. Loonsfoot, Mayo), 0 opposed, 0 abstained, 0 absent, motion carried.**

**Motion by Jennifer Misegan that the Tribal Court check signers be the Council, Chief Judge, Associate Judge, and Court Clerk; and the Child Support Office check signers be the Council, Chief Judge, Associate Judge, Court Clerk, and the Child Support Director, supported by Toni Minton. Ten supported (Misegan, S. LaFerner, Minton, Blaker, Dakota, Haataja, M. LaFerner, G. Loonsfoot, R. Loonsfoot, Mayo), 0 opposed, one abstained (Curtis), 0 absent, motion carried.**

President Warren "Chris" Swartz, Jr. said, "I've received a letter from Gaming Commissioner, Elizabeth "Popcorn" Mayo, resigning from the Gaming Commission. The Gaming Ordinance does not allow her, now that she has been sworn in as a Tribal Council Member, to hold dual positions on the Gaming Commission and the Tribal Council." Vice President Jennifer Misegan said, "The Ordinance requires the Council to declare the seat vacant and appoint a

### Council Meeting continued:

replacement.” Motion by Jennifer Misegan to declare a vacant position on the Gaming Position and to advertise for an individual to fill that position, supported by Randall Haataja. Eleven supported (Misegan, S. LaFernier, Minton, Blaker, Curtis, Dakota, Haataja, M. LaFernier, G. Loonsfoot, R. Loonsfoot, Mayo), 0 opposed, 0 abstained, 0 absent, motion carried.

Council adjourned with no further business on the agenda.

~ Submitted by Lauri Denomie, Newsletter Editor

## Outpatient — Access To Recovery (ATR)

The KBICSAP Outpatient ATR program is now open to all Natives and Non-Natives 18 and older. ATR consists of Phases:

- Phase I: anyone who has used alcohol/drugs in the past 12 months.
- Phase III: anyone who has been sober/clean from Alcohol/Drugs for over 12 months.

Both phases require you to watch eight hours of Alcohol/Drug Videos at our office, and you will receive gift card incentives. Contact our office at (906) 353-8121 to set up an appointment to enroll.



## **Vice President's Report for the Month of December 2016**

- Progress continues to be made regarding tobacco manufacturing. We have funded the escrow account as required in the term sheet. We are currently reviewing the draft Management Agreement as well as the Licensing Agreement. I have completed my background application for the TTB license application as required, as have several other members of the board. Our weekly progress calls will resume on January 10 since we took a few weeks off due to the holidays.
- Groundbreaking ceremonies were held in both Baraga and Marquette for our exciting expansion projects. Considering the cold weather, they were both very well attended, and I would like to thank everyone who helped to make them a success. It was an honor to be a part of such a historical advancement for the Keweenaw Bay Indian Community.
- Some Tribal members have already filed amended tax return for 2014 and 2015, deducting the income they received from the General Welfare Support Program and the Elder and Disabled Pension. Those members are receiving letters back from the IRS asking for either a corrected Form 1099 or a letter from the Tribe stating the total amount of the General Welfare payments. Please be advised that we are not able to provide amended Form 1099s; however, we are currently working on letters for each member who received the benefits. These letters will be in the mail to those members by the end of February. It is going to be a difficult, coordinated task between the Enrollment/Licensing Department, Accounting Department, and the Attorney's office. We are also continuing to work with Attorney Robert Porter to educate the Social Security Administration and

the State of Michigan Department of Human Services on those benefits.

- State Representative Scott Dianda met with me last week while Chris was attending the VOIGHT Taskforce meeting. We discussed our casino projects, and he will be sending letters of support for our land to trust applications in Marquette County. As always he was very supportive of the Tribe and is always willing to help us.
- We have arranged for Trooper Tim Scholander of the Upper Peninsula Substance Enforcement Team to give a presentation to the Council and the Community on January 23 at 2:30 p.m. in the Ojibwa Casino Resort Conference room. The topic of the presentation will be on the prevalence of Heroin use and the dangerously potent drug Carfentanyl. This presentation is open to everyone and is sure to be a great learning experience.
- With the change in the Federal Administration, it will be extremely important to stay on top of the developments, especially those affecting Indian Country. There is a plan to provide updates to the Council on a weekly basis. We will all need to be reading, researching, and paying attention to the challenges and opportunities ahead.

I would like to say Congratulations to those who won our annual election, and Chi Miigwech for the service to those who will be sitting at this table for the last time. It can be a difficult yet rewarding position.

Respectfully submitted,  
Jennifer Misegan

## **Tribal Council Secretary's Report for the Month of December 2016**

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

We continue to recognize the richness of Native American contributions, accomplishments, and sacrifices to the political, cultural, and economic life of Michigan and the United States.

Let us pray for a year of new peace and contentment and new fortune and friends, and may God bless us throughout 2017. Have an unforgettable New Year as we welcome a new President of the United States and new members to our Tribal Council: Gary Loonsfoot, Jr., Rodney Loonsfoot, and Elizabeth "Popcorn" Mayo. Also congratulations to Michael F. LaFernier, Sr. on his re-election. We wish Eddy Edwards, Gary Loonsfoot Sr., and Donald Shalfoe, Sr. good luck with their future endeavors. Also many thanks to all of our employees for their dedication and work for our Tribe.

*Mino-Bimaadizin "Live Well"*

The Tribal Council held their Regular Saturday Meeting on December 3, 2016; two Special Council meetings were held on December 9, and 19, 2016. The unapproved motions for December 3, 9, and 19, 2016, follow. Actions taken were:

### **December 3, 2016 Regular Council Meeting (on 01-07-17 agenda for approval):**

- Approved the Tribal Council President's Report for November 2016 (Warren Chris Swartz, Jr.).
- Approved the Tribal Council Vice President's Report for November 2016 (Jennifer Misegan).
- Approved the Tribal Council Secretary's Report for November 2016 (Susan J. LaFernier).
- Approved the CEO's Report for November 2016 (Larry J. Denomie III).
- Approved the October 2016 Department Head Reports.
- Approved the October 27, 2016 Tribal Council Meeting Minutes.
- Approved the Great Lakes Inter-Tribal Council, Inc. Tribal Sub-Award Agreement for the Bemidji Area Leaders Acting for Change (BALAC) Program.
- Approved the December 2016 Donations: \$500.00 for the Calumet Art Center membership renewal; \$1,500.00 to the Salvation Army for holiday donations; \$1,000.00 to the Wounded Warrior Project to help veterans; \$500.00 to Michigan Indian Legal Ser-

vices, Inc. to assist low income Indian families; \$500.00 to Taylor Shelafoe for her Teen Pageant fees; \$300.00 to Legal Services of Northern Michigan to assist local communities; \$250.00 to Little Brothers Friends of the Elderly for holiday dinners; \$250.00 to the Superior Health Foundation for equipment; and \$1,000.00 to St. Vincent DePaul.

### **December 9, 2016 Special Council Meeting (on 1-7-17 agenda for approval):**

- Approved Resolution KB 058-2016 Marquette 2% \$162,572.67.
- Approved the U.S. Department of the Interior Geological Survey Joint Funding Agreement for the streamgaging station on the Silver River near L'Anse for \$26,526.00, October 1, 2016 - September 30, 2018.
- Approved the Upper Peninsula Health Plan, LLC Maternal Infant Health Program Provider and Medicaid Health Plan Care Coordination Agreement.
- Approved the Upper Peninsula Health Care Solutions/Upper Peninsula Health Information Exchange Business Associate Agreement.
- Approved Resolution KB 065-2016 Tribal Transportation Improvement Plan (TTIP) and Inventory 2017-2020.
- Approved the proposed location on Brewery Road across from the New Day Treatment Facility for the new KBIC Halfway House.
- Defeated a motion to table the appointment of William "Bill" Jondreau as an Appellate Justice until discussion in closed session.
- Approved the appointment of William "Bill" Jondreau as an Appellate Justice.

### **December 19, 2016 Special Council Meeting (on 1-7-17 agenda for approval):**

- Approved the November 5, 10, 17, and 23, 2016 Tribal Council Meeting Minutes.
- Approved to draft loan documents for the KBIC Tobacco Company in the amount of \$500,000.00 for start-up costs and manufacturing set-up.
- Approved a donation of \$250.00 to the Baraga County Shelter Home.

Respectfully Submitted,  
Susan J. LaFernier

## CEO's Report for the Month of December 2016

During the month of December 2016, the CEO's office reported the following:

- On December 5 and 6, programming sessions were held for the new casino projects in Marquette and Baraga respectively. Staff from the Cunningham Group, who are Architects for the projects; Gundlach Champion representatives; the new casino projects workgroup; and casino staff participated in the successful all day meetings. Information gathered at the meetings will aid Cunningham in putting together more detailed layouts for both projects. The updated drawings will be shared with Council once they are ready.
- On December 6 in Marquette, and December 7 in Baraga, the groundbreaking ceremonies for the new casinos took place. The staff of the casinos did a great job organizing the events. The historic events were well attended by dignitaries, staff, and community members.
- I, along with Vice President Misegan, Jason Ayres, Danielle Webb, and other staff attended Chocolay Township's Board Meeting on December 7. A proposal was presented to the Board to extend water supply from the Tribe's planned elevated water tank for fire suppression and potential domestic water for residents near the Marquette Casino. The Board passed a motion to accept the proposal which would extend the Tribes 2% distributions to the Township to aid in the costs of the project. The Board's agenda also included discussion about the comment period for the Tribe's Land To Trust Application for property it owns around the casino. The project for Marquette includes building of the new hotel and restaurant on that property, and since it isn't in trust, the Tribe will need to comply with their zoning ordinance. Jason is working closely with their planning commission on the zoning issue of which they are supportive. The Board did pass a motion to request a 30-day extension on the comment period which will expire this month. The Board has a meeting scheduled for this coming Monday which we will again attend. An update on the results of that meeting will be

given at your next meeting.

- On December 12, I participated in a meeting with our station's fuel supplier representative, Joe Van Alstine, of US Oil. The Tribe's contract with them for the Pines expires in October of 2018, and they have offered a proposal to extend our relationship with them. I will provide additional details on the offer at your next meeting.
- We continue to hold progress meetings with our tobacco manufacturing partners. Our next milestone will be submittal of the application package for the license to manufacture, and this is currently slated to happen on January 16. We have also received and are reviewing drafts of the license agreement and management agreement for the venture, and Danielle Webb, Tribal Attorney, is preparing the Articles of Organization which are needed to form the company under the Tribe's Code.
- I did take two weeks off during the holiday period at the end of the month. As you are aware, many of our members ended up without heat during the Natural Gas issue that occurred on December 23. I would like to thank Officer Jake Misegan and George DeCota, the Tribe's Emergency Response Liaison, for taking lead roles in handling the situation. There are many other entities and individuals, including the Housing Department staff, who also helped with the situation; but Jake and George responded quickly and ensured the Tribe was well represented. I also want to thank Doreen Blaker who just so happened to be headed in the right direction at the right time. She put her planned Christmas shopping in Marquette on hold to pick up and deliver just over 60 space heaters that were provided to Tribal Members to provide some form of heat during the natural gas outage to the Zeba Hall. I think it can be deemed a Christmas miracle that most everyone had service restored by Christmas.

Respectfully submitted,  
Larry Denomie III, CEO

## Deepest Sympathy

### Barbara Jeanne Bryan (Morin) "Punkin"

(October 12, 1962—December 31, 2016)

Barbara Jeanne Bryan (Morin) "Punkin", age 54, of Crystal Falls, MI, passed away on Saturday, December 31, 2016, at Iron County Medical Care Facility.

Barbara was born October 12, 1962, in Detroit, MI, the daughter of Hubert and Darlene (Norback) Morin. She graduated from L'Anse High School in 1980, then received a Bachelor degree in Criminal Justice from NMU. Barbara previously worked for the Michigan Indian Child Welfare Agency (MICWA) and as the KBIC Recording Secretary. She was a member of the Keweenaw Bay Indian Community. She enjoyed singing karaoke, going to Bingo, playing games online, camping, and spending time with her family.

Surviving are her husband: Kenneth; sons: Shaun (Ashley) Bryan of Crystal Falls, MI, Shane Bryan of Iron River, MI, and Shad Bryan of Ionia, MI; brother: Roger "Scott" Morin of L'Anse; sisters: Cheryl "Sissy" Morin and Marianne (Richard) Wickstrom both of L'Anse; grandchildren: Damian, Dante and Taylianna; great aunt: Evelyn Beauprey of L'Anse; great uncle: JoJo (Kathy) Provost of Crystal Falls; niece: Jessica Wickstrom; nephew: Kolt Wickstrom; and numerous cousins.

Preceding her in death are her parents.

A memorial service was held on Friday, January 6, 2017, at the Jacobson Funeral Home. Fr. Corey Litzner officiated. The Jacobson Funeral Home assisted the family.

### Paula Jean Rantanen

(February 15, 1960—January 3, 2017)

Paula Jean Rantanen, age 56, of Baraga, MI, passed away on Tuesday, January 3, 2017, at U P Health System Marquette, MI.

Paula was born February 15, 1960, in L'Anse, MI, the daughter to George and Betty (Barbano) Rantanen. She attended school in L'Anse and Baraga where she graduated High School and then attended Suomi College. In 1988, Paula began working as a bartender/cook at the Ojibwa Lanes. In 1993, she began as a security officer, then became a shift supervisor until 2007 when she became Security Manager at Ojibwa Casino until she retired in 2014. She also was an EMT and worked for Bay Ambulance for a year.

Paula was a member of the KBIC. She enjoyed arts, crafts, sewing, baking birthday cakes for her family, and enjoyed spending time with her grandchildren. Paula always wanted to continue learning by taking classes, reading, and going on the computer. Her desire was to improve herself and hoped to be a good example for her children to follow.

Surviving are her significant other: John Jermac of L'Anse; children: Elizabeth (Martin) Curtis, Jr. of Baraga, Teri (Chris Kelly) Loonsfoot of L'Anse, KC (Joe) Velmer of L'Anse, and Eugene Rantanen of L'Anse; brothers: Walter (Avis) Leinonen of L'Anse, and David (Chris) Rantanen of Manistique; sisters: Gladys (Gary Magnant) Rantanen of Baraga, and Mary (Wayne) Kostamo of Pelkie; nine grandchildren; and numerous nieces and nephews.

Preceding her in death are her parents; brothers: Randal "Boone" Rantanen and Gerald Kangas; and sister: Marian Rantanen.

A celebration of her life was held on Sunday, January 8, 2017, at the Ojibwa Seniors Center in Baraga, MI. The Jacobson Funeral Home is assisted the family.

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## Understanding Addiction and Avoiding Enablement

Free Training

### First Monday of the Month

5:00 p.m. — 7:00 p.m.

**Location:** Hope Works Counseling  
409 N. Main Street, L'Anse, MI

**Presented by:** Mark Panasiewicz, Hope Works Counseling  
**Sponsored by:** KBIC Tribal Court

This class is open to all family members and community members who want to learn about addiction and enablement.

## Enablement Prevention Training

5:00 p.m. — 7:00 p.m.

This training teaches the difference between helping and enabling. It provides knowledge about alcoholism, addiction, and recovery. It teaches skills for coping with the addiction of someone close and how to best help and support.

- Understand the importance of **safe islands of sobriety** and how the community can help create them.
- Learn the dynamics of **enablement**.
- Learn how enablement can affect a community.
- Build and strengthen values.
- Increase knowledge and understanding.
- Gain understanding of drug abuse and addiction.
- Learn how to support **recovery**.



## PUBLIC ANNOUNCEMENT

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

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

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

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



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

## EDUCATION INCENTIVE PROGRAM AWARDS STUDENTS

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

**The following sixty-eight students were placed on the Honor Roll for the first marking period of the 2016-17 academic year:**

**Baraga** — Ethin Awonohopay, Matthew Beck, Ireland Chosa, Robert Curtis, Alexxus DeCota, Allison Durant, Dhanya Ekdahl, Preston Ellsworth, Richard Geroux, Bailey Harden, Jalisa Heath, Rylee Holm, Steele Jondreau, Kamrin Kahkonen, Keegin Kahkonen, Georgia Lofquist, Angel Loonsfoot, Dante Loonsfoot, Darius Loonsfoot, Shawna Lussier, Nikira Maki, Steven Maki, Jenna Messer, Lilana Messer, Makenzie Messer, Kylie Michaelson, Leah Owens, Addyson Rajacic, Presley Rasanen, Alana Schofield, Amy Selden, Tyler Shelifeo, Javon Shelifeo, Katie Strong, and Nathaniel Welsh.

**L'Anse** — Dysean Allen, Deija Dakota, Kayla Dakota, Keira Dakota, Sara Dakota, Shay Ekdahl, Ti'ia Friisvall, Christopher Genschow, Robert Genschow III, William Genschow, Keyden Goodbird, Rayleah Jacobs, Chase Larson, Dallas Moulden, Cody Owens, Aiden Rexford, Rowen Rexford, Grayson Roe, Jailyn Shelifeo, Brian Spruce, Charles Spruce, Alicia Stein, Marianna Teikari, Cassandra Zasadnyj, and Paige Zasadnyj.

**L'Anse-Baraga Community Schools** — Richard Tilson.

**Houghton** — Blake Chosa.

**Marquette** — Neebin Ashbrook-Pietila and Zoe Hamalainen.

**Sacred Heart Catholic** — Rachael Velmer and Robert Webb-Grisham.

**Gwinn** — Kaitlyn Shelafeo and Taylor Shelafeo.

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

**Baraga** — Daniel Connor Jr., Alexxus DeCota, Lealynd Dunleavy, Allison Durant, Breyelle Ekdahl, Dhanya Ekdahl, Opal Ellsworth, Preston Ellsworth, Rylee Holm, William Jondreau Jr., Kamrin Kahkonen, Keegin Kahkonen, Dante Loonsfoot, Shawna Lussier, Nikira Maki, Steven Maki, Kylie Michaelson, Leah Owens, Madden Owens, Nicholas Owens, Randy Owens III, Kylie Peterson, Thomas Rasanen, Alana Schofield, Christopher Selden, Katie Strong, and Nathaniel Welsh.

**L'Anse** — Neldelya Chosa, Tokala Chosa, Alice Curtis, Daniel Curtis, Keira Dakota, Kydan Dean, Gregory Dowd, Rion Fountain, Brendon Friisvall, Kayan Goodbird, Keyden Goodbird, Austin Heath, Chase Larson, Jaycee Maki, Willow Rexford, Grayson Roe, Brian Spruce, Charles Spruce, Alicia Stein, Matthew Stein, Cassandra Zasadnyj, and Paige Zasadnyj.

**Sacred Heart Catholic** — Rachael Velmer, Zachary Velmer, and Robert Webb-Grisham.

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

**Negaunee** — Brayden Velmer.




### ATTENTION TRIBAL MEMBERS

Are you interested in talking to various companies in the Building Trades that may be working on the Casino Projects?

**Building Trade Apprentices Programs represented will be:**

Bricklayers	Carpenters	Electricians
Ironworkers	Millwrights	Operating Engineers
Pipefitters	Plumbers	Sheet Metal Workers





Also, Tribal Members need to update or renew their JOB BANK APPLICATIONS as TERO will be referring workers for these projects.

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

Please contact Debbie Picciano in the TERO Office @ 353-4167 or through the TERO Face Book Page or by email – [TERO@kbic-nsn.gov](mailto:TERO@kbic-nsn.gov)

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



### **Keweenaw Bay Indian Community Employment Opportunities**



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

For current job listings, complete job announcements, applications, and closing dates contact: KBIC Personnel Department, 16429 Bear Town Road, Baraga, MI 49908-9210 or 906-353-6623, ext 4176 or 4140 or visit: [www.kbic-nsn.gov](http://www.kbic-nsn.gov).

- Ecologist, KBNRD, (full-time), open until filed
- Air Quality Specialist, KBNRD, (part-time), open until filed
- Physician/Medical Director, DHHS, (full-time), open until filled
- Law Clerk, Office of the Attorney, (full-time, temporary), open until filled
- Tribal Assistant Attorney (full-time), Office of the Attorney, open until filled

**On-call positions (open continuous):** Pharmacy Technician, Facility Attendant, Registered Nurse, Licensed Practical Nurse, Internal Sales Specialist, Pharmacist, Receptionist/Clerical Worker, Fill-in Receptionist, Board Operator, Cashier, Account Executive/Sales, Community Service Supervisor, Unit Manager (Newday), Unit Manager (OVW), Van Driver, Cleaning Person, Natural Resources Technician.

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](http://www.kbic-nsn.gov).

## Happy Valentine's Day!



Picture by Lauri Denomie.

### **NEW YEARS EVE POWWOW HELD AT KBIC**

The Keweenaw Bay Indian Community's Powwow Committee held a New Years Eve Powwow on December 31, 2016, with two grand entries. The event was held at the Keweenaw Bay Ojibwa Community College gym. Drumming was provided by Host Drum Woodland and invited drums: Young Kingbird, Pipestone, and Crazy Boy. Wiikwedong Ogichidaa Society (KBIC Honor Guard) led the veterans in grand entry. A feast was held between grand entries for participants. Shown (left to right) are: Shane Mitchell, Head Male Dancer; Jailyn Shelifeo, Miss KBIC; Darrell Kingbird, Emcee; Demery Jackson, Head Female Dancer; and Donald Chosa, Jr., Head Veteran.

~ submitted by Lauri Denomie, Newsletter Editor.

# MINO-BIMAADIZI

“Live Well”

DONALD A. LAPOINTE HEALTH & EDUCATION CENTER

## February is Healthy Heart Month

Heart disease is a serious health problem that can lead to stroke and heart attack. It develops over time, starting as the blood vessels going to the heart become narrowed and clogged. High blood pressure and cholesterol, family history, smoking, obesity, and diabetes all increase your risk for developing heart disease. Reducing your risk starts with making small lifestyle changes. Talk to your doctor to see if you are at risk for developing heart disease.

Healthy choices can reduce your risk of heart disease. Small lifestyle changes can have a big impact on your health. Losing weight can reduce your risk of developing heart disease and many other health problems. Eat smaller portions, reduce sodium, saturated, and trans fat intakes, and limit beverages, and foods high in sugar. Eat more fruits and vegetables. Get at least 30 minutes of moderate intensity physical activity most days of the week. You can reach the 30 minute goal by breaking it up into 10 minute increments throughout the day. If you use commercial tobacco products, quit.

Sometimes, even if we try our best to prevent it, heart disease can result in a heart attack or stroke. Knowing the signs and symptoms, and quickly responding could save your life or the life of someone you love.

Classic symptoms of a heart attack include; sudden chest pain with shortness of breath, pain in the neck, jaw, arms, or upper back, unexplained nausea or vomiting, cold sweats or clammy skin, and dizziness or lightheadedness. Women may experience fewer typical symptoms than men, and often have pain in the upper back instead of chest pain.

Heart attacks aren't always as dramatic as we see on TV. Warning signs of a heart attack can happen hours, days, even weeks in advance, and often begin with recurrent chest pain that starts when you're physically active and stops when you rest.

When watching for a stroke, it's important to note the time symptoms start. How long the signs have been present will help guide treatment decisions. The sooner a person gets treatment the better the outcome.

Signs of a stroke include trouble walking, loss of balance, dizziness, trouble speaking or understanding; like slurring words and confusion, sudden trouble seeing with one or both eyes, paralysis or numbness of the face, arm, or leg, especially on one side of the body, unable to raise both arms, or one side of your mouth droops when you smile, or a sudden, severe headache that may be accompanied by vomiting.

Caring for your heart is one of the most important things you can do for your health.

Submitted by: Heather Wood-Paquet, Health Promotions Coordinator

### Upcoming Events:

- Survivors of Suicide Loss Support Group, February & March 7th 5:30 p.m.
- Diabetic Talking Circle, February 15th 11 a.m.
- Car Seat Clinic, February 9th by appointment
- PATH, starting February 3rd
- Parent Circle, February 13th 5 p.m.
- Healthy Heart Fair, 14th 11 a.m.-1 p.m.
- Diabetic Foot Clinic, February 8th & 22nd, by appointment
- Breastfeeding Support Group, March 1st 1 p.m.
- Walk & Talk program, weekdays
- MSU Farmer Series, February 15th & 28th 4 p.m.

For more information about these or other services and programs call Dawn at (906) 353-4521.

## Breastfeeding Medicine Wheel

The Medicine Wheel teachings refer to four races of people on Earth and how each has responsibilities for their time here. The First Nations people's responsibility is to care for Mother Earth which includes the water.

Water is referred to as the life blood of Mother Earth. Without water we would not survive. Women carry the responsibility of looking after the water. Water is life, and women are the life givers and carriers of water.

There are four waters:

- The waters that flow from the heavens to nourish and cleanse the earth;
- The waters that flow through the trees and provide us with medicine;
- The lakes, rivers, and streams that form the lifeblood of Mother Earth; and
- The waters that flow within us and protect and nurture our babies.

Just like the water that surrounds fetuses as they grow, breast milk is part of the waters that flow within women. Not only does breast milk nourish newborns, it supports their connection with Mother Earth. Breastfeeding encourages the bond between mother and baby and aids in the connection to all of creation, developing their emotions and spirit, and enhancing their sense of belonging and identity. Breast milk, with its nutritional value, provides a good foundation for the healthy body and mind of baby.



Physical: brighter eyes, clearer skin; best nutrition for baby; provides skin to skin contact for baby, warmth; less allergies; helps with feeding on demand; baby gets to know mother's smell; baby becomes sick less, protected by the mother's antibodies.

Emotional: provides closeness and security for baby; helps to calm baby; provides help with "love" feelings; provides attachment; promotes independence and emotional development for reassurance.

Mental: provides vitamins for brain development; helps baby learn; baby hears familiar soothing heartbeat of the mother; motor and language skills develop earlier in some breastfed babies.

Spiritual: provides feelings of safety, security; nurturing; reconnecting and bonding time; follows the beliefs of some families; provides the ultimate bonding experience between mother and baby; provides quiet time/solitude for meditation.

Submitted by: Kristine Maki, Family Health Educator  
Resource: A Child Becomes Strong: Journeying Through Each Stage Of The Life Cycle and MenoYa Win: Healthy Choices for Healthy Babies

## BRAZELTON TRAINING COMING AGAIN IN YEAR 2017

"When families are comfortable enough to talk and share with you, they value and understand the relationship that has been built between you and them", stated Kim Swanson, Program Director and Lead Teacher for Migiziinsag (Little Eagles) after the Brazelton Touchpoints Training at Keweenaw Bay Ojibwa Community College (KBOCC). Brazelton Touchpoints is a practical approach for building strong-family-child relationships from before birth through the early years. Through the KBOCC Restorative Teaching Early Childhood Initiative, Joelfre' Grant and Marlies Sammuto provided a practical, preventative approach that supported local early childhood advocates to form strength-based partnerships with parents. Home-visitors, social workers, parents, mental health and early childhood development specialists, program directors, caregivers, and teachers within our community gathered together for three days of interactive and learner-centered training.

Each day, Christine Awonohopay, KBOCC's Early Literacy Coordinator, opened with a smudging ceremony to support Bimaadiiwin (A Healthy Way of Life) which is the premise of our Abinoojiih Wakaa'igan Project through the Restorative Teaching Early Childhood Initiative. The use of the sage during the smudging helped to cleanse and purify any negative energy, disorganization, or troubled feeling prior to the start of each day. Following, Joelfre' and Marlies offered opportunities to support parents in understanding their child's behavior and strengths leading to a stronger emotional bond, which is critical to a child's development.

According to T. Berry Brazelton, author of *Touchpoint, The Essential Reference*, each close relationship----with fathers as well as mothers, with grandparents, friends, other caregivers, and the child's doctor---contributes to a child's emotional and behavioral growth. Individual early childhood advocates built relationships among each other throughout the training. As we shared our roles

within the realm of early childhood, we valued our passion for children and were able to discuss matters that go beyond our traditional roles (Touchpoint Guiding Principles). Children have an undertaking, a life journey toward individuality and independence. The more we can cultivate these relationships, the more advocates a child will have on the journey toward success in life.

Eva Hatfield, Program Director of MTU Little Huskies said it best, "I think that during the period of disorganization and vulnerability of the family, an opportunity arises to support parents through their previous strengths. We can reflect on those strengths....and parents can say, "I am a strong parent" and take those strengths and apply them to a new situation.

We are looking forward to our next Brazelton experience in the fall of 2017.



(Back) Susie Thompson, Jackie Treadeau, Sara Oger, Kim Swanson, Delana Hadden, Christine Awonohopay, Ashley Beck, Eva Hatfield, Jolene DeCota, Joelfre' Grant, and Laura Cooley. (Front) Amy Wisti, Kristine Maki, Tarajeen Yazzie-Mintz, Marlies Zamuto, JoAnne Danielson, Heather Wood, and Cheryl LaRose.



## Are you concerned about your preschooler?

Sometimes children require additional support while they learn the skills that they will need for kindergarten.

If your child is having difficulty speaking, understanding or getting along with others, buddy up with Build Up. It's a free, statewide service of the Michigan Department of Education that helps children ages 3 to 5 who may need extra support.

Visit [BuildUpMi.org](http://BuildUpMi.org) for more information.



# Native Americans with diabetes

## Better diabetes care can decrease kidney failure

Native Americans (American Indians and Alaska Natives) have a greater chance of having diabetes than any other US racial group. Diabetes is the leading cause of kidney failure, a costly condition that requires dialysis or kidney transplant for survival. Kidney failure can be delayed or prevented by controlling blood pressure and blood sugar and by taking medicines that protect the kidneys. Good diabetes care includes regular kidney testing and education about kidney disease and treatment. Kidney failure from diabetes among Native Americans was the highest of any race. However, this has declined the fastest since the Indian Health Service (IHS) began using population health and team-based approaches to diabetes and kidney care, a potential model for other populations.

### Health care systems can:

- **Use population health approaches to diabetes care.** Assess long-term outcomes and address disparities. Promote wellness of the entire community and connect people to local resources, including healthy food, transportation, housing, and mental health care.
- **Develop a coordinated team approach to diabetes care.** Team based-care should include patient education, community outreach, care coordination, tracking of health outcomes, and access to healthcare providers, nutritionists, diabetes educators, pharmacists, community health workers, and behavioral health clinicians.
- **Integrate kidney disease prevention and education into routine diabetes care.** Screen people with diabetes for kidney disease and make sure that kidney disease is routinely addressed as part of diabetes care.

Want to learn more? [www.cdc.gov/vitalsigns/aian-diabetes](http://www.cdc.gov/vitalsigns/aian-diabetes)



**2X**

Native Americans are twice as likely as whites to have diabetes.

**2 in 3**

In about 2 out of 3 Native Americans with kidney failure, diabetes is the cause.

**54%**

Kidney failure from diabetes dropped by 54% in Native Americans between 1996 and 2013.



## A Model for Diabetes Care

### Public health and population management:

- Assess communities for poverty, access to healthy food, housing, jobs, transportation, and places to exercise.
- ▶ Work with local government and other organizations to make improvements.
- Care managers use clinical data to identify people who need to be linked to health care.

**1**

Joe is 58 years old with diabetes and kidney disease.



**2**

Care manager calls Joe because of missed doctor appointments.

**3**

Joe has no sick leave at work or transportation to make it to appointments or pick up his medicine. He also has trouble getting healthy food.



**4**

During a home visit, nurse brings Joe his medicine, checks his blood pressure, and draws blood for lab tests.



**5**

Nurse connects Joe to community food and transportation resources. She schedules a clinic visit for his next day off.



**6**

At the clinic, Joe's doctor adjusts his medicine. Joe meets with a nutritionist and diabetes educator.



**7**

Pharmacist helps make sure Joe gets his medicine on time and is taking it correctly.



**8**

Over time, Joe's blood pressure and blood sugar are controlled and his kidney function remains okay.



### Team-based Patient Care

The diabetes care team helps patients avoid kidney failure by:

- Controlling blood pressure and blood sugar.
- Using medicines to protect kidneys.
- Checking kidney lab tests regularly.

## Problem:



### Kidney failure from diabetes was highest among Native Americans.

#### Native Americans are more likely to have diabetes.

- Native Americans are twice as likely as whites to have been diagnosed with diabetes.

#### Native Americans were more likely to have kidney failure from diabetes than other races until recently.

- Native Americans were nearly 5 times more likely than whites to have kidney failure from diabetes in 1996.
- Reasons include: high blood sugar, high blood pressure, and significant barriers to health care.

#### Diabetes-related kidney failure among Native Americans decreased by 54% from 1996 to 2013.

- The Indian Health Service uses population health and team-based approaches to diabetes and kidney care.

#### Native Americans with diabetes have had important improvements:

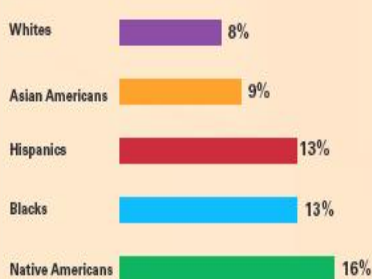
- ▶ Use of medicines to protect kidneys increased from 42% to 74% in 5 years.
- ▶ Average blood pressure in those with hypertension was well-controlled (133/76 mmHg).
- ▶ Blood sugar control improved by 10%.
- ▶ Kidney testing in those 65 and older was 50% higher compared to the Medicare diabetes population.

#### Kidney failure is a disabling and expensive complication of diabetes throughout the US.

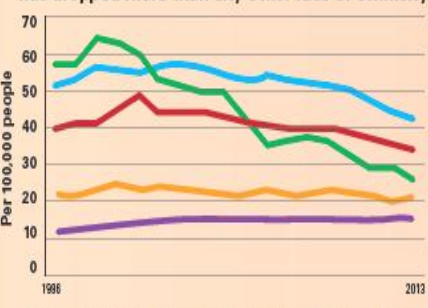
- Medical costs for kidney failure from diabetes were about \$82,000 per person in 2013.
- Medicare spent \$14 billion to treat people with kidney failure from diabetes in 2013.

Team-based and population approaches reduce kidney failure from diabetes in Native Americans: can be a model for other groups.

#### Native American adults have more diabetes than any other race or ethnicity.



#### Kidney failure from diabetes in Native Americans has dropped more than any other race or ethnicity.



## What Can Be Done?

### The Federal government is:

- Funding diabetes treatment and prevention services in Native American communities through the Special Diabetes Program for Indians. <https://www.ihs.gov/sdpi>
- Improving diabetes outcomes for populations who receive direct health care from federal agencies, including Native Americans, veterans, and others. <http://bit.ly/2hw2WV>
- Assisting community health centers throughout the US to provide comprehensive diabetes care.
- Developing a comprehensive system for tracking chronic kidney disease (CKD). <https://ncdd.cdc.gov/CKD/default.aspx>

### Health care policy leaders and insurers can:

- Set standards and track performance measures requiring health plans to assess the health of all members of their population with diabetes, including those who don't regularly visit their healthcare provider. <http://bit.ly/2hquJW>
- Promote CKD screening and monitoring and appropriate use of medicines that protect the kidneys in people with diabetes and CKD.
- Support team-based care, care management, patient education, home visits, and community outreach.

### Patients with diabetes and their families can:

- Ask about being tested for kidney disease.
- Check their blood pressure and blood sugar regularly; talk with their healthcare provider about goals.
- Talk with their healthcare provider if they are having problems getting or taking their medicines.
- Reduce salt intake to lower blood pressure and protect their kidneys. <https://www.cdc.gov/salt/index.htm>

### Health care systems can:

- **Use population health approaches to diabetes care.** Assess long-term outcomes and address disparities. Promote wellness of the entire community and connect people to local resources, including healthy food, transportation, housing, and mental health care.
- **Develop a coordinated team approach to diabetes care.** Team based-care should include patient education, community outreach, care coordination, tracking of health outcomes, and access to healthcare providers, nutritionists, diabetes educators, pharmacists, community health workers, and behavioral health clinicians.
- **Integrate kidney disease prevention and education into routine diabetes care.** Screen people with diabetes for kidney disease and make sure that kidney disease is routinely addressed as part of diabetes care.



1-800-CDC-INFO (232-4636)  
TTY: 1-888-232-6348  
[www.cdc.gov](http://www.cdc.gov)

Centers for Disease Control and Prevention  
1600 Clifton Road NE, Atlanta, GA 30329  
Publication date: 1/10/2017



# what moves you?



*"For me it's my daughters.  
I want to show them a better way.  
I want to be here for them."*

**get healthy**

**for the people that  
depend on you.**

**Start with exercise.**



Made possible with funding from the Centers for Disease Control and Prevention.

[MoveMoreNow.org](https://www.MoveMoreNow.org)

(9) Zhaangaswi

# Beginning Farmer Webinar Series

MSU Extension - 2017 Webinar series



A new Beginning Farmer web-based training is planned for January-May 2017. Presenters include MSU Extension educators and others. The following evening "Getting started with..." webinars will provide valuable start-up information on nine general and more specific farming topics, including:

## 4:00 - 6:00PM at Each Location

<b>BARAGA LOCATION</b> (Chippewa Rooms   Ojibwa Hotel)	<b>L'ANSE LOCATION</b> (Jay Loonsfoot Room   KBOCC L'Anse Campus)
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**TUESDAY JAN. 31ST**  
1. Small Vegetable Farm Systems

**TUESDAY FEB. 28TH**  
3. Maple Syrup

**TUESDAY MARCH 28TH**  
5. Blueberries

**TUESDAY APRIL 11TH**  
7. Aquaculture (Fish Farming)

**TUESDAY MAY 9TH**  
9. Producing and Selling Eggs

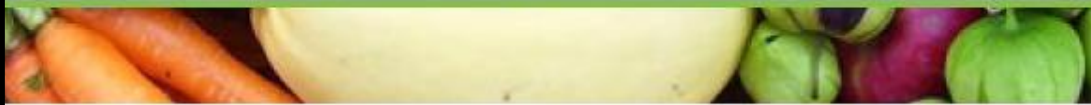
**WEDNESDAY FEB. 15TH**  
2. Hoophouse Management

**WEDESDAY MARCH 15TH**  
4. Fencing and Watering Systems for Livestock

**TUESDAY APRIL 4TH**  
6. Crop Nutrient Management

**TUESDAY APRIL 25TH**  
8. Planning and Operating a Mixed Fruit Orchard

An archive of 58 Beginning Farmer Webinar Series programs from 2012-2016 on a wide variety of topics can be accessed free of charge at the Beginning Farmer Webinar Series webpage.



For more Information Call: 906-353-4515 or [temery@kbic-nsn.gov](mailto:temery@kbic-nsn.gov)  
For more programming and updates Visit: [www.KBICHealth.com](http://www.KBICHealth.com)

## Library News and Events, by Angela Badke, Librarian

February is a busy month for the library—there are events, a book sale, and NEW BOOKS!

Our Healthy Eating Group is back, and in February, we will focus on the heart healthy foods of the Mediterranean Diet. We want to invite the community to join us on February 16<sup>th</sup> at 6:00 - 7:30 P.M. in the library's front classroom as we discuss this topic.

The library will also be participating in the Healthy Heart Fair, which is being held in the Niiwin Akeaa Center's gym on February 14<sup>th</sup> from 11:00 A.M. - 1:00 P.M. We will have a short survey for community members to take, and participants can pick out a free book! We have a variety of different topics to choose from, so stop by our table!

We would also like to announce that we have added new books to our book sale! Authors such as James Patterson, Janet Evanovich, Tom Clancy, Lee Child, and many others are now available for purchase. We have also added new non-fiction books, young adult titles, and some juvenile chapter books to the book sale. Hardcover books are \$1.00 and Paperback books are \$.50!

We've recently got new books in available for checkout. Here are a few titles currently available:

### Fiction

- Paris for One* by JoJo Moyes
- Ring of Fire* by Brad Taylor
- Night Watch* by Iris Johansen
- Below the Belt* by Stuart Woods

### Non-fiction

- Pioneer Woman Cooks: A Year of Holidays* by Ree Drummond
- Jump* by Steve Harvey

We also want to remind folks that we have changed our hours. We are now open Monday and Friday - 9:00 A.M. to 4:00 P.M.; Tuesday, Wednesday, and Thursday - 9:00 A.M. to 6:30 P.M.; and Saturday 9:00 A.M.- 1:00 P.M. Please like and follow our Facebook page for the most up-to-date information from your library!

## Take Charge of your PATH to Living a Healthy Life with Chronic Conditions



### Program Details

- Classes meet once a week for 6 weeks.
- Each class is 2 1/2 hours long.
- Each week covers a different subject.
- Class will help YOU improve your health one step at a time.

### PATH

Personal  
Action  
Towards  
Health



Learn to Manage symptoms, Problem Solving, Relaxation, Communication Skills, Medication Usage and more!



**WHERE:** KBIC Health System 2nd Floor Conference Room

**WHEN:** February 3, 2017 & every Friday for 6 weeks

**TIME:** 9 AM to 11:30 AM

Need to register for classes, space limited.

Call Dawn Kemppainen @ 353-4521.

Sponsored by KBIC Health System, UPCAP and REACH Journey to Wellness

## ATTENTION: ALL TRIBAL COMMERCIAL FISHERMEN

Applications for **Small Boat and Large Boat Commercial Fishing Licenses** for the **Year 2017-2018** Commercial Fishing Season are available at the License Department located in the KBIC Tribal Center. The new license year will begin: May 1, 2017. Applications must be returned to the **Licensing/Motor Vehicle Office** by: **Friday, February 3, 2017**. All applications for licenses will be reviewed and selected by the Tribal Council. All Tribal members who apply must have completed the required **U.S. Food and Drug Administration Hazard Analysis and Critical Point (HACCP) Training** and present a copy of the certificate with the application. A **Boat Safety Fishing Vessel Examination** with a certified official must be completed and that documentation must be provided with the application. The application also requests fishing vessel information including the vessel name, number, and length.

For: Boat Safety Inspections contact the Tribal Police/Conservation Department at (906) 353-6626 to make an appointment or contact U.S. Coast Guard/Hancock at (906) 482-1520.

### February 2017 Calendar Events

- **Feb. 4:** Reg. Sat. Council Meeting, 9 am, Ojibwa Casino Conference Room, Baraga;
- **Feb. 14:** Healthy Heart Fair, 11 am, Niiwin Akeaa;
- **Feb. 20:** President's Day, Gov't offices closed.



~ submitted by newsletter editor

**FOOD DISTRIBUTION PROGRAM ON INDIAN RESERVATIONS (FDIR) FY 2017 NET MONTHLY INCOME STANDARDS\* (Effective Oct. 1, 2016 to Sept. 30, 2017)**

\*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	FDIR Net Monthly Income Standard
1	\$ 990	+	\$1,147
2	\$1,335	+	\$1,492
3	\$1,680	+	\$1,837
4	\$2,025	+	\$2,193
5	\$2,370	+	\$2,567
6	\$2,715	+	\$2,941
7	\$3,061	+	\$3,287
8	\$3,408	+	\$3,634
Each additional member			+ \$347

Alaska:

Household Size	SNAP Net Monthly Income Standard	SNAP Standard Deduction	FDIR Net Monthly Income Standard
1	\$1,237	+	\$1,505
2	\$1,669	+	\$1,937
3	\$2,100	+	\$2,368
4	\$2,532	+	\$2,800
5	\$2,964	+	\$3,232
6	\$3,395	+	\$3,677
7	\$3,827	+	\$4,109
8	\$4,260	+	\$4,542
Each additional member			+ \$434

**Report Suspected Abuse or Neglect**

For suspected abuse or neglect of an Indian child or adult living on the KBIC reservation or trust lands, contact KBIC Tribal Social Services at (906) 353-4201. TSS will be accepting referrals daily including: after hours, weekends, and holidays.

For all other suspected abuse or neglect, contact Michigan Department of Health and Human Services – Centralized Intake Unit at (855) 444-3911.

**Wiikwedong Ogichidaa (KBIC Veterans) Meeting**

The Wiikwedong Ogichidaa Meeting will be held on **Wednesday, February 16, 2017, 1900 hours**, at the Wiikwedong Ogichidaa Building, KBIC Industrial Park (off M-38), Baraga, MI 49908.

Future meeting dates: March 15, April 19, May 17, June 21, July 19, August 16, September 20, October 18, November 15, and December 20, 2017.

The Wiikwedong Ogichidaa Society (KBIC Honor Guard) will hold a Special meeting on February 1, 2017, 1800 hours, at the Wiikwedong Ogichidaa Building, KBIC Industrial Park, Baraga, MI 49908. Please bring a dish to pass for potluck. Arrow Construction will present design concepts for our KBIC Veterans' Memorial discussion. Please remember to bring your new hat or cover designs. Miigwech.

**What Is Secondhand Smoke?**

- Secondhand smoke is smoke from burning tobacco products, such as cigarettes, cigars, or pipes.
- Second hand smoke also is smoke that has been exhaled, or breathed out, by the person smoking.
- Tobacco smoke contains more than 7,000 chemicals, including hundreds that are toxic and about 70 that can cause cancer.

**Secondhand Smoke Harms Children and Adults**

- There is no risk-free level of secondhand smoke exposure; even brief exposure can be harmful to health.
- Since 1964, approximately 2,500,000 nonsmokers have died from health problems caused by exposure to secondhand smoke.

**Health Effects in Children**

In children, secondhand smoke causes the following:

- Ear infections
- More frequent and severe asthma attacks
- Respiratory symptoms (for example, coughing, sneezing, and shortness of breath)
- Respiratory infections (bronchitis and pneumonia)
- A greater risk for sudden infant death syndrome (SIDS)



To learn more about secondhand smoke & references go to:

[https://www.cdc.gov/tobacco/data\\_statistics/fact\\_sheets/secondhand\\_smoke/general\\_facts/index.htm](https://www.cdc.gov/tobacco/data_statistics/fact_sheets/secondhand_smoke/general_facts/index.htm)

Sponsored by REACH Journey to Wellness

**Attention KBIC Tribal Members**



**Job Bank Applications**

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

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

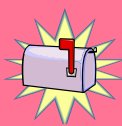
Native owned business – you also need to register with the TERO Office to qualify for Native Preference. Please contact this office for an application.

Job Bank Applications are also available online at <http://www.ojibwa.com/content/tero> -- Please stop by or contact Debbie Picciano @ 353-4167 or Email – [TERO@kbic-nsn.gov](mailto:TERO@kbic-nsn.gov)



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

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



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

**OJIWEMOWIN**

**NAMEBINI GIIZIS—SUCKER FISH MOON — FEBRUARY**

**WORD LIST**

- ojim
- inde
- zaagi
- zaagiidwag
- waabigwan
- ziinzibaakwadoons
- wiidigendiwin
- oginiiwaabigwan



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

The language page was designed from reference of *The Ojibwe People's Dictionary* at <http://ojibwe.lib.umn.edu>.  
~ submitted by Lauri Denomie, Newsletter Editor

**Fill-in-the-blanks**

- z \_ \_ n \_ \_ b a a \_ \_ \_ d \_ \_ n s (candy)
- w \_ \_ b \_ \_ w a n (flower)
- \_ \_ \_ n \_ \_ w a a \_ \_ \_ w a n (a rose)
- z \_ \_ g \_ (love)
- w \_ \_ d \_ \_ e n d \_ \_ \_ n (marriage/wedding)
- \_ \_ d e (heart)
- z a \_ \_ \_ \_ d w \_ g (they love each other)
- o \_ \_ \_ m (kiss)

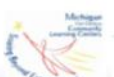
# BCMh Outfit Presents Snowshoe Hike & Family Fun Day



- 1.5 or 3 mile trail hike
- Snowshoe storywalk for families
- FREE BOOKS for completing the trail!!
- Bring your own snowshoes or use ours!

**Saturday, February 4th**  
**Snowshoe Hike Starts @ 12:00pm**  
**Meet at LHS Football Concessions**  
(please use parking lot behind school)  
**Family Fun Activities**  
**12:00-3:00 pm**  
**L'Anse School Cafetorium**

- Cookie Decorating
- Kid's Craft Activities
- Face Painting
- Stories & Music
- Puppet Corner
- FREE Hot Cocoa!



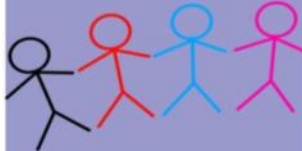
## Parent Circle

# Celebrating Friendship

**SECOND MONDAY**  
**February 13,**  
**2017**

Niiwin Akeaa Center  
 111 Beartown Road,  
 Baraga

TIME: 5:00-6:30PM



- A free, public, and consistent monthly event promoting family engagement—children must be supervised
- Focus ages are 0-5 but older siblings are welcome
- Make-and-take activity. Friendship bracelets!
- Sensory Play
- Snacks will be provided

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

Sponsored by KBIC Family Spirit and Healthy Start Programs



## KEWEENAW BAY INDIAN COMMUNITY OFFICE OF CHILD SUPPORT SERVICES

472 N. Superior Ave. • Baraga, MI 49908  
 In Tribal Court Building  
 Phone: 906-353-4566 • Fax: 906-353-8132  
 • E-mail: [ocss@kbic-nsn.gov](mailto:ocss@kbic-nsn.gov)

**“Your Children...Our Priority”**

We provide the following services:

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



## Michigan Tribes Continue to Tackle Obesity With Ad Campaign

Michigan, U.S.— Phase 2 of a media campaign urging Native Americans to get healthy for the ones they love launched January 1st in seven cities across Michigan. *What Moves You?*, features inspiring images of Native American parents exercising with their children, highlighting family responsibility and mentorship as motivation for being more physically active. The goal is to reduce the risk for chronic diseases while improving long-term health.

“My words to him every day are ‘You are my HERO!’ Honestly, he has been hitting the gym every day of the week, and it has inspired me to be healthier. The more activities where I can at least try to keep up with him keep our father son competition going,” said Billy McNamara, a parent featured in the campaign and a member of the Little Traverse Bay Band of Odawa Indians Tribe and Natural Resources Chairman.

Six federally recognized tribes and one urban American Indian agency in Michigan, will distribute campaign materials and build upon the success of year one of *What Moves You?*, to encourage their communities to continue being physically active: The Saginaw Chippewa Indian Tribe, The Nottawaseppi Huron Band of the Potawatomi, The Little Traverse Bay Bands of Odawa Indians, The Keweenaw Bay Indian Community, The Hannahville Indian Community, The Bay Mills Indian Community, and American Indian Health and Family Services.

*What Moves You?* ads have rolled out in the Michigan cities where the participating tribes and health center are located including: Detroit, Mount Pleasant, Fulton, Grand Rapids, Wilson, Brimley, Sault Ste. Marie, Petoskey, and Baraga. The ads appear online, locally on billboards, at convenience stores, and in various publications.

## Healthy Heart Fair

♥ Date: February 14, 2017

♥ Time: 11:00AM-1:00PM

♥ Where: Niiwin Akeaa Center  
111 Beartown Road  
Baraga

♥ Vendors/Screenings

♥ Door prizes

♥ Fun for everyone!

♥ For more information,  
call 353-4521

Sponsored by KBIC Health System  
 If Baraga Schools are closed due to inclement weather, this event will be postponed

The campaign website, [MoveMoreNow.org](http://MoveMoreNow.org), provides information about the benefits of exercise, outlines physical activity recommendations and highlights different types of activities to do year-round. It also includes local and online fitness resources.

*What Moves You?* is part of the Racial and Ethnic Approaches to Community Health (REACH) - *Journey to Wellness* initiative, a multi-year effort led by the Inter-Tribal Council of Michigan to improve the health and quality of life for Native Americans in Michigan. Research shows that over 65% of Native Americans in Michigan are overweight and obese. “Promoting regular physical activity empowers those with disease to feel actively involved in their own treatment and encourages everyone to take personal responsibility for their own health,” said Cathy Edgerly, REACH Program Manager at the Inter-Tribal Council of Michigan.

The project is funded by the CDC and the U.S. Department of Health and Human Services.

Kaiser Family Foundation. *Overweight and Obesity Rates for Adults by Race/Ethnicity*. Retrieved from <http://kff.org/other/state-indicator/adult-overweightobesity-rate-by-re/>.

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

(12) Ashi Niizh

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