



Win Awenen Nisitotung

August 17, 2018 • Vol. 39 No. 8
Raspberry-Picking Moon
Mskominkike Giizis



Official newspaper of the Sault Ste. Marie Tribe of Chippewa Indians

Tribe releases 1.5 million walleye in region

BY RUSSELL AIKENS

Sault Tribe's Natural Resource Department Fisheries Division had another very successful year stocking walleye in the 1836 ceded territories — producing about 1.5 million walleye fingerling in 2018. The fish, referred to as summer fingerling, average about two inches in length at the time of stocking.

The walleye fingerlings are stocked in the Great Lakes and inland lakes throughout the ceded territory. The tribe has operated a hatchery at Nunn's Creek since 1987, and leased one in Barbeau since the early '90s, eventually purchasing it in 2007. Since 2007, the tribe has produced over 15 million summer fingerlings, with studies showing the chances of the fingerlings surviving to adulthood to be between 10 to 15 percent.

Raising walleyes starts in the spring during the spawning run. Fisheries Division staff collects brood stock from various spawning sites using an electrofishing boat. The fish are transported to and held at the Barbeau facility where they are kept until they are "ripe," meaning they are ready to spawn. Gametes are extracted from the fish by gently rubbing the fish's belly. Eggs and milt are then mixed together to begin the fertilization process. Once the fertilized eggs

have spent some time in a solution designed to treat disease, they are placed in incubation jars. Here they will spend the next one to two weeks being gently rolled by a constant flow of water. About the ten-day mark the eggs will begin to hatch. Newly hatched fish are referred to as fry. Once the fry hatch they will make their way into a holding tank where they will be held until most of the eggs are hatched. It takes about three days for all the eggs to hatch. At three days of age the fry are submersed into a solution containing oxytetracycline (OTC). This solution leaves a stain on their otolith, which is the first bone to form. This mark stays with the fish for its lifetime, and allows them to be identified as hatchery raised fish. The fry are then moved to one of three ponds the tribe owns. The fry spend five to seven weeks in the pond, where they grow from 3 mm up to 55 mm.

Once the fish reach approximately two inches they are harvested from the ponds and distributed. All three of the ponds the tribe owns are drainable. Netting is done prior to the ponds being drained to spread out the harvest of the fish. The ponds are then drained, which takes three to seven days depending on the size of the pond. The fish are then loaded onto trucks with specially

designed tanks to keep the fish oxygenated during travel, and are transported to their new homes.

The tribe also provides biological services to a privately owned rearing pond on Drummond Island, owned by Mike and Sandy Fairchild. The pond is crucial in helping meet the St. Marys River stocking numbers. This year the Fairchild

pond produced over 170,000 fish. Rearing fish to the life stage requires a significant amount of work and Mike, Sandy and his family put in a considerable amount of effort raising the fish.

Following is a list of stocking locations and number of fish stocked: Waishkey Bay 104,930; Cheboygan River 151,042; Black Lake 241,424; St. Marys River

(Potagannissing Bay) 467,962; St. Martin's Bay 303,305; Lake Charlevoix 200,122; Tahquamenon River 31,863; Au Train Lake 15,093; Au Train Basin 39,130; and a collection of smaller lakes in the Newberry area received just over 7,000 fish.

Russell Aikens is a fisheries enhancement coordinator for Sault Tribe.

2018 election winners take the oath



Photo by Brenda Austin

Incumbents and one challenger garnered the most votes in the 2018 general election of the tribe's board of directors. Seen above, from left, incumbents Denise Chase, Kim Gravelle, Catherine Hollowell, DJ Hoffman, newly elected Unit V Representative Charles Matson and incumbent Keith Massaway all took the oath of office in a ceremony following the election.

Sault Tribe 2 percent recipients get \$278,620

SAULT STE. MARIE — May 2018 saw Sault Tribe disburse \$278,620 in 2 percent funding across the E.U.P. from its slot revenues. The tribe's five voting units in its seven-county service

area parcel out the semi annual payment. This spring, each unit had \$55,724 to give out to a wide variety of projects from educational, to recreational as well as many civic improvements, espe-

cially emergency services.

In Unit I, the Sault Ste. Marie area, Dafter Township received \$15,000 for fire equipment and Sugar Island Township, \$10,000 for a fire department brush truck. Sault Ste. Marie Housing received \$12,224 for family shelter. Kinross Charter Township received \$8,500 for recreation center and Chippewa County Health Department received \$10,000 for Hospice.

Unit II, the Hessel area, gave DeTour \$18,842 for ambulance equipment. Other civic projects funded were: McMillan Township, 10,000 for its Recreation Center; Garfield Township, \$1,543 for a Surveillance & Security Project; Drummond Island Township, \$10,000 for an All Seasons Pavilion; Columbus Township, \$1,450 for its Fire Department AED; Newberry Village, \$1,889 for a Portable Pump; Newton Township, \$10,000 toward its Historical Museum. Mackinac County's Top of the Lake I-500 also received \$2,000.

In Unit III, the St. Ignace area, the tribe gave \$6,000 to

the Mackinac County's Spay & Neuter Program; St. Ignace Area School's Football Bleacher Project received \$12,000 and its Robotics program, \$4,000. City of St. Ignace Ojibwe Historical Museum received \$10,000; its Michilimackinac Historical Society, \$8,000, its LaSalle Girls Softball, \$2,500, \$1,862 for a technology upgrade for City Police and another \$1,862 for a Recreation Department lawn mower. Brevort Township received \$2,500 for Community Health Improvement.

In Unit IV, the Manistique area, the City of Manistique Little Bear West received \$5,500. Escanaba, Gladstone, Manistique, Big Bay De Noc, Negaunee, Ishpeming, Gwinn and Rapid River Schools each received \$3,000 for their Title VII Program. Schoolcraft County's CUP Summer Baseball received \$2,000. Manistique Public Schools Fair Association received \$5,000 for Kitchen Equipment. Masonville Township received 8024 for a Polaris Ranger Bay De Noc Community College's YMCA received

\$4,000. Schoolcraft County Transit received \$4,000 for Fleet Tires and Delta County Transit \$3,200 for its Replacement Tires Project.

In Unit V, the Munising area, Marquette County received \$24,862 for a number of projects: \$3,000 for the animal shelter, \$5,000 for NMU Native American Studies, \$2,000 for Meals on Wheels, \$2,000 for Aging Services, \$1862 for Emergency Vehicle, \$1,000 for dental outreach, \$2,000 for the prosecutor's office, \$3,000 for Hospice, \$3,000 for Juvenile Court and \$2,000 for Watershed Conservation. The City of Marquette YMCA received \$3,000, as did the City of Munising Alger Community Food Pantry. Munising also received \$3,000 for the Alger ice arena. Munising Schools received \$47,000 for Title VII, \$1,200 for its reading program and \$2,000 for robotics. Alger County was funded \$1,800 for program transportation and \$3,000 for ALTRAN. The Alger County Sheriff received and \$6,862 toward its Resource Officer.

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Sault Tribe service area employment openings

Sault Tribe employment opportunities. Apply online at www.saulttribe.com. All positions open until filled.

GOVERNMENTAL OPENINGS

Sault Ste. Marie and Kincheloe

- Accountant (Health) – full time/regular
- Caseworker – full time/regular
- Clinic nurse – full time/regular
- Custodian – Big Bear Arena – part time/regular
- Diabetes fitness trainer – full time/regular
- Environmental research associate – full time/regular
- Heavy equipment repairer – full time/regular
- Human Resource director – full time/regular
- Human Resource manager – full time/regular
- Human Resource employee relations coordinator – full time/regular
- Human Resource specialist – full time/regular
- Human Resource generalist – full time/regular
- Internal auditor – full time/regular
- Medical case manager – behavior health – full time/regular
- Medical technologist – full time/regular
- Medical laboratory technician – full time/regular
- Network technician I – MIS – full time/regular
- Physician assistant or nurse practitioner – full time/regular

- Purchasing director – full time/regular
- Quality improvement coordinator – full time/regular
- Teacher aide – part time/regular

- Tribal Action Plan coordinator – full time/regular
- Traditional Ojibway practitioner – STHC - full time/regular

Hessel, St. Ignace, Escanaba, Manistique, Marquette, Munising and Newberry

- Manistique, chief solo dentist – full time/regular
- St. Ignace, registered dental hygienist – full time/regular
- Munising, Community Health technician – full time/regular
- Manistique/Munising, Community Health technician – full time/regular
- St. Ignace, staff dentist – full time/regular
- St. Ignace, maintenance technician – detention center – full time/regular
- Munising, health assistant – full time/regular
- St. Ignace, Teacher aide – part time/regular

CASINO OPENINGS

- Sault Ste. Marie**
- Guest room attendant – part time/regular
- Count team verifier – part time/regular
- Count Team manager – full time/regular
- Convention sales secretary – full time/regular
- Bartender – full time/regular

- Group sales coordinator – full time/regular
- Senior accountant – full time/regular
- Staff accountant – full time/regular

St. Ignace

- Gaming dealers – full time/regular
- Gaming dealer – part time/temporary
- Bartenders – full time/regular
- Dishwasher – part time/regular
- Prep cooks – part time/regular
- Executive host/hostess – full time/temporary
- Players Club clerk – full time/regular
- Line cooks – full time/regular
- Security guards – full time/regular
- Restaurant server – full time/regular

Hessel

- Groundskeeper – full time/temporary
- Cage cashier – full time/temporary
- Security guard – full time/regular

Manistique

- Count team verifier – part time/regular
- Count team counter – full time/regular

Christmas

- Gaming shift manager III – full time/regular
- Line cook – full time/regular
- Bar server – full time/regular
- Bartender – full time/regular

- Gift shop cashier – part time/regular
- Casino porter – full time/regular
- Line cooks – part time/regular
- Restaurant server – part time/regular
- Restaurant server – full time/regular
- Security guard – full time/regular

- regular
 - Vault cashier – full time/regular
 - Gift shop cashiers – full time/regular
 - Players club clerk – full time/regular
- ENTERPRISE OPENINGS
There are currently no openings.

JONATHAN MARACLE & BROKEN WALL

in concert

Sept. 11
6:30 p.m.
LSSU Superior Ballroom
906-440-8271

www.brokenwalls.com
for more information

Carry the Cure a Suicide Prevention Awareness program will be presented in the afternoon.

Vacancies on Sault Tribe committees as of Aug. 2

The following committees have vacant seats. Sault Tribe members interested in filling these vacancies should submit one letter of intent and three letters of recommendation from other members to Joanne Carr or Linda Grossett, 523 Ashmun St., Sault Ste. Marie, MI 49783. Call (906) 635-6050 with any questions.

- Anishinaabe Cultural Committee - five vacancies – three male (4-year terms), two female (4-year terms)
- Child Welfare Committee - four vacancies (4-year terms)
- Election Committee – six vacancies (4-year terms)
- Higher Education Committee - two vacancies (4-year terms)
- Health Board - six vacancies (4-year terms)
- Special Needs/Enrollment Committee - six vacancies (2-year terms)
- Elder Advisory Committee
- Unit I - Sault (4-year term), one regular vacancy
- Unit II - Newberry (4-year

- term), one regular vacancy
- Unit II - Hessel (4-year term), one alternate vacancy
- Unit III - St. Ignace (4-year term), one alternate vacancy
- Unit V - Munising (4-year terms), one regular vacancy, one alternate vacancy
- Elder Subcommittee
- Unit I - Sault (4-year term), one regular vacancy
- Unit II - Hessel (4-year terms), two regular, two alternate vacancies
- Unit II - Naubinway (4-year terms), three regular, one alternate vacancy
- Unit III - St. Ignace (4-year terms), one regular, one alternate vacancy
- Unit IV - Manistique (4-year term), one regular vacancy
- Unit IV - Escanaba (4-year term), one regular vacancy
- Unit V - Munising (4-year terms), three regular, two alternate vacancies
- Unit V - Marquette (4-year term), one alternate vacancy

Marquette, Munising elders meetings change venues

Unit V Munsing Area Elders Advisory Subcommittee begin meetings again at the Munsing Tribal Center on the first Thursday of the month at 11 a.m. with meals following at noon. Meals also served at noon on the

third Thursday of the month at the Munising Tribal Center. The next meeting is on Sept. 6, 2018. The Marquette Elders have returned to the Marquette Holiday Inn (at 1941 US-41 West) for their meetings.

If you know someone whose Sault Tribe newspaper subscription has suddenly stopped after they moved, have them call enrollment at (800) 251-6597.



Does your partner ever...

- Call you names or criticize you?
- Isolate you from family or friends?
- Threaten to hurt you or your children?
- Push, slap, kick or strangle you?
- Refuse to give you money for food, gas or medicine?

Support is available at
1-844-7NATIVE
(Monday-Friday from 9 a.m. to 5:30 p.m. CST).
Callers reaching out after hours will have the option to connect with the National Domestic Violence Hotline or to call back the next business day. All calls are anonymous and confidential.

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This project is supported by Grant Number 90EV0426 from the Administration on Children, Youth and Families, Family and Youth Services Bureau, U.S. Department of Health and Human Services. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the U.S. Department of Health and Human Services.

Advice about relative humidity in your home

Relative humidity (RH) is an important measurement to keep track of in homes. It is the measure of the amount of moisture in

the air relative to the total amount of moisture the air can hold. It is reported as a percentage of the total amount of moisture that

could be held in the air.

An RH monitor can be purchased either online at amazon.com, and by visiting a Walmart or a local hardware store. They can typically be found for less than \$15 and range from digital to non-digital.

At left, you'll find a chart that shows the optimal zone a home should be at to reduce the potential for mold, dust mites, bacteria, viruses and so forth.

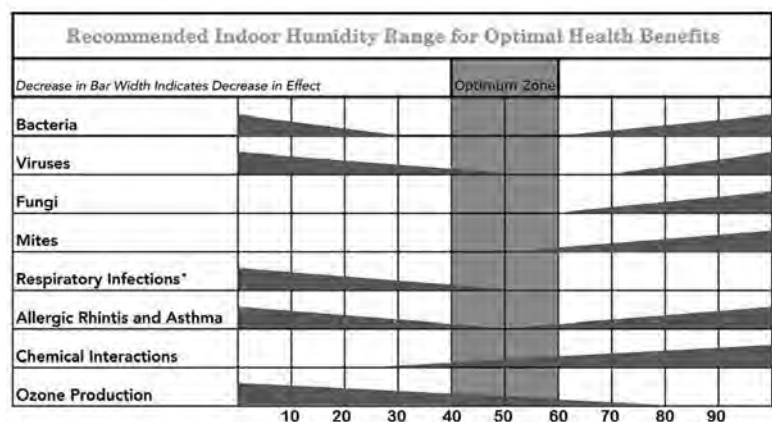
This zone is between 40-60 percent RH. The higher RH corresponds to greater instances of mold, dust mites, asthma attacks and lower RH increases bacteria, viruses and respiratory infections.

The Upper Peninsula of Michigan has a temperate climate with well-defined seasons. In the winter months the temperature outside can drop below -15°F.

The inside RH would only need to be at between 25-30 percent since higher RH could lead to condensation on windows. One way to combat this is by having new double-paned windows installed or putting plastic over the windows. This will help with window condensation and allow the home to raise the RH to a more comfortable level. It is still important to open windows periodically and get fresh air throughout the colder season.

odically and get fresh air throughout the colder season.

If you have any questions about relative humidity in the home, or any other air quality related questions, please call the Sault Tribe Environmental Department at (906) 632-5575 and ask for Robin Bouschor or email her at rbouschor1@sault-tribe.net.



Source: Arundel, Anthony V., Elia M. Sterling, Judith H. Biggin, and Theodor D. Sterling. "Indirect Health Effects of Relative Humidity in Indoor Environments." *Environmental Health Perspectives* 65 (1986): 351-61. Web.
*Insufficient Data Above 50% Relative Humidity

A chart showing ranges of relative humidity and the decrease in a bar indicates a decrease in corresponding health risk on the left side.

Sept. USDA road schedule

Sault Tribe USDA Food Distribution Program staff certify eligibility of clients and distribute food at a central warehouse in Sault Ste. Marie and repeat the process at eight tailgate sites every month serving 15 counties in all. Those counties served are Alger, Chippewa, Delta, Luce, Mackinac, Marquette, Schoolcraft, Antrim, Benzie, Charlevoix, Cheboygan, Emmet, Grand Traverse, Leelenau and Manistee. Those wishing to apply must reside in one of the 15 counties served in order to apply.

Applicants need to verify membership in any federally recognized tribe for at least one member of their households. Applicants also must verify all that applies to them on the application, such as all income received, all expenses paid out such as child support, day care, utility bills, rent of mortgage receipts.

Applicants over 60 or disabled may qualify for a medical deduction as well.

Those who may have questions should call 635-6076 or toll free at (888) 448-8732 to inquire.

A nutrition educator is also available to help with any nutrition questions you may have.

The application process to receive these benefits takes up to seven business days from the date the office receives it, and you cannot receive SNAP (food stamps) and commodities in the same month.

Here is the September 2018 food distribution road schedule:

- Wednesday, Sept. 5 Marquette
- Friday, Sept. 7 Newberry
- Tuesday, Sept. 11 Manistique 1 A-L
- Thursday, Sept. 13 Manistique 2 M-Z
- Monday, Sept. 17 Hessel/Kincheloe
- Wednesday, Sept. 19 Rapid River
- Monday, Sept. 24 Munising
- Wednesday, Sept. 26 Cheboygan
- Friday, Sept. 28 St. Ignace

Training opportunities available for eligible applicants

The Sault Ste. Marie Tribe of Chippewa Indians Workforce Innovation and Opportunities Act (WIOA) Program has funding available for on-the-job training and short-term occupational training opportunities.

The program may be able to provide tuition assistance for skills training if it leads to an industry-recognized certification or under OJT, the program may

reimburse an employer 50% of your wage for a specified training period.

Candidates must meet certain eligibility requirements and be a resident of the seven-county service area.

Please apply at WIOA at the Chi Mukwa Community Recreation Center in Sault Ste. Marie, Mich, or call Brenda Cadreau at 635-4767 for more information.

Tribal members: need assistance?

Three membership liaisons work with the chairperson's office on membership issues and concerns across the service area. The liaisons respond to membership issues and follow up to ensure they are resolved. Sault Tribe members are encouraged to contact the liaisons when they need help with tribal issues by emailing membersconcerns@saulttribe.net or contacting them individually at:

Unit I — Sheila Berger,

Office of the Chairperson, Sault Ste. Marie, 635-6050, (800) 793-0660, cell (906) 259-2983, sberger@saulttribe.net

Units II and III — Clarence Hudak, Lambert Center, St. Ignace, (906) 643-2124, chudak@saulttribe.net

Units IV and V — Mary Jenerou, Manistique Tribal Center, (906) 341-8469; Munising Centers, (906) 450-7011 or (906) 450-7011, mjenerou@saulttribe.net.

Members must keep tribe informed or lose benefits

Resident tribal members have further interests in keeping tribe current on their addresses

If you move from your residence to a new address without notifying the Tribal Tax Office and the tribe's Enrollment Department, you lose important benefits, such as possible tax exemptions, tribal election ballots, elders' dividends, important notices sent by mail and newspaper delivery.

State Tribal Tax Agreement Resident Tribal Member (RTM) Status: A resident tribal member (RTM) is the term used for a tribal member whose principal place of residence is in an tax agreement area.

The term RTM is not based upon members being enrolled in the tribe, it is merely to designate between members living in the agreement areas and members who do not live in agreement areas.

The procedure for tribal members to receive their RTM status is only through submitting address verification cards along with the required supporting documentation verifying their addresses are in the boundaries of an agreement area to the Tribal Tax Office. It is the responsibility of the members to submit this information to the Tribal Tax Office.

Members living in agreement areas are not automatically registered. Though members may have lived in agreement area prior to registering with the Tribal Tax Office, their RTM status does not begin until the Michigan Department of Treasury is notified that the member has proven through documentation their principal places of residence is within the

boundaries of the tax agreement areas. The Michigan Department of Treasury then recognizes their RTM statuses (exempt from state income and sales tax) on the first of the following month if documents are received at the Tribal Tax Office by the 15th of the prior month.

Once members are registered and given RTM status, it is imperative that any changes to members' addresses are reported to the Tribal Tax Office. Per Tribal Code 43: Tribal Tax Code Section 43.1103,

Resident tribal members shall notify the Tribal Tax Office in writing prior to moving their principal place of residence.

— Tribal members must fill out an "Address Verification Card," and provide two proofs of the address stated on the card. A

valid Michigan driver's license or Michigan state identification card must be one of the proofs of address. The address on the identification card must have member's current address. The Tribal Tax Office will not process/register members without an identification card.

— Tribal members who are minors. If the minor has a Michigan driver's license or Michigan state identification card, a copy must accompany the "Address Verification Card." If they do not have state identification cards, then two utility bills with their parent's name and address (matching the minors stated address) are required. The Tribal Tax Office will not process/register without this information.

— Tribal member parents

are responsible to request their minor children (under 14 years of age) be registered for sales tax exemptions on motor fuel purchases. This does not require proof of address if only for motor fuel purchases.

For all Tribal Tax Office business, call Candace Blocher at 635-6050 or toll free at (800) 793-0660 and ask for ext. 26310, or email cblocher@saulttribe.net.

Also be sure to call the tribe's Enrollment Department to ensure your address is current in order to continue receiving important official tribal notices, election ballots, elders' dividends, newspapers sent via the U.S. mail.

Call the Sault Ste. Marie Tribe of Chippewa Indians Enrollment Department at 632-8552 or toll free at (800) 251-6597.

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The official newspaper of the Sault Ste. Marie Tribe of Chippewa Indians.

August 17, 2018
Mskominike Giizis
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Jennifer Dale-Burton.....Editor
Brenda Austin.....Staff Writer
Rick Smith.....Staff Writer
Sherrie Lucas.....Secretary

Win Awenen Nisitotung welcomes submissions of news articles, feature stories, photographs, columns and announcements of American Indian or non-profit events. All submissions are printed at the discretion of the editor, subject to editing and are not to exceed 400 words. Unsigned submissions are not accepted.

Please note the distribution date when submitting event information for our community calendar. Submissions can be mailed, faxed or e-mailed. The distribution date is the earliest the newspaper can arrive in the seven-county service area.

Win Awenen Nisitotung is funded by the Sault Ste. Marie Tribe of

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Win Awenen Nisitotung, in Anishinaabemowin, means, "One who understands," and is pronounced "Win Oh-weh-nin Nis-toe-tuhng."

See our full, online edition at www.saulttribe.com.

Subscriptions: The regular rate is \$18 per year, \$11 for senior citizens and \$30 to Canada. Please

call for other foreign countries. Subscribe by sending your name and mailing address to the address below with your check or money order made out to the Sault Ste. Marie Tribe of Chippewa Indians. Or, call (906) 632-6398 to pay by credit card.

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Resolutions pass at July 17 board meeting

The Sault Ste. Marie Tribe of Chippewa Indians Board of Directors convened a meeting on July 17 in Escanaba. All were present except for directors Chase, Hollowell, McKelvie and McLeod.

2018-153 Employee Recognition, Establishment of FY2018 Budget — \$62,250 in tribal support funding budgeted.

2018-154 Tribal Opioid Treatment and Recovery Initiative Grant, Establishment of FY2018 Budget — A budget was approved for \$100,000 in grant funding with other revenue from the Inter-Tribal Council of Michigan. No effect on tribal support.

2018-155 Health Center Manistique Clinic, 2018 Budget Modification — For changes in the personnel sheet and reallocation of expenses with no effect on tribal support.

2018-156 Health Center Munising Clinic, 2018 Budget Modification — For changes in the personnel sheet and reallocation of expenses with no effect on tribal support.

2018-157 Acceptance of the

2017 Sault Ste. Marie Tribe of Chippewa Indians Governmental Audit — Audit conducted by Dennis, Gartland and Niergarth accepted and approved.

2018-158 Approving Contract, Irrevocable Standby Letter of Credit No.1, Sault Tribe Construction — Letter of credit authorized for \$130,000 to guarantee and act as assurances for the performance of a construction project by Sault Tribe Construction for the Sault Tribe Housing Authority.

2018-159 Approving Contract, Irrevocable Standby Letter of Credit No.2, Grand Marais — Letter of credit authorized for \$10,000 to guarantee and act as financial assurance for the agreement to use and occupy unpatented Great Lakes bottomlands for private purposes in Grand Marais with the State of Michigan Department of Environmental Quality.

2018-160 Approving Contract, Irrevocable Standby Letter of Credit No.3, Epoufette Harbor — Letter of credit authorized for \$10,000 to guarantee and act

as financial assurance for the agreement to use and occupy unpatented Great Lakes bottomlands for private purposes in Epoufette Harbor with the State of Michigan Department of Environmental Quality.

2018-161 Approving Lease Amendment For the Escanaba Tribal Community Health Center — Present lease expires on July 31, 2018. Lease between the tribe and U.P. Property Management LLC, formerly known as Penstar, Inc., for property at 1401 North 26th Street in Escanaba with the lease now expiring on July 31, 2019.

2018-162 Amending Tribal Code Chapter 83: Evictions and Foreclosures — Amendments authorized to Sections 83.212 through 83.215 establishing definitions of leasehold mortgages, leasehold mortgage foreclosure proceedings, lender designated assignees and lenders/mortgagees.

2018-163 Authority and Approval For Chairperson to Execute Memorandum of Understanding (MOU) With Fannie Mae and Other Lending

Institutions — Amended Resolution 2003-107 to authorize the chairperson to enter into documents establishing new MOU agreements with Fannie Mae and other lending institutions on such conditions deemed as necessary or desirable.

2018-164 Audit Committee: Appointment of Committee Members – Appointment of Chairperson — Director Massaway designated as chair of the Audit Committee through the end of his current term as treasurer for the tribe's board of directors. Fellow members Hoffman and McKelvie appointed to the committee.

2018-165 OVC FY2018 Tribal Victim Services Set-Aside Program — Authorized application for the U.S. Department of Justice, Office of Justice Programs, Office for Victims of Crime grant funding.

2018-166 Authorization To Change Signature Authority-Bank Accounts — Rescinded all previously approved resolutions regarding signature authority on certain bank accounts and autho-

rized any two board members or one board member and one staff member as signatories.

2018-167 Authorization To Change Signature Authority-Trust Accounts — Rescinded all previously approved resolutions regarding signature authority on certain trust accounts and authorized any two board members or one board member and one staff member as signatories.

2018-168 Appointing Workers Compensation Committee Members — Removed former employees from the committee and appointed employees Robert Schulte and Regina Rolstone until such time as the board determines otherwise.

Resolutions and voting grids can be viewed in their entirety on the tribe's web site at www.saulttribe.com. Once visitors have logged on to the web site, follow the menu options Government, Board of Directors, Downloads, Board Meeting Votes and Approved Resolutions, 2018 and select appropriate board meeting date.

STLE hunter safety courses in Sault, Manistique

Sault Tribe Law Enforcement offers hunter safety courses at the following dates and locations:

Sault Ste. Marie, Aug. 27 and 28, 1 to 6 p.m. in the Sault Tribe Law Enforcement conference room, 2175 Shunk Road. Pre-register by calling the Sault office

at (906) 635-6065. Class can hold up to 20 students. No youth under the age of 10. Youth under 12 must be accompanied by an adult. Youth must pick up the workbook prior to the first class — homework will be turned in on the first day of class. Youth must also

bring lunch, snacks, drinks and pencils and be able to attend both afternoons' classes. When calling the Sault office to register, please provide an emergency contact phone number (and name if not the parent or guardian).

Manistique, Sept. 4 and 5, 4

to 9 p.m. at the Manistique Tribal Center. Pre-register by calling the Sault Office at (906) 635-6065. Class can hold up to 40 students. No youth under the age of 10. Youth under 12 must be accompanied by an adult. Youth must pick up the workbook prior to the

first class. Youth must also bring lunch, snacks, drinks and pencils and be able to attend both nights' classes. When calling the Sault office to register, please provide an emergency contact phone number (and name if not the parent or guardian).

Keep it OR CASH it!
Fridays
ALL SITES

September 7-28
Kewadin Credits Hot Seat Draws* 6 p.m.-9 p.m.
WIN Up To \$500 CASH

Register at Northern Rewards Club booths
* must earn 50 base points to qualify for Hot Seat Draws

1-800-KEWADIN | kewadin.com



SAULT STE. MARIE + ST. IGNACE
HESSEL + CHRISTMAS + MANISTIQUE
1-800-KEWADIN | KEWADIN.COM

ALL KEWADIN CASINO SITES

\$225,000 KASH BASH - Through August 25

Hot seat draws 4 p.m.-10 p.m. Win Up to \$100 Kewadin Credits
\$500 CASH Draws at 10:30 p.m.

Grand Prize Night August 25! Win up to \$25,000 CASH

GENUINE SCOOTER GIVEAWAY - Through August 30

Kewadin Credits Hot Seat Draws 2 p.m.-8 p.m. Up to \$100 Kewadin Credits
Earn Entries for Grand Prize Giveaway

Grand Prize Night August 30. ONE WINNER AT EACH SITE!

VALOR DAY - Tuesdays in August & September

All Valor Card members earn 10 base points to receive \$5 in Kewadin Credits

SUNSET BLISS SATURDAYS - September 1-29

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HOT SEAT DRAWS 7:15 p.m., 8:30 p.m. 9:45 p.m.* Win Up to \$599 CASH
TABLE DRAWS Win up to \$10 Match Play or \$25 Credits 10 p.m. & 10:30 p.m.
Must earn 50 base points to qualify for Hot Seat Draws
* earn entries Saturdays from 8 a.m.-9:30 p.m.

\$15,000 REEL OF FORTUNE SLOT TOURNAMENT -

Monday-Friday noon-8 p.m. through September

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* Additional entries with every 50 base points earned

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\$15,000 Pinktastic Spin to Win Tournament - October 5-6

KEWADIN CASINO SAULT STE. MARIE

\$22,500 Mega Bingo - September 8

\$15,000 Pinktastic Spin to Win - October 19-21

\$15,000 Keno Tournament - October 26-28

See Northern Rewards Club for more details and registration on all events and tournaments. Must register at Northern Rewards for promotions and tournaments. Club hours vary by site.

SAULT STE. MARIE • ST.IGNACE • HESSEL • CHRISTMAS • MANISTIQUE

End Trafficking of Native Americans Act introduced in U.S. Senate

U.S. Senators Catherine Cortez Masto (D-Nev.) and Lisa Murkowski (R-Alaska), members of the Senate Committee on Indian Affairs (SCIA), recently introduced the *End Trafficking of Native Americans Act of 2018*. This bill addresses some of the gaps between tribal communities and the federal government in combatting human trafficking of Americans Indians. It would establish an advisory committee on human trafficking comprised of law enforcement, tribal leaders and service providers to make recommendations to the Department of the Interior (DOI) and Department of Justice (DOJ) on combatting human trafficking of Native Americans and Alaska Natives. The bill also establishes a human trafficking prevention coordinator in the Bureau of Indian Affairs (BIA) to coordinate human trafficking prevention efforts across federal agencies.

“As Nevada’s attorney general, one of my key missions was to stop the trafficking of innocent women and children and hold traffickers accountable, and I am

proud to continue that work in the U.S. Senate” said Masto. “I have seen firsthand how factors including violence and historical trauma put Native Americans and Alaska Natives at an increased risk of trafficking. This bill will help coordinate investigation and prosecution efforts between federal agencies and will strengthen partnerships between the federal government, tribal leaders, law enforcement and victim advocates. I will continue to use all resources available to bring traffickers to justice and support Native American and Alaska Native survivors.”

“Human trafficking is as evil and vile an issue as any other that’s out there. It is a shocking reality that is felt deeply across the state of Alaska, impacting the Alaska Native population in devastating proportion. This legislation will allow for improved national collaboration between various agencies, tribal communities, and local law enforcement to help address human trafficking – with the assurance that an Alaskan will always have a voice at the table,” said Murkowski. “From strength-

ening our ability to prevent human trafficking to increasing culturally appropriate training and research programs, I am proud to help drive legislation that will help bring an end to trafficking against American Indians and Alaska Natives.”

“Though we know that anecdotally human trafficking has had a devastating effect on our tribal communities, there seems to be a lack of understanding around how to best address it. This legislation will help to establish a better understanding of this issue as it relates to American Indian and Alaska Native populations in both Indian Country and urban settings. We are thrilled that Senator Cortez Masto is placing a high significance on our communities and on our safety. Human trafficking of native men, women and children has for too long gone unaddressed,” said Lucy Simpson, executive director of the National Indigenous Women’s Resource Center.

The *End Trafficking of Native Americans Act* is also supported by the Minnesota Indigenous Women’s Sexual Assault Coalition.

The National Institute of Justice reports that more than 56 percent of American Indian and Alaska Native women experience sexual violence in their lifetimes. Despite this high rate of sexual violence and the known correlation between high rates of sexual violence and trafficking, there were only 14 federal investigations and two federal prosecutions of human trafficking offenses in Indian Country from 2013 through 2016.

The *End Trafficking of Native Americans Act*:

- Requires the Secretary of the Interior to designate an official in the Office of Justice Services in the BIA to coordinate human trafficking prevention efforts across the BIA, DOJ and other federal agencies.

- Requires the Secretary of the Interior, in coordination with the attorney general, to establish an advisory committee on human trafficking composed of 15 members including tribal, state and local law enforcement, advocacy organizations, representatives of relevant federal agencies, and at least one Native American survivor

of human trafficking.

- The committee will make recommendations to the DOI and DOJ on what more the department can do to combat trafficking, including strategies for identifying and reporting human trafficking cases and identification of the legislative and administrative changes necessary.

- The committee will develop best practices for tribes and law enforcement to identify trafficking victims, collect and share information on trafficking across systems and agencies, better understand the types and prevalence of trafficking in Indian Country, and improve coordination between law enforcement, victim stakeholders, and Native communities. The best practices will include sample training materials and will be based on multidisciplinary and culturally relevant research and programs.

The committee will also recommend whether a federal study on human trafficking in Indian Country and of Native Americans and Alaska Natives is needed.

From the Senate Committee on Indian Affairs.

USDOT awards Sault Tribe and others transportation safety funding

WASHINGTON, D.C. – The U.S. Department of Transportation’s Federal Highway Administration (FHWA) recently announced 82 tribes will receive \$17.5 million from FHWA’s Tribal Transportation Program Safety Fund for 94 projects to improve transportation safety on tribal lands.

“These investments in tribal communities will improve safety, create jobs and increase access to work, school and medical facilities,” said U.S. Transportation Secretary Elaine L. Chao.

The funds will be used for safety planning, data improvements and engineering for tribal communities. FHWA received 234 applications from 141 recognized tribes requesting a total of \$90.1 million in assistance.

Established in 23 U.S.C. 202, Congress created the Tribal Transportation Program to improve highway safety on tribal roads and other transportation facilities. Examples of the grant recipients include:

- The Yankton Sioux Tribe in South Dakota will receive \$767,818 to make improvements to six miles of BIA Route 29,

which will eliminate the number and severity of crashes in the area.

- The Navajo Nation of Arizona will receive \$693,000 to improve data collection from motor vehicle crashes in all seven of the Navajo Nation’s police districts.

- The Sault Ste. Marie Tribe of Chippewa Indians in Michigan will receive \$650,000 to construct 4.5 miles of asphalt, crushed stone and concrete sidewalks and pathways to reduce pedestrian fatalities and injuries, and improve overall traffic safety.

- The San Pasqual Band of Mission Indians in California will receive \$610,512 to install a traffic signal at Duro/Lake Wohlford Road, along with new signs and road striping to reduce collisions and improve overall safety.

- The Miccosukee Tribe of Indians in Florida will receive \$395,328 to improve the intersection on Snake Road and Route 1403/10 to ease traffic conflicts which can result in crashes, and traffic jams at the entry point to Snake Road.

“Road safety is important to

tribal lands,” said Acting Federal Highway Administrator Brandye L. Hendrickson. “From police response time to building better

sidewalks, roads, guardrails and intersections, these funds will help tribal communities better to protect the public.”

A complete list of this year’s recipients and additional details can be found online at <https://flh.fhwa.dot.gov/programs/ttp/>.

Chi Miigwech

I want to thank all of my Sault Tribe family and friends for all of your support and faith in me during the Sault Tribe Election for Unit 3. I am humble and grateful for you all. Words cannot say how proud I am of all of you. Thank you so very much! I will always be there for you all. And never forget where you came from.

— Gerry Paquin Brow

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Anishinaabemowin 2018

Life is like a 10 speed bicycle. Most of us have gears we never use. Charles Schulz.

Mskominike Giizis *Raspberry Picking Moon*

by Susan Askwith

Vocabulary vs Grammar

It's so cool to be able to name things in our lives - things we see, our feelings, ideas, people, places. But even small children realize it's way more interesting and effective to say a whole idea. That is, to make sentences. The way we put words together to make sentences is grammar. So don't be put off by the word "grammar". It's a powerful and vital tool in communicating. And it's pretty difficult to NOT use it! Still, this month we're concentrating on vocabulary. There are a lot of words about bicycling. Just pick out 2 or 3 of your favorites to learn at a time. The key is to use them often, until they sink into your bones. Have fun with them. Be silly. Make learning a game. Visualize. Add motions. These are the "tricks of the trade"!

Pronunciation Guide; How to Sound Really Good:

Let's just stick with these basics: Letters sound like they do in reading English, except for these ones.

a	sounds like U in cup	i	sounds like I in fit
aa	sounds like A in fall	ii	sounds like EE in feed
o	sounds like OO in book	e	sounds like E in fed
oo	sounds like O in grow	g	sounds only like g in go

nh has no sound at all; it is only a SIGN that the vowel in front of it is said in a nasal way.

English has a lot of strange spellings. Our system of writing is easier. We pronounce all the letters shown, even if we say some of them pretty fast and some are pretty quiet.

These are items that make up a bicycle or are used with a bicycle (biimshkowebshkigan).

Tires	detibizyak	Brakes	ngaakwaganan	Basket	kookbinaagan
Frame	naakimachigan	Pedals	biimshkowebshkiganan	Air	boodaanaa
Seat	pabwin	Gearshift	aandaabdesjigan	Tools	nakaazwinan
Handlebars	daakaan-aabik	Chain	chenayaab	Lubricant	mide
Reflectors	gnawaachijigaanhsan	Road/Path	miikan/miikaanhs	Gauge	dbamjigaanhs
Helmet	wiikwaan	Light	waaskonenjigan	Wrench	biimskwagan

You can turn each of these terms into a sentence by saying the word "maanda" after it. That will make it say "This is" whatever item you named. Notice it's in a different order than in English: "Chain this is." rather than "This is the chain."



Have Fun with Vocabulary . . . !

Use the vocabulary list to label all the bicycle stuff in these pictures. Of course, use the Aanishinaabemowin words!!

N'minozhaayaa pii biimskowebshkigeyaanh.

I feel good when I ride my bike.

Nda gwaashkwezhaayaa.

I feel full of energy.

Waa mnakaagyin maajiiyin.

It makes you feel good when you move.

Naangodnaang gzhaate gojiing niibing.

Sometimes it's hot outside in the summer.

N'dabwez miinwaa nda yekoz.

I am sweating and I'm tired.

Geyaabi gojiing n'bishigendaan yaa'aanh.

Still, I like being outside.

Noodin minamaagwat.

The air smells good.

Number Practice!

Aaniish minik endso dbaabaan gaa pizyin nangwa?
How many particular miles did you drive today?

*To work *To the store *To the park
*To your friend's house *Just riding around

Here's the Counting Pattern Again.

To count to 100, you need to remember how to count to 10 (bezhik, niizh, nswe, niwin, naanan, ngodwaaswi, niizhwaaswi, shwaaswi, zhaangswi, mdaaswi).

For each later group of 10, say the word below, then say "shi" (= and), then finally add the needed number from 1-9.

11-19 -> midaaswi 20-29 -> niizhdana
30-39 -> nsimdana 40-49 -> niimdana
50-59 -> naanmidana 60-69 -> ngodwaasmidana
70-79 -> niizhwaasmidana 80-89 -> nshwaasmidana
90-99 -> zhaangsmidana 100 -> ngod-waak (waak = hundred)
+100: use the numbers 2-10 to say how many hundreds you want to talk about

Examples: 62: ngodwaasmidana shi niizh
 185: ngod-waak shi nshwaasmidana shi naanan
 350: nswe-waak shi naanmidana

Please save this page! Each month this year we will have another. Bit by bit we will learn together.

Setting misconceptions about Indian Country straight

By RICK SMITH

The First Nations Development Institute of Longmont, Colo., Echohawk Consulting of Tulsa, Okla., and 14 partners, such as the American Indian College Fund and the W.K. Kellogg Foundation, seek help with a recently launched nation-wide project that sounds a bit like something out of the old television series called *Mission: Impossible*. Your mission, should you decide to accept it, is to become informed of the research and share ideas on working toward moving hearts and minds into greater respect, inclusion and social justice for American Indians. Those who find the prospect appealing should learn more about getting onboard with *Reclaiming Native Truth: A Project to Dispel America's Myths and Misconceptions* at www.reclaimingnativetruth.com.

Reclaiming Native Truth

A PROJECT TO DISPEL AMERICA'S MYTHS AND MISCONCEPTIONS

The project is moving into a new developmental phase after two years of research into public perceptions about American Indians, which was funded by a \$2.5 million grant from the Kellogg Foundation and others. Michael Roberts, a Tlingit and president and CEO of First Nations Development Institute, said in a phone call the research is wrapped and ready for review by those possibly interested in pursuing the cause.

"Some incredible findings were unearthed through this research," Roberts said in an announcement, "many of which had long been experienced and assumed but not proven. The findings clearly validate the

realities that so many Native people face in their day-to-day interactions in communities. They provide our project, and the larger movement, with a strong foundation upon which to move forward."

Pawnee Crystal Echohawk, president and CEO of Echohawk Consulting, said the research appears to have illuminated a good path for moving forward. "This research informed how we could create a new narrative that would be effective in changing misperceptions," she said in a release. "We formulated a new narrative, created by renowned Native American artists and storytellers, that proved to change people's understanding of Native

people and issues. We are excited to take this new narrative and our research findings and transition into a new phase of this project, harnessing the power of a movement of movements."

Now they want to hear from American Indians and "allies" who can help spread the word and build momentum through conferences and other avenues.

One of the research findings, for example, is that most Americans don't believe American Indians face discrimination but simultaneously hold misconceptions about Indian wealth from casinos and free government benefits. These misconceptions create wide spread bias among folks from people in

the street to those in the halls of Congress. The findings may seem unsurprising to denizens of Indian Country, but they form a concrete foundation for building strategies for changing those misconceptions.

Separate guides specifically for Native peoples and organizations and for allies called *Changing the Narrative About Native Americans* can be found on the organization's website. Much more information about the research and movement is also on the site.

Roberts invites anyone with any questions or concerns to contact either First Nations Development Institute or Echohawk Consulting through the contact information posted online on the project's website.

The organization can also be reached by telephone at (303) 774-7836, extension 213.

Comments sought on LIHEAP

The Sault Tribe's Anishnaabek Community and Family Services (ACFS) 2018-2019 Low Income Energy Assistance Program (LIHEAP) is available for your review. The LIHEAP program provides assistance to lower the burden of high-energy bills and to increase energy efficiency of eligible Sault Tribe households in the tribe's service area. How we administer this program is partly determined by YOUR input. The plan is available Aug 20-24, for comment at the following places:

- ACFS Sault Ste. Marie office, 2218 Shunk Road, 632-5250

- ACFS St. Ignace office, 1140 N. State Street, Suite 2805, 643-8689
- ACFS Manistique office, 5698 W. Highway US-2, 341-6993
- ACFS Munising office, 622 W. Superior Street, 387-3906
- ACFS Kincheloe, 60 Kincheloe, 495-1232
- Advocacy Resource Center, 2769 Ashmun Street, Sault Ste. Marie, Mich., 632-1808
- Hessel Community Health Center 3355 N. 3 Mile Road, 484-2727
- Newberry Community Health Center, 4935 Zeez Ba Tik Lane,

- 293-8181
- USDA, 3604 Mackinac Trail, Sault Ste. Marie, Mich., 635-6076

Public comment will be heard on Monday, Aug. 24, 2018, 4-6 p.m., at 2218 Shunk Road in Sault Ste. Marie.

If you have questions, please call the Direct Services case manager in your area, or call (800) 726-0093, reference notice of public hearing 2018-19 LIHEAP plan.

Remember, plan is available at the listed sites from Aug. 20 to Aug. 24.

Hovland nomination to head ANA

By RICK SMITH

The U.S. Senate recently approved the president's nominee for commissioner of the Administration for Native Americans (ANA) at the U.S. Department of Health and Human Services (HHS). Jean Carol Hovland was confirmed by the Senate after a voice vote on June 21. According to the White House, Hovland is a member of the Flandreau Santee Sioux who served as the tribal affairs advisor to Senator John Thune (R-SD). She started working with Thune in 2005 as

the American Indian outreach coordinator, in that capacity she met regularly with tribal leaders, program personnel and tribal community members of the Great Plains. Hovland played a key role in developing legislation such as the Tribal Law and Order Act, the Tribal Veterans Health Care Enhancement Act and the Restoring Accountability in the Indian Health Service Act of 2017. Hovland was also CEO of Wanji Native Nations Consultants, which trains tribes on homeland security, among other things.

Chi miigwich to Director McKelvie for attention to children's wants

On behalf of the YEA program, I would like to acknowledge a very special man who has done so much for our kids. Denny McKelvie and his family have been helping us with the Sault Tribe's annual kid's carnival during the Sault powwow for many years. He sets up shop right beside us, selling many smiles with his own popcorn, cotton candy and snow cone maker. His booth is by far the busiest and most frequently visited!

He donates all of his own supplies and hands them out free

to everyone and never steers anyone away from coming back for seconds or thirds. Not only does he hand out all the best carnival goodies, but he also

comes bearing many gifts to add in our prize booth. This year, his daughter came in with about six large totes filled with prizes that he bought all himself for us to

give away during the carnival.

Denny has a huge heart and always seems to amaze me with his kindness and generosity. He makes sure that on carnival day

our kids do what they do best — have fun, laugh lots and know how it feels to be loved.

Jill Lawson

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McKeachnie is new Community Health nurse

BY BRENDA AUSTIN

Sault Tribe Community Health recently welcomed Yolanda McKeachnie, RN, BSN, as a Community Health nurse.

The 25-year-old was born and raised in Petoskey and attended Lake Superior State University's nursing program, graduating in December 2016.

Just prior to graduating from LSSU, McKeachnie did a clinical rotation at the Sault Tribal Health Center where she worked with Rebecca Gordon, CHN, who was her preceptor while she was in nursing school and who is now her office mate.

After graduating, she returned to Petoskey and worked in Acute Rehab at McLaren Northern Michigan for 10 months. During that time she married Sault Ontario resident and LSSU graduate, Kyle McKeachnie, making the move to Sault, Ontario, after accepting her current position with the tribe. Her husband is an engineer and works 12-hour days climbing and inspecting windmills along the St. Marys River in Ontario during the summer.

When McKeachnie was a senior in high school her grandfather was critically ill and she was at the hospital with him

when he passed on. During that traumatic time, she said a nurse attending him was able to connect with her and aid her through the grieving process. She decided at that moment that she wanted to be a nurse and be able to offer the same kind of care to others and their families in need.

As a Community Health nurse, she will be doing in-home visits where she will do medication set-ups, monitoring health status and vitals, performing home assessments for safety and coordinating additional resources clients may need. Community Health also offers foot care clinics, injections,

hypertension case management, a tobacco cessation program, nutritional education, health education and diabetes case management.

McKeachnie said she loves the outdoors and what every season has to offer – including boating, four-wheeling and fishing.

She said, "I love it here in Community Health. Everyone is so wonderful, and I love the community aspect of nursing. I am very thankful for this opportunity to work with such a wonderful team and great clients." Positive and outgoing, McKeachnie said she genuinely loves helping others.



Yolanda McKeachnie

Vogel takes position with Community Health

BY BRENDA AUSTIN

Ashley Vogel recently accepted the administrative secretary position with Sault Tribe Community Health. For the past eight years she was the administrative assistant to the tribal chairperson.

Vogel began working for the tribe when she was 14 through the Workforce Investment Act program. Her first job was as a file clerk in the Purchasing Department under Tanya Henderson. She went from Purchasing to Motorpool, where she was a dispatcher, and from there to the tribe's

Midjim Convenience Store where she remained for almost two years while she attended Northern Michigan University before accepting the position in the chairperson's office. Vogel completed three years of study at Northern in creative writing/journalism and Native American studies.

As an administrative secretary, Vogel said she makes travel arrangements for Community Health staff, does the department's copying, prepares packets for meetings and takes minutes. Vogel works with Dezria Weber

and Fran Leavitt taking care of the front desk and checking in and making appointments.

"This position was an opportunity doing administrative work in a different department away from a political environment," she said. "I felt like I learned everything I could as the administrative assistant to the chairperson. Going into the health field has been amazing. I love to learn."

Vogel said since she has been at Community Health, she has sat in on a lecture regarding the hereditary genetic markers for cancer assessment and was fitted for a mask in case of an outbreak of measles or other pathogens that might be brought into the health center. "You have things that you know will get done throughout the day, but its not a routine and that keeps it interest-

ing," she said.

Vogel said Community Health has a lot to offer, including foot care, dietitian services, a nicotine dependence program, doing nutrition education with the summer rec program kids at Big Bear, and teach canning classes and drum making. Vogel said they even offer a class in spiralizing – which is the art of turning vegetables into noodles.

"There is a lot more than meets the eye in Community Health. In addition to viewing what is offered on our website, you can call Community Health and find out what we have to offer. A lot of people don't know we have free hearing aid batteries and have an audiology department. They don't need an appointment for hearing aid batteries, but they do need their



Ashley Vogel

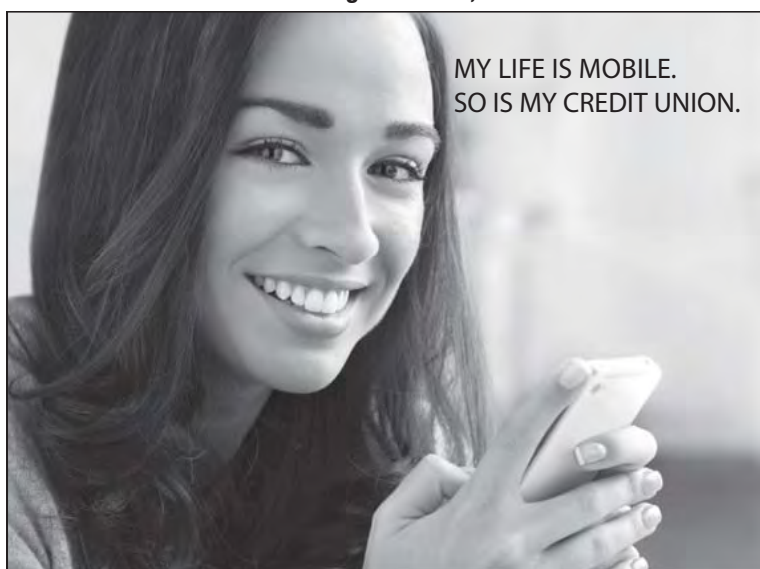
tribal card," she said.

For more information, or to make an appointment, call Community Health at 632-5210 or toll free at (877) 256-0009, Monday-Friday, 8 a.m. to 5 p.m.

Kewadin donates



Kewadin Casinos presented a check to the Sault Tribe Police Department recently for the Junior Police Academy. In place of spending money on a float in the July 4 parade, the casino asked tribal members to volunteer to walk in the parade and they would donate funds designated for the float to the academy held each year at Boedne Bay in Moran, Mich. Seen here, from left, Kewadin Casino General Manager Allen Kerridge, Sault Tribe Law Enforcement Chief Bob Marchand and Kewadin Casino V.P. of Marketing and Sales, Shawn Carlson.



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Vogel successfully launches third novel

BY BRENDA AUSTIN

Keep Dreaming by A.A. Vogel is now available for your reading pleasure. It can be purchased online on Amazon, Barnes and Nobel or on her publisher's website – www.Xlibris.com.

The story begins with an introduction to it's main character, Aria Price, who has just survived the worst experience a teenage girl could go through – the loss of her father in a roadside bombing in Afghanistan. Tragedy promotes change, in this case a move for Aria and her mother to Harpers Landing – her mother's hometown. Once there, Aria tries reconnecting with old friends and adjust to being thrust into an unfamiliar civilian life.

As the book progresses Aria discovers her life wasn't going to be as boring as she had at first thought, after discovering a secret in her family lineage that threatens to derail getting her life on track in the civilian world. She discovers a former classmate's life is in danger due to an old feud, and is surprised to find herself in the midst of it all.

Still reeling from the loss of her father, she isn't sure she has the fortitude to put her grief and fears aside to save someone else.

Vogel began writing *Keep Dreaming* in 2014, basing Aria partially on her own military experiences. "Aria is that person who loves Army life and moving around, and likes being able to reinvent herself every two or four years," Vogel said. "Now she has been thrust into civilian life and she thinks it's going to be the worst thing in the world.

She quickly finds out that in this small town there is a family lineage that throws her life out of whack — that she is a supernatural being called a dream walker and has to decide if she is on the good or bad side of things, because someone's life is about to hang in the balance."

The novels other characters include two female and four male teens.

Vogel grew up curled up in comfy chairs, beds and odd corners with a book in her hand. Some of her favorites are uncommon for a young person, such as Greek mythology with characters such as Hades, Zeus and Persephone her heroes. A big fan of history, she said, "Everything in the classics are being reinvented in new ways for modern times. I try to pick up and read all the classics that I can."

Her book is filled mystery and intrigue surrounding what she has termed dream walkers. "The way it started in my head was I asked myself how would Hades prove to Zeus that Persephone could be a queen beyond her wildest dreams in the underworld? He created this force called the Order that can walk through people's dreams and kill them. If they died in their dreams, it would impact their real life. If they were decapitated in a dream, in real life they would die from a brain aneurism; if they were stabbed in the heart, they would suffer a heart attack. Their deaths wouldn't set off too many alarms; it would just be another person dying in their sleep. The dream walkers take credit for

such things as the Titanic sinking and Kennedy's death."

Vogel said her brother Brian also enjoys the classics and mythology and gave her the best bit of advice for writing that she has ever received. "I started writing when I was nine, and when I was in high school I was really frustrated one time because I couldn't think of a decent plot to write. He told me I was looking at it the wrong way, that I needed to write a character whose story needed telling. Not a story that needed characters. Then all the voices in my head started coming and from that point on I wrote characters instead of books," she said.

"Aria is a very stubborn character. There are several generations of dream walkers in Harpers Landing, and she is seen intermingling with the elders. The dream walkers stronghold is home to their lore and journals that has been handed down within families when they realize that someone in the next generation has unlocked their power. The older generations have gotten to the point where they can pick out who the dream walkers will be in the newer generations. The new ones coming up are surprised at who around town are part of their group. The older generation and new generation for some reason don't mix in this book and it will carry on into the next book why they haven't," Vogel said.

The dream walkers way of life is in danger in the real world; with a rogue senator working to pass a bill that would change how mentally ill and violently



Vogel at the launch of her latest book, *Keep Dreaming*.

behaved prison inmates and mental patients are treated. The Order uses unstable people as their training grounds, because these people are considered a subset of society that aren't talked about or acknowledged, and generally can disappear without drawing attention to themselves.

The dream walkers are against the bill being passed, and Aria's former classmate is now a target and is about to change the senators life, which will either spur him on to continue with the

bill or he will lose faith in the world and drop away. Her former friend is instrumental in changing the future of humanity - one way or another. And her part in it all is just beginning.

Vogel also authored *Echoes* (a supernatural murder mystery) and *Make It Out Alive* (a coming of age novel).

All three of Vogel's novels can be found by visiting Amazon, Barnes and Nobel or her publisher's website – www.Xlibris.com.

Jarvis received gift of life about two years ago

BY BRENDA AUSTIN

Sault Tribe member and employee Heather Jarvis underwent life changing surgery two years ago. On June 29, 2016, the Escanaba resident received the gift of life from her good friend and fellow Sault Tribe member, Jeffrey Vertz Sr.

Jarvis and Vertz underwent surgery two weeks apart as part of the Paired Exchange Program through

the University of Wisconsin Madison.

Heather battled polycystic kidney disease, an inherited disorder, for over 20 years before her kidneys began to shut down. Without a transplant, it was just a matter of time before she had to begin dialysis.

When her long-time friend Jeff heard the news that her kidneys were failing and she needed a

donor, he knew that he wanted to get tested to see if he was a match. Jarvis has type O- blood so she had to receive from a donor with type O blood; and Vertz has type O+.

The results showed he had matching antigens, but he also had antibodies that would cause Jarvis to reject his kidney. Vertz was determined not to give up and told Jarvis he would do anything he could to help. Jarvis was notified of a program called Paired Exchange that allows a healthy donor to donate a kidney to an anonymous recipient, which in turn would allow Jarvis to receive a kidney from an anonymous donor that matched her antigens and antibodies. Vertz offered to donate a kidney through the program, and within one month Jarvis received a call from Madison that there was a match.

During her kidney transplant both of her own kidneys were removed and she received a healthy kidney from an anonymous donor in Texas. Jeff had surgery on July 19, 2016 and donated one of his kidneys to a recipient in Illinois, who he has since met. Jarvis said, "Thank you Jeffrey for sharing your kidney with me two years ago. Without your determination and willingness to help, I wouldn't be where I am today."

Her kidney came from a man in his early 30's who lives in Texas. All other information is kept strictly confidential through the Paired Exchange Program unless both parties decide they would like to



Heather Jarvis and Jeffrey Vertz Sr.

communicate or meet.

Jarvis works for Sault Tribe Community Health in Escanaba as a Community Health technician. She has been a tribal employee for a total of about 14 years. Since her transplant she said she is more conscience of what she eats and more aware of things she can do to help improve her health. She will remain on two antirejection medications and prednisone for the rest of her life.

Since she has been given a second chance at life, she said she wanted to pay that forward in some way - so her and her husband Tim adopted two foster children who are siblings; 21-month Jayce, who they have had since he was five days old, and his eight-year-old sister, Emma. She also has three biological children, 22-year-old twins Kendall and Kent Dubord and Timmy, a 17-year-old high school senior.

Native American grads at Rudyard High get own honor cords to wear



Native American students at Rudyard High School now have their own honor cords to wear at graduation. According to Dawn Griffin, Sault Tribe Youth Education and Activities coordinator, the black, red and yellow cords signify wearers are members of federally recognized American Indian tribes who participate in their tribes' traditional cultural events in or out of school and have grade point averages of 2.5 or higher at graduation. Rudyard School 2018 graduate Sean VanDyke, a member of the Sault Tribe and of the Tribal Youth Council, designed the cords. He worked with Title VI Education Project Coordinator Michelle Allan to present the idea to school principal Chad Folkersma, who required the qualifications be developed before approving the Native honor cords.

LSSU celebrates major building upgrades project

By Rick Smith

Officials and staff of Lake Superior State University in Sault Ste. Marie and the Wisconsin operations of Johnson Controls International along with others came to the campus on July 25 to celebrate the announcement of \$23.6 million project for campus-wide upgrades to the school's buildings.

Johnson Controls is a building technologies and solutions company with headquarters in Ireland. The upgrades include works and installations to improve safety, energy efficiency, wireless networking, LED lighting and automated heating, ventilation and air conditioning systems, water retrofits plus integration of building systems.

The celebration included comments by LSSU President Rodney Hanley and Johnson Controls Regional Vice President David

Peters as well as the ceremonial planting of an Accolade elm on the campus' Brady Greens to commemorate the kick off of the second phase of a 30-year partnership between LSSU and Johnson Controls. Upgrades are expected to be completed by the winter of 2020.

Hanley said the expense for the project will be offset by a projected savings of over \$70 million for LSSU over the next 30 years in energy and operations costs.

Johnson Controls Project Manager Ronald Simac said about 70 percent of the work needed to complete the upgrades would be awarded to local contractors. "It's something we're very proud of," said Simac, "spreading the wealth to local economies on our projects."

In all, the project includes 41 buildings on the 115-acre campus.



Photo by Rick Smith

Above, from left, LSSU mascot Seamore the Seaduck, LSSU Foundation Executive Director Tom Coates, LSSU President Rodney Hanley, Johnson Controls Regional Vice President Dave Peters, LSSU Director of Facilities Steve Gregory, Johnson Controls Area General Manager Joe Boetsch and Johnson Controls Project Manager Ronald Simac ceremoniously plant an Accolade elm in the Brady Greens area of Lake Superior State University campus in Sault Ste. Marie, Mich., on July 25 as part of a commemoration of a \$23.6 million campus-wide infrastructure improvement project. Simac said about 70 percent of the work on the project will be contracted to local firms. Consadine Hall is seen in the background.

Tribal Talk IV: Sault Tribe history



Photo by Rick Smith

The fourth in a series of nine Tribal Talk speaking engagements at the Bayliss Public Library in Sault Ste. Marie, Mich., featured Cathy DeVoy, who spoke on the history of our tribe on July 26. The Tribal Talk series is part of the Sault's observances of the 350th anniversary of the establishment of a European settlement in the place our Anishinaabek ancestors called Bawating, which became better known as Sault Ste. Marie. Five more of the monthly Tribal Talks remain scheduled with the next, on Sugar Island history, taking place on Aug 16.

Honoring Mother Earth Fair

SAULT STE. MARIE, Mich. — The Sault Tribe Environmental Department invites all community members to its annual Honoring Mother Earth Fair. This year's event is on Saturday, Sept. 8, from 11 a.m. to 3 p.m. at the F.L. Hatch Building at 206 Greenough Street., off Portage Avenue, across from the Soo Locks Campground.

This annual event features booths with information about local environmental issues, games for kids, raffle prizes and much more. Members of the department offer presentations throughout the day following this year's theme of *Respecting the Great Lakes*.

We'll showcase washing a boat to control invasive species, building your own rain barrel to reduce water runoff and pollution, backyard composting to reduce

costs of trash disposal, what you need to know about indoor air pollution in your home and much more.

"It's a great way to round out our summer field season, showing the tribal community and local people what we've been working on," Kathie Brosemer, department manager, said.

In past years, civic groups and community organizations also set up information booths for visitors and participants and this year is no different. Any group looking to take part in this year's Honoring Mother Earth Fair can reserve a spot by contacting the Environmental Department.

All activities at this event are free and a rain date is planned for Sept. 29. For more information about this event or local environmental concerns, call 632-5575.

Sault Tribe Law Enforcement thanks businesses, supporters

Sault Tribe Law Enforcement's K9, Lux, unexpectedly passed away in June 2018. As a member of Sault Tribe Law Enforcement, Lux had an enormous impact in the communities he served and he is sorely missed. On Wednesday, June 27, Sault Tribe Law Enforcement held a memorial service to honor Lux's service to Sault Tribe's communities and to thank and support Lux's handler, Officer Ryan Lubben, and his family for their commitment in making Lux a part of their family.

K9 handlers and their K9 officers (dogs) do a crucial job in solving missing persons cases and locating dangerous drugs in the communities they serve. K9 handlers are expected to house their K9 24/7 and be on call 24/7 — very few exceptions exist to this requirement. K9 handlers and their K9s go through intense training before the K9 is put into service and are expected to maintain certain standards through annual training re-certifications. Officer Lubben, Lux and the Lubben family met and exceeded those requirements. Lux was a big part of their family, but when it was time to go to work, he did his job well!

Sault Tribe Law Enforcement thanks the following businesses and individuals for help with planning and holding Lux's memorial service. You all contributed to making this day just a little bit easier for Lux's handler, his family, the law enforcement community and Sault Tribe's communities. It is not our intention to overlook any individual or any agency; if we did, please accept our apologies and our huge thanks



Officer Ryan Lubben and K9 Officer Lux

for your support!

- Colleen Medicine and the Cultural Department for coordinating the drum and Les Ailing for speaking
- Janet Liedel
- Chi Mukwa Community Recreation Center
- Kewadin Casinos
- Midjim Store
- Sault Tribe Youth Facility
- Sault Animal Hospital
- Animal Kingdom
- HOPE Animal-Assisted Crisis Response Team
- Chippewa County Sheriff's

- Department City of Sault Ste. Marie Police Department
- Customs and Border Protection
- Border Patrol
- Little Traverse Bay Band
- Staff of Sault Tribe Law Enforcement who assisted in the planning and attended
- Losing Lux has been difficult, and Sault Tribe Law Enforcement thanks all those who helped coordinate and attend his memorial service.

22nd Sugar Island powwow held July 20-22



Front, from left, NaMe Greymountain, Aanje Greymountain and Leland Greymountain. Back, from left, Angela Ellis, Bud Biron and Robin Greymountain.



From left, Dolly Piner from Toronto, Canada, Nancy Bumstead from the Sault and Theresa Coutinlo.



Young shawl dancers enjoying the drumming and dancing.



Jada Hall-Pine (right) participating in a children's game where she ran until told to stop by the emcee and the winner, the child closest to her, was given the \$5 prize.



Lexi Hall-Pine helping her father, Chris Hall with his regalia before heading out onto the dance arena.



Gabby Gil (right) makes her way around the dance arena while her mom watches from a distance.



Like the butterfly - she spreads her wings to fly.



In between rain showers dancers enjoyed the arena.



Chrissy, Miranda and Shaelynn Menard

One Pot Meals COOKING CLASS

Big Bear 2nd floor kitchen
Sault Ste. Marie
Thursday, Aug. 16,
5:30-6:30 p.m.

All participants must call
Community Health at
632-5210 to register for the
classes due to class size limits.



A breeze to prepare and clean up — and use all your Farmers Market purchases!

This was the 22nd year people have gathered on Sugar Island for their traditional powwow. This years attendees had to contend with intermittent rain showers that stopped the drumming and dancing temporarily between cloudbursts. Saturday's showers did nothing to dampen the mood at the annual event, with participants taking time to visit vendor booths and visit with friends and family.

Photos by Brenda Austin



Priscilla Pine with her niece, Lexi Hall-Pine.



Front, from left, Bii-Daa-Bin Nickaboine, Pam Perry, and London Carey. Becki Miller, back.



Deb Pine giving away a \$5 prize in a children's game.



Little fancy shawl dancers

Drums and dancing at 2018 Sault powwow

Photos by Rick Smith



Packed viewing stands at the initial grand entry of the day on July 14.



Colors passing in review during grand entry at the 37th annual powwow on July 13-15.



From left, Red Eagle and Sky came from Minneapolis, Minn., to offer colorful blankets, ponchos and an array of other wares.



Jennifer Meness of the Algonquins of Pikwakanagan First Nation, about an hour and a half west of Ottawa, Ont., a 2018 doctoral candidate at York University in Toronto, Ontario, Canada, displays her regalia.



Proudly dancing in the bright mid-day sun.

And youngsters dance in Rexton powwow



Cal Burnside, arena director, walks with the Youth Education and Activities (YEA) staff bearer and flag carriers during the grand entry of the YEA powwow in Rexton, Mich., on July 28.

Photos by Rick Smith



A jigle dancer enjoys a dance dressed in splendid regalia.



Dancers in their finery during the grand entry.



A trio of shawl dancers.



The back of a youngster's T-shirt with a few details about the powwow.

Community Health Farmers Market opens in Sault



Vicky and Steve Gordon of Gordon's Produce in Sault Ste. Marie have triple offerings at their kiosks. Steve, speaking with a client at the second table, provides free verbal and printed expertise on growing foods in the region as a Michigan State University Extension master gardener. Meanwhile, Vicky, in front, tends tables to market beautiful, freshly harvested vegetables and live plants ready to transfer into soil. Their vegetables have not been exposed to pesticides or herbicides.



Tracy Ordiway, proprietor of Reflections Soy Candles, displays some of the wonderfully scented wares her firm creates. She was among the farmers and producers displaying goods at the July 30 grand opening.

By Rick Smith

On a warm, sunny day on the grounds of the Sault Tribe Health and Human Services Building in Sault Ste. Marie, the official grand opening of the tribe's Community Health Farmers Market took place on July 30. The market initially conducted a "soft opening" on July 23 and will be open from 11 a.m. to 3 p.m. every Monday through October.

The first 125 visitors at the grand opening received a spiffy reusable shopping bag bearing words of encouragement about eating fresh fruits and vegetables on the front and back. The bags are also adorned with illustrations of fruits and vegetables and tips on their safe and proper handling. Carvito's Wood Fired Pizza catered to the hungry as folks browsed available wares at adjacent covered kiosks.

Community Health Nursing Supervisor Jenni O'Dell said farmers markets have been part

Photos by Rick Smith

At right, from left, Erika and Isabella Bishop of Sweet Grass Farms in Pickford, Mich., offer customers fresh from the farm meats and high quality woolen wear at their kiosk. The meats come from pasture-raised lambs and hogs neither injected with growth hormones nor exposed to genetically modified organisms. They also invite folks to learn about their involvement with community supported agriculture.

of the department's annual fall health fairs, they were so well received it was decided to establish a seasonal farmers market at the health center. Plus, the idea meshes well with their mission of promoting good health and allows folks a chance to become acquainted with purveyors of more healthful food options.

"Our mission is to support local agriculture and build healthy communities by offering fresh local produce to our patients, employees and the community," said O'Dell. "Our market provides a bounty of farm-fresh fruits and vegetables grown by local farmers as well as fresh meat, fish, jams and jellies, bread, maple syrup, plants and a selection of non-food items. In addition, the market also offers woodfired pizza and homemade calzones."

Along with fresh produce and other goods from an assortment of farmers and producers, visitors will find founts of knowledge

at the markets. Michigan State University Extension Master Gardener Steve Gordon, for example, was on hand at the grand opening dispensing either verbal or printed guidance regarding vegetables from planting seeds to dining preparation.

Likewise, staff professionals from the Sault Tribe Community Health Department were on hand with healthful recipes, freshly made samples of foods using some of those recipes and specialty food preparation equipment demonstrations.

They also distributed free 60-page paperback books about ways to incorporate more vegetables into one's diet. The colorful books guide folks through choosing, cooking and enjoying fresh vegetables.

Those interested in selling wares at the Community Health Farmers Market should contact Jenni O'Dell at 632-5259 or jo'dell@saulttribe.net for more information.



Terri Tavenner of Sugar Island Secrets had aromatherapy creams, aromatic mists, inhaler blends, natural insect repellent, massage oil blends with jojoba, diffuser blends as well as some garden goodies for sale at the grand opening.



Sault Tribe Community Health registered dietitians Mary Bunker and Stacy Storey demonstrate a spiralizer, a type of inexpensive cutting mechanism used to prepare vegetables as noodles and other forms that can be used as more healthful substitutes for pasta and other foods. A close up of the spiralizer is shown here while in use during a demonstration with a cucumber. Bunker and Storey also provided folks with easily prepared samples of finished dishes prepared with the help of the spiralizer.

Sault Tribe
Community
Health
**FARMERS
MARKET**
July thru
October

OPEN 11-3 EVERY MONDAY!
Join us at the Sault Tribal Health Center at
2864 Ashmun St. in Sault Ste. Marie!

We are recruiting vendors for our new healthy farmers market. Please contact Jenni O'Dell at (906) 632-5259 or JO'Dell@saulttribe.net for more information.

Teaching nutrition and cooking to summer program kids in Chi Mukwa's kitchen

BY BRENDA AUSTIN

Children ages 5-10 attending the Summer Recreation Program at Chi Mukwa are learning about nutrition and how to cook from the experts at Sault Tribe Community Health. Registered dietitians have been teaching Summer Recreation Program youth about nutrition and cooking for the past six years.

It all began with a request from the Summer Recreation Program's management team to do some nutrition education, so they started with taste testing and basic nutrition education. The multi-week nutrition education program ended with a healthy cookout – making kabobs on the grill.

The following three summers the dietitians met with the Summer Recreation Program management team to design a nutrition and cooking education program for the kids, deciding what foods to prepare and cook and what to teach, such as using measurements in the kitchen. The kids walked once a week from Chi Mukwa to the cultural building, which has a large kitchen used for community gatherings, where they prepared a nutritious snack (using kids knives), and learned about nutrition while doing it.

Seeing a need at Chi Mukwa for a teaching kitchen, one was built two years ago next to the

Hospitality Room on the second floor, which is where they now meet. Sault Tribe Community Health Registered Dietitian Kristy Hill, said, "The teaching kitchen was developed through identified needs of our community specifically those with diabetes. We are fortunate to have been able to utilize Special Diabetes Program for Indians (SDPI) grant funds to support the needs of teaching cooking and kitchen skills to our tribal members."

The kid's most recent foray into the kitchen produced some delicious looking chicken wraps with a broccoli slaw. Hill, said, "We are trying to get kids into the kitchen more so they will be comfortable there and can learn how to cook healthy snacks and meals for themselves."

The summer program at Chi Mukwa is generally 10-weeks long, with the nutrition program running for about six weeks during that time. Hill said they focus on using fruits and vegetables in their lessons, making such things as healthy cookie dough using chickpeas, and a fruit medley pudding. They also made a salsa/bean salad using black beans that Hill calls 'cowboy caviar,' into which the kids dipped vegetables and chips for a nutritious snack.

With the end of the program around the corner, the kids are looking forward to their 'pizza



Photo by Brenda Austin

Leaning on table from L to R: Jada Teneyck, 9, Raelene Corbiere, 8, Grady Hartman, 10, Allayna Pike, 8, Trenton Smart, 9, Addison Hill, 10, Robert Leon, 8, and standing is Donna Wilson, 9. Middle row standing from L to R: Olivia Claussen, 10, Elise Proulx, 10, Annabelle Fazzari, 10, Cierra Aikens, 10, Emmalee Alexander, 10, Riley O'Brien, 10, Orian Fazzari, 8, Landon Ryckeghem, 10, Aiden Nash, 9, and Mallory Bole, 10. Back row L to R: Registered Dietation Kristy Hill, Summer Recreation Program Group Assistant Luke Swailes, Summer Recreation Program Group Leader Ryan Hill, and Registered Dietation Stacy Storey.

party,' where they will be making individual pizzas using English muffins or pita bread with a variety of toppings – including plenty of veggies to choose from.

The registered dietitians stay busy with other offerings, such as their monthly cooking classes at Chi Mukwa, where this month traditional foods were on the agenda. August is one pot wonder and back to school cooking and September will feature batch cooking and freezing and October is the month for healthy comfort foods.

If you are a tribal member or have a provider at the health cen-

ter and would like some advice on nutrition and diet - you can call and make an appointment without having a referral from your provider. Hill said they also take referrals from providers outside of the tribe's health centers.

There is a Farmer's Market in the health center's parking lot on Mondays from 11 a.m. to 3 p.m. through October.

Then later in the fall, the annual health fairs will be held in the Sault at Chi Mukwa and Little Bear in St. Ignace, and this year there will also be one held in Hessel. Dates and times for the health fairs are: St. Ignace:

Wednesday, Sept. 12 from 10 a.m. to 3 p.m. at Little Bear East; Hessel: Thursday, Sept. 27, 10 a.m. to 3 p.m. at the Hessel Tribal Health Center; Sault Ste. Marie: Wednesday, Oct. 3 from 10 a.m. to 3 p.m. at Chi Mukwa Recreation Center; and DeTour Village: Thursday, Oct. 25 from 10 a.m. to 3 p.m. at the DeTour Village Memorial Hall.

To make an appointment with a Sault Tribe Community Health registered dietitian, or if you have a question, give them a call at (906) 632-5210. The Sault Tribe Health Center is located at 2864 Ashmun St. in the Sault.

Manistique clinic offers weight management program

Are you looking to improve your health, want to better manage your weight or want to complete the requirements for weight loss surgery? The clinical staff at Manistique has a program to help you meet your goals. Dr. VanKlompberg and Gail Sulander, MS RD CDE, offer an Intensive Behavioral Therapy for Obesity Program which provides up to 12 months of structured weight loss treatment. Participants meet weekly

for the first month and then move to monthly follow up visits which helps keep you on track while you make lifestyle changes appropriate for your needs.

The program includes plant based meal planning and structured exercise along with weight loss enhancing medication, if needed. In addition to monitoring weight losses, the program tracks your full body measurements and your body composi-

tion.

Full body measurements are completed by a registered nurse and include neck, bust, chest, waist, hip, thigh, calf, upper and lower arm. These measurements are a common method of specifying body proportions for the purpose of fitting clothes.

Body composition is completed on our InBody 770 machine by a trained registered dietitian. Body composition is a method of describing what the

body is made of, differentiating between fat, protein, minerals and body water to give you a snapshot of your health. It also describes weight more accurately than BMI. Body composition analysis can accurately show changes in fat mass, muscle mass and body fat percentage. This helps to validate and confirm that your intake and exercise efforts are going to pay off as you desire.

The Medical Weight

Management Program provides a team approach to treatment in a clinical setting with a licensed healthcare professional (medical doctor) along with a nurse, registered dietitian and even a social worker if desired. The medically supervised weight management program consists of various phases individualized to the needs of the person seeking weight-loss. Schedule an appointment by calling (906) 341-8469. We are here to help.

Working to improve life for Anishinaabe cancer survivors

SAULT STE. MARIE, Mich. – The Inter-Tribal Council of Michigan, via a grant from the Michigan Cancer Consortium, partnered with the George Washington Cancer Institute to adapt Cancer Survivorship Training materials to Anishinaabe culture and the Indian Health Service Tribal Health System.

The focus of this training is to improve the quality of life of Native American cancer survivors and caregivers and reduce death and disability due to cancer by focusing on the importance of helping survivors achieve optimal health and well-being. Physicians, nurses and public health professionals who complete this training provided professional continuing education credits from George Washington University and the Indian Health Service.

Beth Sieloff, program manager with Inter-Tribal Council of Michigan, said, "The purpose of this collaboration is to improve Anishinaabe cancer survival rates

across the state of Michigan. The Cancer Survivorship Care Training addresses the physical,

psychological, social and spiritual needs of patients both during and after cancer treatment."



Inter-Tribal Council of Michigan intern from Harvard University, McKenna Roberts; associate center director of George Washington University Cancer Center, Mandi Chapman; associate center director of George Washington University Cancer Center, Beth Sieloff; Inter-Tribal Council of Michigan program managers, Raeanne Madison and Amanda Leonard, met in late June to collaborate on Native American cancer survivorship. Inter-Tribal Council of Michigan will be offering Native American survivorship trainings through 2018.

Participating partners include Inter-Tribal Council of Michigan program managers, Amanda Leonard, Raeanne Madison and Beth Sieloff; Inter-Tribal Council of Michigan intern from Harvard University, McKenna Roberts; and Associate Center director of George Washington University Cancer Center, Mandi Chapman.

The Inter-Tribal Council of Michigan is scheduled to visit

five tribal health centers through the summer of 2018. Inter-Tribal Council of Michigan is available to bring this training to any tribal health center in Michigan upon request.

For more information or to coordinate a training, please contact Beth Seiloff at 632-6896 or email bsieloff@itcmi.org. Visit <http://www.itcmi.org/> to learn more.

Baker is Health Division Employee of the Month

Dawn Baker, a nurse at the St. Ignace clinic, was named the Health Division's June 2018 Employee of the Month. She is a very hard worker, great with patients, friendly, courteous and caring.

Dawn goes above and beyond to help other staff if they need something. "Dawn is the kind



Dawn Baker, RN, and Health Division Director, Leo Chugunov, MD, MT (AMT).

of nursing staff that providers enjoy working with and can depend on." Andrew Fife, PA-C.

Veteran services news from Michigan Legionnaire

By LISA CLARK, DVSO

I joined the Air Force in 1987, with the classification of electronics. I did not know any of the planes and I thought it might be interesting. When I was assigned my specialty code, I chose to work on the communications, navigations and electronic jammers that were capable of jamming electronic signals. Most of my training on the F-111D was on-the-job and happened at my first duty station, Cannon Air Force Base in New Mexico.

I had never thought that I would work on jets, but I thought it would be an interesting career, and it was. I was assigned to Cannon AFB for three years and got orders to a Royal Air Force Station in Upper Heyford, England, to work on F-111Es. I returned to Cannon and worked on EF-111As which was my favorite jet to work on during my time in the service. My second time at Cannon AFB was for three years due to the F-111s retiring. While in the squadron, I was deployed to Turkey twice and Saudi Arabia twice. I went to Moody AFB in Georgia and cross-trained to the F-16s. After working on F-111s, this jet was not on my list of favorite jets. There were a lot of things that were different regarding shift

schedules and how aircraft malfunctions were assigned. I was only there about a year and a half. My daughter and son had medical needs and the necessary resources were not located close enough to us in Georgia. After being sent to Nellis AFB I got out of the military.

I have three children. Scott is my husband's son, and I have known him since he was two days old. He has a 7-year-old daughter and is getting married in August. He is a deputy sheriff in Kalkaska and a paramedic. He serves in the Michigan National Guard in the only fire service company in Michigan. My son Nathan lives near me and has a form of high functioning autism, which makes it difficult for him to work and socialize. My daughter has overcome many difficulties related to her medical needs. She completed high school with a grade point average of 3.0 and completed her first year of college. She returned home in November of 2017 and since then has completed an EMT course and is studying for her exam. She currently works at Meijer's, mainly in the pet department.

My husband Kevin and I have been married for 21 years. We met at Cannon AFB before Scott

Hours for Lisa Clark, accredited VSO

Alger County, Munising American Legion Post 131, 610 W. Munising Ave., Munising, MI 49862. Fourth Thursdays, 10 a.m. to 3 p.m. (906) 202-0233.

Baraga County, L'Anse American Legion Post, 115 N. Front St., L'Anse, MI 49946. Third Wednesdays, 10 a.m. to 3 p.m. (231) 280-3009.

Delta County, Escanaba Vet Center, 3500 Ludington St., Suite 110, Escanaba, MI 49829. First, third and fourth Tuesdays, 9 a.m. to 3 p.m. (906) 225-6890.

Delta County, Rapid River American Legion Post 301, 10584 N. Main St., Rapid River, MI 49878. First, second and fourth Wednesdays, 10 a.m. to 3 p.m. (906) 286-3776.

Marquette County, Marquette American Legion Post 44, 700 W. Bluff St., PO Box 788, Marquette, MI 49855. Second Thursdays, 10 a.m. to 3 p.m. (906) 225-0781.

Schoolcraft County, Community Based Outpatient Clinic, 813 E. Lakeshore Dr., Manistique, MI 49854. Second Tuesdays, 9 a.m. to 3 p.m. (906) 341-3420.

was born. He was a crew chief (maintenance) on the F-111s. During his time at Cannon and other bases, he was both the squadron crew chief and the wing commander's crew chief. He retired after 22 years of service, after his one-year tour to Korea and our transfer to Pope AFB.

When I got out of the service, I began taking classes at the

Community College of Northern Las Vegas. I was a psychology major and, when we moved to North Carolina, I continued to pursue that degree. After my Kevin retired, we moved to Columbia, S.C., I completed my B.A. in psychology at the University of South Carolina. We moved to Michigan shortly after my graduation. I was offered a job working with at-risk youths

with Child and Family Services of the Upper Peninsula. I enjoyed the job. After three years, the grant was canceled and I returned to school for my master's in psychology and later counseling.

I began working for the American Legion in May of 2017. When I got out of the military, all I wanted to do was work with veterans. That opportunity never came until the position as the veterans service officer for the central Upper Peninsula area opened up. I enjoy working with the veterans and helping them file their claims. Many are Vietnam veterans and have the thought that they do not deserve compensation for their medical problems as well as their mental health problems. When they decide to make that claim and are awarded, it is a wonderful feeling and the veterans are shocked that they are finally recognized for what they went through. I have helped widows get dependent Indemnity compensation as well as help a veteran get adaptive housing due to his disability and his home having limited access to the entrance of the home due to him having an oxygen tank that he takes with him. The best feeling for me is working as a VSO is helping the veterans. That is what matters the most.

Ask the employee specialist: Teamwork and communication

Dear team members: This is another in a series of articles providing information about company policies and practices and to address questions from team members. This month's article is about teamwork and communication. Team members who have other questions they would like to see addressed in future articles are invited to send them to the employee specialist, Gloria Kemp.

Question: Can you write about teamwork and communication and how important it is for everyone in the company?

Answer: Teamwork and communication are connected. You don't have to be on a committee or in a large department to be part of a team. Sault Tribe has departments that vary in size from one person to more than 25. Each individual may have contact with many departments. Everyone who works for Sault Tribe is a member of the Sault Tribe team. In order to be an



efficient team, everyone needs to communicate effectively with each other from front-line team members through management.

Each team member has a unique set of experiences. By working together as a team, you share knowledge and can learn new skills. Don't be afraid to share your abilities with others. Relying on others' abilities builds trust and establishes strong relationships. That is not to say

that you will always agree with each other. Conflicts will happen but you need to learn to resolve issues amongst yourselves.

It is often said there is no "I" in team. However, teamwork can benefit team members on a personal level. There is a sense of well-being and satisfaction when a project or a shift goes well. You don't have to be BFFs with everyone at work or even friends, but you can be friendly. It will make the days go by more quickly.

Good communication helps build teamwork. Communication plays an important part in your everyday life while you are at work. Just think of how miscommunication or lack of communication can cause issues with co-workers and how it affects customer service. If a co-worker forgets to tell you that something has changed and you give that wrong information to a customer, the customer finds out later what they were planning changed, they become upset. It appears that no

one at your property knows what they are talking about and that it is an inefficient and poorly run organization.

Good communication creates a more positive atmosphere for both team members and management. Sharing with team members reduces the stress and frustration that team members feel; it makes them feel appreciated; it reduces the amount of time team members spend complaining about how they are being overlooked; and it increases productivity and morale.

When sending a memo or an email to team members, be sure to read it more than once. You know what you want to say but sometimes what you write is not what you mean. Ask team members if they understand the message and if they have questions. One-on-one meetings and team meetings are a good way to share information. During meetings, be careful of facial expressions and body language. These can convey a different message than the

words you are using.

On a final note, when was the last time someone told you "good job?" When was the last time you told someone "good job?"

This article has been prepared for general information purposes to help you to better understand Sault Tribe's policies and the workplace. The information presented is not intended as legal advice. While it was accurate at the time it was written, the controlling laws and tribal employment policies can change. You should always check the tribe's intranet for current copies of any applicable employment policies. If there are any inconsistencies between this article and applicable laws or policies, the applicable laws and policies shall apply.

Please send your questions to Gloria Kemp, employee specialist, at gkemp1@saulttribe.net or call (906) 635-6050, extension 26230, or mail to 523 Ashmun Street, Sault Ste. Marie, MI 49783.

USDA nutrition educator Rhonda Black offers some tasty recipes

Mongolian beef and rice recipe, and zucchini noodle photo from Rhonda Black, USDA nutrition educator

This recipe is made in a slow cooker.

Ingredients
1 beef roast
1/4 cup cornstarch
2 Tablespoons vegetable oil
1 teaspoon minced dried garlic
1 cup soy sauce
1 cup water
1 cup brown sugar
1 cup grated carrots

Directions

Cut roast into thin strips. Place the strips in a Ziplock bag and add cornstarch. Shake to coat. Add vegetable oil, minced garlic, soy sauce, water, brown sugar

and carrots to slow cooker. Stir ingredients. Add coated roast strips and stir again until coated in the sauce.

Cook for high 2-3 hours or on low 4-5 hours until cooked throughout and tender. Serve over rice and garnish with green onions. (Garnish is optional.)

Zucchini noodles with traditional meat sauce

Ingredients:

2 zucchinis
1 small onion
1 pound ground hamburger or bison
2 cans of traditional spaghetti sauce
1/3 cup of grated Parmesan cheese



1/2 teaspoon oregano
1/2 teaspoon minced garlic
1/2 teaspoon Italian seasoning

Directions:

Brown ground beef or bison with onion. A veggetti (spirilizer) was used to make the zucchini noodles. (They are around \$10 at Walmart). Put all of the canned pasta sauce, spices, zucchini noo-

dles and the Parmesan cheese in a large saucepan. Simmer while the burger and onions are browning. When there is no longer any pink in the burger drain and add to sauce and noodles. Let this simmer until the zucchini noodles are tender. Season sauce with salt and pepper to taste.

Cheese-stuffed meatballs

Ingredients:

1 pound ground bison
1 pound ground beef
1 medium onion
1/4 teaspoon of minced garlic
American cheese
2 tablespoons butter
2 tablespoons vegetable oil
15 unsalted-top saltine crackers
1 tablespoon of Worcestershire

sauce
Salt and pepper to taste
2 tablespoons of egg mix and 1/4 cup of water

Preheat oven to 370°F. In a pan, add vegetable oil and butter, brown onions and garlic and let cool. In a bowl, combine ground bison, ground beef, crackers, Worcestershire sauce, egg mix with water and cooled browned onions and garlic mixture. Cut American cheese into 1/2-inch cubes. Take a small amount of the meat mixture and pat out. Place your cheese cube in the center and form the meatball around the cheese. Sprinkle salt and pepper over the top and place in a sprayed or greased pan and bake for 30 minutes.

Walking on . . .

FREDERICK D. ALBON

Frederick Donald "Freddie" Albon, 72, of Sault Ste. Marie, Mich., passed away on July 6, 2018, at War Memorial Hospital. He was born on Oct. 21, 1945, in Sault Ste., Marie to the late Earl and Violet (Massey) Albon.



Freddie graduated from Sault High School, Class of 1966 and served his country in the United States Army during the Vietnam War era. He earned the rank of Specialist 4 while serving in Germany as a tracked vehicle mechanic. Freddie married Patricia Cook on Dec. 18, 1971, at St. Isaac Jogues Catholic Church. He was a member of the Sault Ste. Marie Tribe of Chippewa Indians and worked as a carpenter the majority of his life. Freddie enjoyed NASCAR, Detroit Lions football and gardening. He also enjoyed hunting, camping, fishing and bonfires. Most of all, he loved to spend time with his wife, daughters and grandchildren.

Freddie is survived by his wife, Patricia Albon; three daughters, Mallinda (Joel) Lumsden of Dafer, Mich., Tammy (Doug) Graham of Sault Ste. Marie, and Sheena (Kyle) Adams of Sault Ste. Marie; seven grandchildren, Dalton Duane Graham, Dayton Douglas Graham, Joshua Frederick Lumsden, Matthew Joseph Lumsden, Iris Patricia Adams, Merryl Elizabeth Adams and Korbin Douglas Adams; five siblings, Mary Lou (Raymond) LaJoie of Barbeau, Mich., Charlie (Kathy) Albon of Sault Ste. Marie, Elizabeth (Roy) Hoath of Sault Ste. Marie, Robert (Nancy) Albon of Sault Ste. Marie, and Thomas (Mary) Albon of Linden, Mich.

Freddie was preceded in death by his parents, Earl and Violet Massey; a brother, Earl Joseph "Bun" Albon; and two sisters, Barbara (Eugene) Pietrangelo and Bernadette Albon.

Freddie was very fond of his in-laws, the "Cook" family, including Patricia's 14 siblings and numerous nieces and nephews.

A memorial gathering took place on July 11 at the C.S. Mulder Funeral Home for family and friends followed by a memorial service. In lieu of flowers, memorials may be left to Northern Michigan Cancer Crusaders, 5501 US 131 S., Petoskey, MI 49770.

Arrangements were handled by C.S. Mulder Funeral Home. Condolences may be left on line at www.csmulder.com.

RONALD L. ALPHONSE

Ronald L. Alphonse of Sault Ste. Marie, Mich., passed away on July 16, 2018, at McLaren Northern Michigan Hospital in Petoskey, Mich. He was born on Nov. 13, 1933, in Sault Ste. Marie, the son of Peter and Elnora Alphonse.

Ron was a veteran of the U.S. Navy serving on the destroyer USS Gearing (DD710) during the

Korean War. He retired from the U.S. Army Corps of Engineers working at the Soo Locks.

He was a life member of the VFW, Elks and Christopher Columbus Society. Ron enjoyed spending his winters in Zephyrhills, Fla.

He is survived by two sons, Micheal of Sault Ste. Marie and Mark of Vermilion, Ohio; a sister, Mary Newell of Flat Rock, Mich.; and several nieces and nephews.

He was preceded in death by his wife of 59 years, the former Violet Eileen Isaason; and brothers-in-law William Isaason, Harold Isaason, Robert I. Isaason and Richard E. Newell.

Visitation and services took place at Clark Bailey Newhouse Funeral Home on July 18 with Father Sebastian Kavumkal officiating. Final resting place is Oaklawn Chapel Gardens. In lieu of flowers the family would appreciate memorials to the American Lung Association. Online condolences may be left at www.clarkbaileynewhouse.com.

ELEANOR M. BELANGER

Eleanor Mary Belanger, 78, of Sugar Island, Mich., passed away on July 8, 2018, at McLaren Hospital in Petoskey, Mich. She was born July 6, 1940, in Barbeau, Mich.

Eleanor loved flowers and watching the wildlife at her home. She also enjoyed cooking, homemaking, bingo and the casino.

Eleanor is survived by her husband, Harold, and her daughter, Donna, of Newberry, Mich.

Visitation and traditional Native services took place on July 13, 2018, at the Niigaanaagiiizhik Ceremonial Building, with burial following at Wilwalk Cemetery, Sugar Island.

Clark Bailey Newhouse Funeral Home assisted the family with arrangements. Online condolences may be left at www.clarkbaileynewhouse.com.

LEONA M. FURTON

Leona Marie "Eddy" Furton of Hesperia, Calif., died July 27, 2018. She was born in Newberry on Sept. 2, 1926, daughter of Mary Helen Obey Eddy.

She is survived by sister, Lorna Eddy Schrom of Maryland; son, Edward A. Furton of Newberry, Mich.;

daughters, Susan Furton of Hesperia, Mary Furton Brackin of Washington, Gloria Furton Lowman of Hesperia, Kathy Lowman of Hesperia, Laura Furton Durrant Rigby of Idaho; 20 grandchildren and 32 great-grandchildren.

Leona was married to Edward B Furton for 55 years before he died. She was past commander for the Women's Auxillary for Disabled Veterans with thousands of volunteer hours at Loma



Linda VA hospital in California. She was past president for the National Little League in La Mirada, Calif., Sault Tribe elder and member of St. Gregory Church in Newberry.

In addition to her parents, she is preceded in death by siblings, Leslie Eddy, Emma Lindsey, Mildred Alport and Alva Eddy; and daughters Sharon Furton Yard and Nancy Furton.

Services were conducted at Victor Valley Memorial Park in Victorville, Calif.

SISTER IRENE HOWELL

Sister Irene (Pierre) Howell, IBVM, passed away on July 10, 2018, at Resurrection Life Center, Chicago, Ill. She was born July 8, 1923, on Sugar Island, Mich.

She was a member of the Institute of the Blessed Virgin Mary for 76 years, entering religious life Aug. 28, 1942. She was a dedicated teacher at parish schools in Chicago, Detroit and Phoenix and Loretto Academy, Woodlawn. She was the caregiver for her parents for four years. She ministered at Holy Name of Jesus Parish, Assinins, Mich., where she once again connected with her Native American roots. She retired to Loretto Convent, Wheaton, Ill., and was community minister there for three years.

She was the loving daughter of Ellen (McCoy) and Charles Howell and dear sister of Genevieve, Shirley (Yancey), Maurice, Mary Ann (Collins), Weldon and Dorothy (Eldred).

Wherever she was, Irene brought a friendly and reflective presence and shared joy with her creative "butterflies."

Visitation and a funeral liturgy for Sister Howell took place in the Our Lady of Angels Chapel in Wheaton on July 16. Burial at St. Michael Cemetery in Wheaton was July 17.

Williams-Kampp/Woodward Funeral Home of Wheaton made the arrangements. Condolences may be left at williams-kampp.com.

FRED A. JOHNDROW

Fred A. Johndrow, 54, of South Bend, Ind., passed away unexpectedly on July 12 at Memorial Hospital with his loving family by his side.

He was born in South Bend to John A. Johndrow and Maureen F. Board on July 21, 1963. He was preceded in death by his father, John A. Johndrow and his stepfather, Arthur E. Board.

On May 24, 1986, in South Bend he married Kathleen A. (Coder) Johndrow, who survives. Fred is also survived by their daughter, Abigail L. Johndrow of South Bend; son, Devin H. (Breann) Johndrow of North Liberty; his mother, Maureen F. Board of Granger; and three



sisters, Debbie A. Johndrow of Granger, Robin J. Lisek of North Liberty and Tammy J. Gatherright of South Bend. He was the nephew of Tom (Clara) Johndrow, Sally (Johndrow) Nolan, Mary (Johndrow) Weinman, and Victoria Johndrow all of Sault Ste. Marie. He will be dearly missed by his loving family, numerous friends and co-workers he made during his life journey.

Fred was employed at Liberty Mutual Insurance Company as a building faciliator for over 33 years.

He enjoyed woodworking, fishing, golfing, cooking, riding motorcycles, building things, working on all vehicles, Habitat for Humanity, and being with his loving family. Fred was a member of ABATE and the Sault Ste. Marie Tribe of Chippewa Indians.

Memorial contributions may be made to Habitat for Humanity of St. Joseph County, 402 East South Street, South Bend, IN 46601 in Fred's honor.

Fred's wishes were to be cremated, which his loving family honored.

A celebration of Fred's life took place on Aug. 4 at Smokestack Brew in Mishawaka, Ind.

The Hanley and Sons Funeral Home and Cremation Service handled arrangements and extends its deepest sympathy and heartfelt prayer to the Johndrow family. Condolences may be expressed online at the website hanleyandsonsfuneralhomes.com.

DORTHY M. KROUPA-ANDERSON

Dorthy Mary "Dodie" Kroupa-Anderson, 43, of Gwinn and formerly of AuTrain, died unexpectedly on July 7, 2018, at U.P. Health Systems in Marquette following a chronic illness, surrounded by her loving family and friends. She was born in Pontiac, Mich., on Feb. 20, 1975, to the late Zane and Mary (Refruchinni) Kroupa.

Dodie grew up in AuTrain and then spent her teenage years in Negaunee and Marquette, graduating from Marquette Senior High School in 1993. On Dec. 29, 1996, she married Robert "Bob" Anderson and started a family. She spent several years at home raising and home schooling the kids. In 2009, Dodie went back to school and earned her bachelor's degree in psychology - behavioral analysis from Northern Michigan University. She was also active in the Native American studies at NMU and made some amazing friends along the way. To know Dodie was to love her, from her infectious laugh, to her sly wit and sharp sarcasm. Her personality and spirit surrounded you. She had a love of everything in nature, from hiking, swimming, exploring waterfalls, camping and simply sitting around a bonfire sharing laughs and stories with friends and loved ones. Dodie enjoyed reading, writing, music, travel and sometimes a good political debate. Family was



everything to her. She considered her children, who were her pride and joy, her greatest achievement. She raised them to be caring and loving individuals and to respect their Ojibwe heritage, which she celebrated with them by attending powwows and teaching them Native traditions.

Dodie is survived by her four children, Cheyenne Patron-Anderson of Gwinn, Willow Anderson of Gwinn, Faith Anderson of Marquette and Zane Anderson of Gwinn; special friend, Mike Gleason; lifelong best friend, Tracey Symons; brothers, Steve Kroupa and Zane "Butch" Kroupa; sister, Julie Mattson; brother-in-law, Gary Mattson; numerous aunts, uncles, cousins, nieces, nephews and special niece Katie Murray-Beeman.

She was preceded in death by her parents, Zane and Mary; beloved twin brother with whom she is now reunited, David Kroupa; sisters, Renee Kroupa and Veronica Murray; and brother, Robert Neely.

Dodie's visitation and services took place on July 13 at the Bowerman Funeral Home in Munising, conducted by Pastor Ann Gonyea, followed by interment at Maple Grove Cemetery.

In lieu of flowers, donations can be made at any of the Honor Credit Union locations or mailed to the Gwinn branch at 145 East State Highway M35, Gwinn, MI 49841 in Cheyenne Patron-Anderson's name for the Dorthy "Dodie" Memorial fund to help Dodie's children and offset funeral costs. Her obituary and online guestbook may be viewed and signed at bowermanfuneralhome.net.

THERESA LEWIS

Theresa "Tanens" Louise Lewis, aged 53, of Brimley, Mich., passed away on July 18, 2018, at her home.

Theresa was born on June 12, 1965, in Chicago, Ill.

She was a graduate of East Lansing High School and continued her education at Lake Superior State University earning a bachelor's degree and a master's degree (2014). She has strong family ties to the Three Affiliated Tribes - Mandan, Hidatsa and Arikara Nation and Wikwemikoong First Nation. Theresa enjoyed her work with the language immersion program in Sault Ste. Marie and dancing at powwows in a jingle dress. She loved spending time with her grandkids and the rest of her family.

Theresa is survived by her father, Byron Lewis of Lansing, Mich., two sons, Juan Daniel (Larrissa) Chavez of Minot, N.D., and Carlos Andres Chavez of Dallas, Texas; three grandchildren, Evelyn, Caleb and Lauren Chavez; nine brothers and sisters, Byron "Junior" Lewis of Wisconsin, Brian Begay of Sault Ste. Marie, Glenda Lewis and Roseann Lewis, both of

See "Walking on," page 18



Walking on . . .

From "Walking on," page 21 Wisconsin, Tracy Lewis of Colorado, Reggie (Holly) Abel of Lansing, Nicholas Jacko of Wikwemikoong, Ont., and Miranda Jackson of Thunder Bay, Ont; and special relatives, Cheryl (Dave) Bernier of Brimley and Richard Lewis of Sault Ste. Marie.

She was preceded in death by her mother, Victoria Lincoln, and paternal grandparents, Lawrence and Peggy Lewis.

A funeral ceremony took place July 21 at the Niigaanagizhik Ceremonial Building.

C.S. Mulder Funeral Home and Cremation Services was in charge of services. Memorials may be left online at www.csmulder.com.

DIANE M. PINGATORE

Diane Marie Pingatore, 71, of Sault Ste. Marie, Mich., passed away on July 8, 2018, at War Memorial Hospital. She was born on Feb. 14, 1947, in Sault Ste. Marie to the late George and Monica (McCoy) Adams.

On May 6, 1978, she married Orlando "Landy" Pingatore in Sault Ste. Marie. Diane loved to shop on QVC. She made her entire life all about her family. She would do anything for her grandchildren. She enjoyed visits

from her siblings.

Diane is survived by her children, Melissa "Missy" Pingatore, Mark Pingatore and Leisa (Mike) Mansfield, all of the Sault Ste. Marie, and Tony (Shirley) Pingatore of Clio, Mich.; and five grandchildren, Samuel, Katie, Nathan, Basil and Emma; six siblings, Bob (Jerri) Adams of Myrtle Beach, S.C., Darlene (Terry) Plemmons of Liberty, Mo., George Adams of Kalkaska, Mich., Sharon (Keith) Dunn of Leo, Ind., Mary Ladach of Mancelona, Mich., and Sue (Raymond) Padgett of Sault Ste. Marie.

Diane was preceded in death by her husband, Landy Pingatore; her parents; and a brother, Theodore B. Adams.

A funeral mass was conducted at the Holy Name of Mary Catholic Church with Father Sebastian Kavumkal as celebrant, followed by burial at Riverside Cemetery.

In lieu of flowers, memorials may be left to the St. Mary's Altar Society.

Arrangements were handled by C.S. Mulder Funeral Home. Condolence may be left on line at www.csmulder.com.

DENNIS G. RENAUD

Dennis Gerard Renaud, 64, of

Indian River, Mich., passed to his eternal life unexpectedly on July 6, 2018, at McLaren Northern Michigan Hospital as a result of injuries sustained in a car accident.

The youngest of eight siblings, Dennis was born on Dec. 6, 1953, to Dennis and Ellen (Derusha) Renaud in Wyandotte, Mich. He was raised in Ecorse, Mich., where he attended St. Francis Xavier School until its closure. To finalize his Catholic school education he transferred to Our Lady of Mt. Caramel in Wyandotte where he received his high school diploma.

He met Donna Galloway at the Ecorse Ice Rink, where they both played hockey. They began going steady on Dec. 15, 1969. Dennis and Donna married on March 11, 1972, at St. Francis Xavier in Ecorse. In an effort to provide a safer environment for their family they moved to Indian River in March of 1982. They raised three children: Denneen, Dennis and Sara.

Dennis enjoyed coaching and cultivating young athletes while Donna cheered from the stands. He loved watching, playing, coaching and officiating all sports; most notably coaching hockey, basketball, baseball and football in downriver Detroit, Indian River, Alanson, Wolverine and Harbor Light Christian School. He was an avid outdoorsman of every season. Dennis touched many lives and will be



greatly missed!

Dennis was a fixture in the community having worked for Burt Lake Marina, Tuscarora Township and Cross in the Woods. Most recently, in semi-retirement, he worked for Little Traverse Bay Golf Course.

He was a member of the Knights of Columbus. Dennis was proud of his Native American heritage and was a citizen of the Sault Ste. Marie Tribe of Chippewa Indians.

He is survived by his wife of 46 years, Donna (Galloway) Renaud; children, Denneen (Frank) Smith of Alanson, Dennis (Angie Mitchell) Renaud of Indian River and Sara (Thomas) Radle of Petoskey; considered the shining stars of his life, his 12 grandchildren, Jacob, Makenna, Connor, Chase, Avery, Joey, Delaney, Ryder, Josie, Taryn, Annabelle and Allie, his "lil Scout;" siblings, Larry (Ro) Renaud, Donna Bridges, Diane Sheldon, Joann (Joe) Cotellesse, Richard (Patty) Renaud, Dale (Pam) Renaud and many nieces and nephews.

He was preceded in death by his infant son, Christian Michael; parents, Dennis and Ellen (Derusha) Renaud; sister, Yvonne Payne; brothers-in-law, Robert Payne, Charles Bridges and David Sheldon; nieces, Cynthia Renaud and Carrie Renaud Turner; nephew, Paul Prosis, Jr.; and close friend and mentor, Father Tom.

Family and friends were received on July 14 at the National Shrine of Cross in the Woods with a memorial service officiated by Father Vern. A luncheon immediately followed at

the Shrine Family Center.

Special thanks to the staff of McLaren Northern Michigan Hospital for their life saving efforts.

Those wishing to make contributions to help offset funeral costs can send them to Denneen Smith, 7793 Smith Road, Alanson, MI 49706.

ELAINE TRESTRAIL

Elaine Trestrail, 74, of Sault Ste. Marie, Mich., passed away on July 7, 2018, at Medilodge in Sault Ste. Marie, Mich. She was born on Feb. 21, 1944, in Sault Ste. Marie, the daughter of the late Glenn and Fay (Smith) Marble.

On May 19, 1962, she married Robert Trestrail in Sault Ste. Marie. She enjoyed playing bingo and going for Sunday rides with her husband. She was always knitting. Her greatest joy was spending time with her entire family.

Elaine is survived by a daughter, Michelle (Kevin) Taskila of Gwinn, Mich.; a son, Christopher (Julie) Trestrail of Dafter, Mich.; three grandchildren, Todd (Malynda) Taskila, Chelsea (Jeff) Marta and Heather Trestrail; and four great-grandchildren, Tucker, Joey, Tia and Bo.

Per Elaine's request, there will be no services.

Arrangements were handled by C.S. Mulder Funeral Home. Condolence may be left on line at www.csmulder.com.



Health educators lead full-day kayak workshop for YEA

BY HEATHER HEMMING

Health Education and Traditional Medicine staff partnered to provide a kayak workshop for tribal youth. In preparation for the kayak program, health educators Charlee Brissette and Jennifer Eyler, Traditional Medicine assistant Lori Gambardella and Youth Education and Activities (YEA) staff Jill Lawson and Lena Walker attended a level 1 kayak instructor training through the American Canoe Association (ACA) to become certified kayak instructors.

On July 19, youth from the Sault Ste. Marie and Rudyard YEA programs had the opportunity to participate in the workshop as part of their Circle of Life Program.

On a beautiful, sunny, 80-degree day at Soldier Lake, the youth rotated through three stations: kayaking with water lessons, physical activity games on the beach and a dreamcatcher activity.

Sault Ste. Marie YEA coor-

inator Jill Lawson shared her thoughts about the workshop. "When our students first saw the Circle of Life schedule, they were most excited about kayaking! I am so grateful for this opportunity provided by Community Health. On July 19, Charlee, Jen, Heather and Lori came out to Soldier Lake with students from the Sault and Kinross/Rudyard area. Our students spent the day learning how to kayak with on and off water instructions, exercising and creating dreamcatchers. To be able to have access to the kayaks and have professional trainers to teach our students the skills is a feeling of empowerment. It was a beautiful sight to see the lake filled with kayaks with our students on board steering them."

Health Education staff held another kayak workshop for the Manistique, Hessel and St. Ignace YEA groups on Aug. 8. The kayak workshops are sponsored by the Sault Tribe Good Health and Wellness in Indian Country grant.



On July 19, youth from the Sault Ste. Marie and Rudyard YEA programs had the opportunity to participate in a kayak workshop.

Need Glasses?



Good News for Sault Tribe members!

Effective May 1, 2018, PRC may be able to assist eligible Sault Tribe members with purchasing their glasses through Sault Tribe Optical Departments!

Members must be eligible for Purchased Referred Care Program. To verify your eligibility, please call 1-800-922-0582. PRC is payor of last resort. Members must bill their health insurance if they have coverage for glasses and submit bill and EOB to PRC for reimbursement. PRC will purchase glasses once every two years based on purchase date of last pair from tribal optical department.

To schedule your eye exam with Sault Tribe, please call the Optical Department nearest you.

Manistique, (866) 401-0043
St. Ignace, (877) 256-0135
Sault Ste. Marie, (877) 256-0009



Representing All Members Everywhere

Ahneen, Boozho, Negee,

Like much of the Country, our Tribe is facing an Opiate and other drug addiction, over-dose and suicide crisis. It is theorized that American Indian and Alaska Natives (Natives) have a greater probability of negative outcomes on social determinants due to forced assimilation tactics, in the past, of the federal government. The United States has a federal treaty obligation and trust responsibility to Natives which includes provisions for *health, education and social welfare* into perpetuity). In the past, this has been implemented through the lens of “civilizing” the Indians.

The 1928 “Merriam Report”, written to identify the deficiencies of federal Indian policy, documented years of assimilation policies and practices toward Natives and made clear that such tactics were making matters worse by further alienating Native children from their culture and way of life. Outcomes of assimilation can be understood through Durkheim’s social anomie, historical & inter-generational trauma, cultural discontinuity and tribal critical race theory. The application of these theories is elaborated Figures 7 & 8 on the following page.

Like other Native communities, in the last five to seven years, our Tribe has experienced an alarming incidence of opiate and other drug related overdoses and suicides. To address this acute and emerging systemic crisis, in 2012, the Sault Tribe created a Tribal Action Plan (TAP) under the guidance of a US Department of Justice planning grant. Succinctly stated, the Tribal TAP brings together tribal practitioners in Law Enforcement, Tribal Court, Health and Behavioral Health, Education and Cultural programs and services committed to addressing this crisis through short term, intermediate and long term strategic plans to make systemic change. Since 2012, efforts have occurred including:

- **Two major data collection efforts at the tribal level;**

NATIONAL OPIOID, OVERDOSE & SUICIDE CRISIS

- **Technical assistance with the United States Office of Justice Program and coordination with the Substance Abuse and Mental Health Services Administration (SAMSHA) to create a Tribal Action Plan which includes all substance abuse and mental health issues but with an acute focus on the opiate crisis;**
- **Coordination of tribal based efforts that transcend administrative silos, builds synergies and understands tribal citizens multi-dimensionally and multi-disciplinarily;**
- **Advocacy at the National level including articulation of a National Tribal Behavioral Health Agenda; and**
- **Securing \$55 million in new Congressional appropriations to address this crisis.**

Sault Tribe efforts in developing and implementing the TAP have evolved such that the Tribe is at the stage of development to reflexively revise the Tribal service delivery system that aligns our practice based on an enhanced understanding of theoretical impacts and through fashioning cultural and traditional solutions to undo the impacts of forced assimilation including adverse outcomes in social determinants like drug abuse, addiction, overdose and suicides. At this point in the development phase the Tribe is developing a project focused on securing the Tribe’s \$319,000 allocation of the newly appropriated \$55 million SAMSHA funds. It is my opinion that five primary objectives should include, to:

- **Increased related reporting/ decrease incidence of overdoses and suicides;**
- **Identify and refine related data collection and collation based on what research shows on this phenomena;**
- **Identify and refine division, department, and program level data collection;**
- **Formatively/ qualitatively assess data collection and service delivery under a Participatory Action Research model.**

It is important to identifying stakeholders including: those with decision authority over the program; those who implement and have responsibility over the program; intended beneficiaries; and those disadvantaged by not having the program or funding loss. While the Tribe has a large population of Tribal citizens (N=43,000+), the target population for the delivery of any

grant funded intervention is limited to the tribal service area (n =16,000) which is principally the seven eastern-most counties in the UP of Michigan with greater concentrations on or near five reservation bases. Besides concentrated tribal services, civil and criminal jurisdiction is also situated on the reservation. Broadly stated, however, the target population includes Tribal citizens for whom the Tribe has some level of contact at the macro level including through the monthly Sault Tribe Newspaper and though contact via US mail. This is an elusive challenge as interventions range from a public health approach to individual services contact which underscores the need to have a multi-tiered approach.

Key components of a draft program and evaluation are intended to include an array of quantitative and qualitative data collection methods (both formatively and summatively) using surveys, focus groups, participation in related Tribally sponsored events, case studies and client interviews, and epidemiological records maintained in the Sault Tribe Health and Behavioral Health delivery system. The purpose of data collection will be to reflexively and cumulatively understand the incidence of the opiate and other drug crisis; over-dose and related suicide attempts; identification of related risk behaviors; and frequency of access to intervention related activities. Our efforts should seek to operationalize the most effective way for these data sources to communicate across programs and to synthesize data sources that cannot be directly merged. Substance abuse data collected to date to gain a baseline understanding the “problem” is summarized below. An anticipated outcome of our efforts will be to build internal capacity to collect and interpret related data that informs planning and practice during on-going programming of interventions which address the opiate and other drug crisis and promote a healthy Anishinabe community though healing from historical and multi-generational trauma.

Antecedents factors including forced assimilation and

	Men	Women
Caucasian	76.5	81.1
Afr.American	72.0	78.1
Latino	79.2	84.0
Natives (2008-09)	68.0	74.3

(Source: CDC, 2016 as cited in Perez-Stable, 2018)

Figure 1

resulting social anomie, historical and intergenerational trauma, cultural discontinuity, and implications of tribal critical race theory collectively posit that persisting contexts result in adverse social determinants and outcomes for Natives.

identification issues with respect to tribal citizenship. While data for American Indians is collected though public health statistics, it is not disaggregated by tribal citizenry. We do know from Figure 4, however, that in Michigan, the

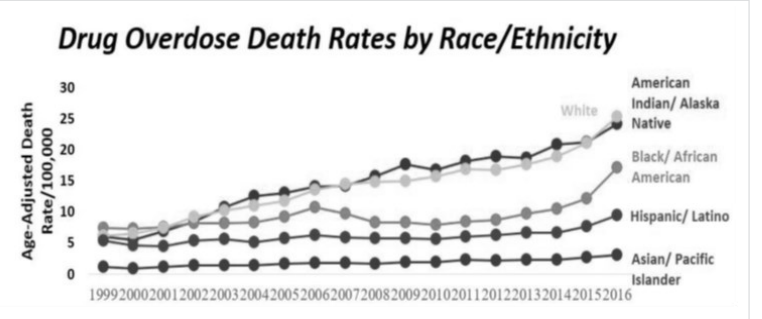


Figure 2

This was the basis for my dissertation research and are manifested in the incidence of some of the worst of the worst statistics on social indicators like suicides, unemployment,

Opioid death rate exceeds the national rate by 5 persons per 100,000 (CDC, 2017).

Identifying existing intervention research regarding the opiate crisis beyond the incidence noted above is especially arduous. Conventional

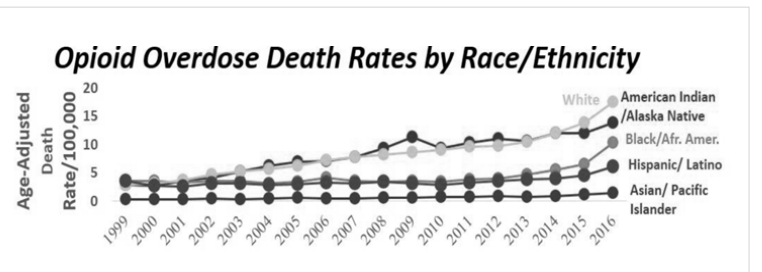


Figure 3

and the poorest educational attainment of any population of Americans. Life expectancy for Natives lags behind other populations as follows:

In 2015, Natives had the highest drug overdose death rates nationally and the largest percentage increase (+500%) in over-dose deaths from 1999-2015 (Perez-Stable, 2018). Figure 2 shows the trajectory of drug over dose death rates by race/ ethnicity:

Further, the related incidence of opiate drug overdose death rates by race/ ethnicity (Figure 3) show that in 2014, Natives

and traditional medicine treatment of addiction already exists through the Sault Tribe Behavioral Health and Traditional Medicine with a cadre of highly qualified, cultural oriented and Licensed Master of Social Workers. The potency of opiates as an addictive substance, however, represents a new and strident challenge which necessitates new and innovative thinking beyond existing paradigms. Abstinence models of recovery may yield limited value with opiate addiction. New models including Medically Assisted Treatment (MAT) are emerging to ex-

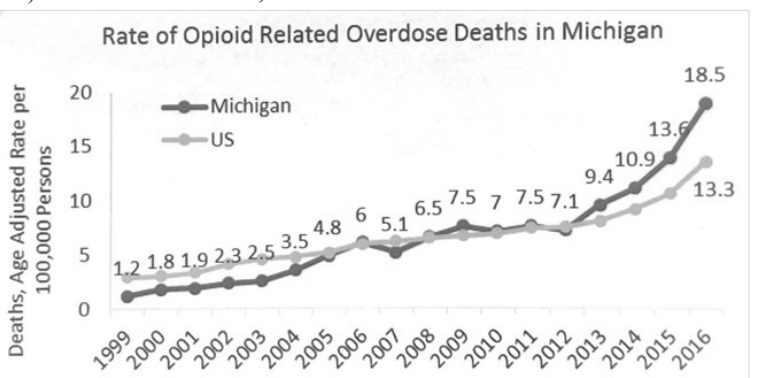


Figure 4

had the highest rates and has held relatively constant along with White Americans.

Enumerating death rates due to Opiate or other drugs at the Tribal level is difficult as not all Tribal citizens access tribal health such that mortality and morbidity data are an estimated using public records which often include biases and

clude drugs that mask one dependency with another. Some tribes like the Pokagon Band of Potawatomi, Ho-Chunk Nation, and now the Sault Tribe are experiencing preliminary success with new treatments with neurotransmitter blockers like vivitrol (naltrexone) but data is not yet available to evaluate the efficacy.

Tribal offices was though a convenience sample ($n = 477$). While 77% acknowledged a substance abuse problem exists, 93% reporting they felt safe which may demonstrate an issue of normalizing substance abuse. The top three substances reported being abused are alcohol (66%), prescription drugs including opiates (63%) and marijuana (50%). A majority (52%) report substance abuse as having affected them or someone they know though legal system involvement (24%), loss of employment (23%), overdose (15%), and death (12%). Eighty one percent reported that they were familiar with available substance abuse resources.

Shortly after the mini survey was completed, the TAP team decided to conduct a larger and more representative sample of Tribal citizens through a mail-out survey as the previous data collection method was of those who drop-in for services. A total of 6,700 surveys were mailed to one per household in the Tribe's seven county service area with nearly a 9% return rate ($n = 588$). This time, we found that the vast majority did not live on the reservation (90%) and the majority (62%) of respondents from the three age categories (38 to 67).

The question was posed of what the top three substance abused were and then repeated two additional times for their second and third selections. The results included the first choice of alcohol (65%), opiates (15%) and marijuana (9%); the second choice included marijuana (30%), opiates (23%) and alcohol (15%); and third choice at 20% for opiates, marijuana (15%) and meth (10%). These results appear in Figure 5 below. This method of teasing out the data, underscores the prevalence of opiate abuse but also a possible synergistic or co-occurring abuse of multiple substances.

The results of co-occurring drug abuse is a critical point given a public health focus by the US Surgeon General and the HHS Secretary to focus on physician practices in prescribing

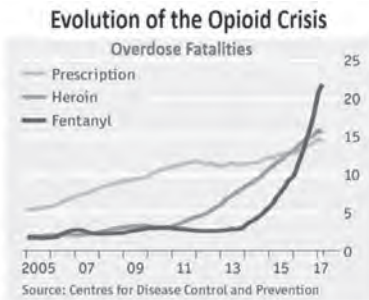


Figure 6

opiates may be reducing prescribing abuses but not until after the crisis may have been facilitated though doctor prescribing actions. Correlating data (CDC, 2017) appear to show that fentanyl abuse is on the rise and grew exponentially as prescription opiates and heroin began to plateau (Figure 6 below). Not yet a trend, the trajectory of illegal fentanyl abuse warrants further monitoring.

Similarly, an array of adverse outcomes were identified in the second Sault Tribe survey including jail time (78%), lost of employment (87%), depression (75%), domestic violence (78%), overdose (70%), suicide (61%) and loss of a loved one (70%). Finally, with respect to what services may help, 53% said transportation to treatment and recovery services; treatment closer to home (51%); non-jail treatment options like drug court (40%); traditional *Anishinabe* teachings (38%); evening services (36%); tribal half way house (34%); in-school treatment (32%) and weekend services (29%).

Again, only descriptive statistical data methods were employed in analyzing data from the mini-survey and TAP survey. A third deployment would allow for comparison using t-test and ANOVA statistics to see if perceptions of those drugs abused has changed in the three years since the last survey. Along a participatory action research (PAR) approach, changes were made in service delivery to propagate available resources for substance abuse and addiction, making widely available suicide hotline and recovery services information including mail out of refrigerator magnets, increased funding for transportation to treatment, and after hours walk in clinic care where substance abuse intakes and initial treat-

ment triage can occur. Beyond this, no evaluative methods were employed. Data showing the incidence of reported suicides, overdoses, and access to recovery services are maintained but limited to tribal service delivery systems. Summary data are not generated at this time to inform decision-making but a TAP data subcommittee has been established to prioritize collecting, collating and analyzing data to inform decision making and determine efficacy of efforts.

As the Tribal Action Plan moves forward and we seek to obtain the \$313,267 SAMSHA set aside to address the opiate crisis, developing an evaluative component of the required grant application becomes important. The Tribal Council, as the lead decision making stakeholder has previously prioritized the formation of the TAP by resolution. Eight of the 13 members of the governing board (including me as Tribal Chairperson) serve as members of the TAP team. Of course, the welfare, wellness and recovery of our people though a revitalization of cultural norms, is highly valued.

The adverse outcomes of historical and inter-generational trauma appear pronounced as evidenced by the worst of the worst statistics noted previously are demonstrated by numerous theorist and authors as comprehensively compiled during my dissertation research. The US Department of HHS, SAMSHA, CDC, NIH, Office of Minority Health's Health Research Advisory Council (HRAC) and national level Native advocacy groups like the National Indian Health Board and National Congress of American Indians have prioritized identifying solutions to the opiate crisis in Indian Country and serve as interested parties. This is one of the main reasons I serve on so many advisory committees on the National level.

A major component of the appropriations from Congress as supported by the HHS and SAMSHA administration is the collection of traditionally based and best practices to share with other tribal communities though implementation of the current \$55 million. This motivation exists at the tribal level as well to empower tribes to design or redesign recovery and prevention efforts steeped in applicable and culturally appropriate practices unique to each tribal community.

Conducting research reflexively though participatory action research and making changes along-the-way may prove to be the most effective method for reducing overdose rates, suicides, and

Partnerships to Advance Tribal Health Proceedings

Video 1: <https://www.youtube.com/watch?v=tmCKPgEJQNU>

Video 2: <https://www.youtube.com/watch?v=C64Jr6fe7-E>

other adverse outcomes that further perpetuate a cyclical and downward spiral that makes it even more difficult from which to recover. If we wish to treat individuals afflicted, we must treat the whole person with compassion, care, love, and not judgmentally.

NATIONAL TOWN HALL:

COMBATING OPIOIDS & SUBSTANCE ABUSE

A

The next day, I participated in both a town hall meeting and an advisory panel session to advise the SAMSHA Administrator at the HHS Headquarters on the Opiate Crisis and the inordinate and disproportionate impact on Native people. Given my doctoral research, I came well prepared and spoke about social anomie, historical and inter-generational trauma, cultural discontinuity, and tribal critical race theory. My graduate studies in the last several years have included diving into this subject in both qualitative and quantitative doctoral research courses. The following gets a little nerdy but please consider these explanations for why we have the worst of the worst statistical outcomes of any population of Americans.

I have listed the video clips from our town hall (above) and where I appear in Video 2 [time index: 40:40]. Principally what I reminded the federal government of their treaty and trust responsibility for what retired Tribal Board Member Cathy Abramson says, we "pre-paid" as the treaties promised "health, education and social welfare into perpetuity. I also, suggested that at the hands of the federal government though forced assimilation tactics though Indian Boarding Schools, removal and reservation policy, and the spiraling down of conditions as explained by Tribal Critical Race Theory, we are in a state of social anomie, historical trauma, cultural discontinuity and lack of opportunity. Figure 7 shows a conceptual model that explains this from an educational perspective.

The final figure (Figure 8) share below is from my dissertation to show the interchange and overlap of factors that predict whether a Native student will graduate college with each factor exerting an influence on the educational outcome. This model is easily as applicable to any outcome. With the diversity of our Members and our experiences with respect to cultural identity, these factors may or may not have an impact. A key concept is the balance of factors and interventions to ameliorate adverse impacts while building on strengths steps in our Indian ways. This model is applicable for identifying solutions to other social challenges like drug and alcohol addiction, overdoses and suicides.

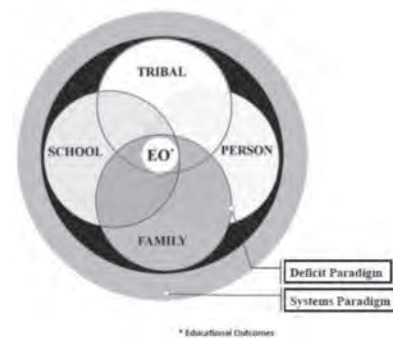


Figure 8

The contexts and conditions which led us to have the worst statistical outcomes persists. However, self-determination and the indomitable spirit of our ancestors and our cultural value for providing for future generations means that we can set our own direction. Where we go from here is up to us. As your elected Chairperson, I plan to continue to represent our needs and interests at the highest levels and hope to positively impact our trajectory to benefit all of our people. These issues are personal to me as several of my relatives are opioid addicted. Our *Anishinabe Biimaadziwin* promises a good way of life that we all can share. I live this way and hope to share the benefits therein to others so they too can live fulfilled lives.

Chi McGwitch, Negee!

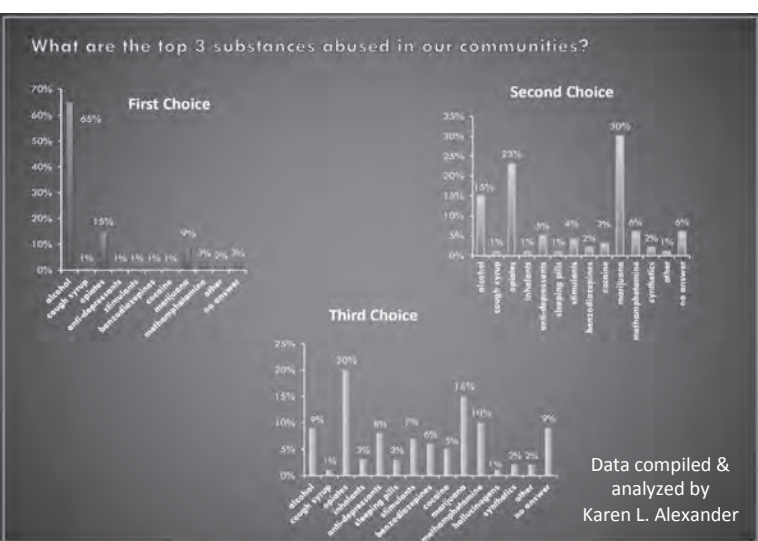


Figure 5

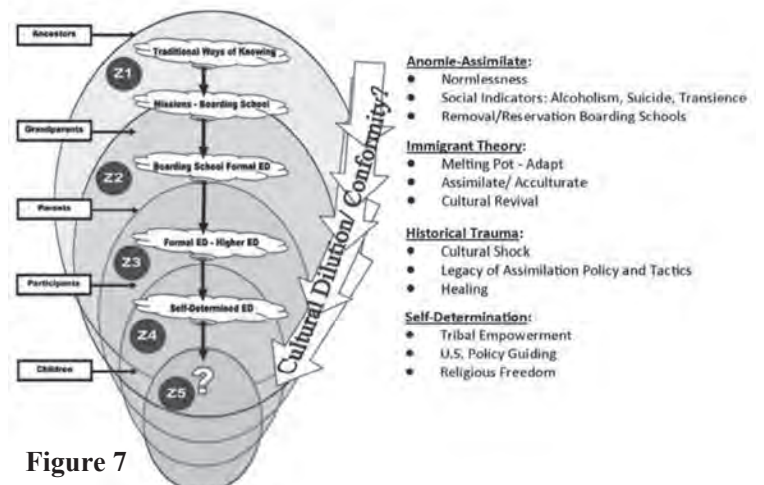


Figure 7

Concentrate on priorities to move forward



**BRIDGETT SORENSON,
DIRECTOR, UNIT III**

Now that the elections are past us we can hopefully come together with some priorities and a strategic plan to move in a positive direction for our people. Like it or not, we are stuck together for at least two more years to get things done.

One priority for me has always been our team members. We are currently using the 2012 wage grid and under the current pay scale software, the estimate is over \$5 million to get team members where they need to be. The longer we wait, the more it will cost. There are a few con-

cerns aside from the upfront cost such as: is pay scale an accurate system or do we contract with RedW to have them review our compensation and get it in line with industry standards? After the initial cost to move everyone to the proper grids what is the cost of maintaining it? Do I believe we need to fix our compensation system? Absolutely, but at what cost? The money has to come from somewhere and that could affect capital expenditures, services, benefits, etc.

We are in a crisis with our amount of job openings right now. In St. Ignace there are not enough people to fill all the vacancies in the community, so workers can pick and choose where they want to go right now. Even though we offer benefits, we are not filling these jobs. We need to treat these people with dignity and respect, discipline those who need it, have open communication through the chain of command and quit recycling people who never stick around. That is probably the biggest reason for low morale, seeing the same people being hired who have worked there numerous times and once again they don't work out. Managers need to be

able to hire people who want to work and have customer service skills. Unhappy team members lead to unhappy customers.

As the board, we are tying management's hands with many of our policies. I understand sometimes we don't trust people but we can't punish the masses for the few sinners. When people are hired to do a job we need to let them do a job and if we have certain expectations and goals, they need to be communicated and managers held accountable.

The board has not reviewed HR policies much if at all this year. There is a policy review group that is made up of managers from all areas that also form subcommittees to review and recommend changes. Part of the issue is not having an HR director and having other HR vacancies to facilitate this process. Hopefully we can hire a very strong HR director to bring needed changes forward.

The EDC director is constantly looking into new business opportunities, land acquisitions and feasibility studies. We have a real estate manager back on staff who can facilitate many of our processes internally. Joel has also been working with tribal business

owners through our Sault Tribe Business Alliance to establish offices in the service area and are even creating good jobs for our members. This is all very exciting for our people.

The board will soon be establishing our 2020 Consent Decree negotiating committee. It will probably consist of the chair, board members and members of the Conservation Committee. This group will have to dedicate many hours to this important task. We will be meeting more frequently with our attorney, Mr. Morissette, in the upcoming months to strategize.

The board will continue meeting on strategic planning again in September and budgets will need to be reviewed for 2019 very soon.

I want to thank Jessica Dumback, Jake Sillers and all other staff who work so hard for the Sault Tribe Golf Classic fundraiser. Without this group of people and members like Noah Leask, we would not be able to give out the thousands of dollars in scholarships annually. Thank you to all the sponsors, also.

When purchasing a car, ATV, building supplies etc., please remember to call the Tribal Tax

Office at 635-6050 if you are in the agreement area prior to making a purchase. If you can, try to make arrangements a few days in advance.

The Unit III elder picnic will be held at the McCann School building on Wednesday, Aug. 22, at noon. Keith and I will be providing meat and doing the grilling. Attendees are asked to bring a dish to pass if possible.

The St. Ignace Rendezvous at the Straits will take place on Aug. 25 and 26. Hessel's Powwow will take place on Aug. 18 and 19.

The Mackinac County Child Protection Roundtable will be sponsoring Project Backpack/Project Connect on Wednesday, Aug. 29, from 11 a.m. to 1 p.m. at the Little Bear Arena. There will be free backpacks and school supplies for Mackinac County students. Haircuts, laundry detergent, hot dogs, crafts and community resources and the Feeding America Mobile Food Pantry will be available.

I can be reached through bsorenson@saulttribe.net, Bridgett91@yahoo.com or (906) 430-0536. Enjoy the remainder of your summer and good luck to all the college students!

Economic development progressing successfully



**LANA CAUSLEY-SMITH,
DIRECTOR, UNIT II**

Things have been very busy during this summer. I want to give a few updates on projects that are moving along and highlights of things coming.

Economic development—We have purchased and are beginning to set up the office building to start the sales operation of modulars, cars and scooters.

We are waiting on the licensing process per the state and then the operations will begin. Our department is in the process of vetting many other projects

including purchasing many lots of land for future use for our tribe. We have all our storage enterprises up and running and there are many exciting things coming in the future. When we first hired for this position I assumed we would have many struggles and was a little worried as we had not had this for quite some time but it has exceeded all my worries. We have experience and commitment working toward the projects and the board has been very supportive of the recommendations and all working together.

Our Sault Tribe Business Alliance endeavor is just as successful. We recently met with a tribal member owned business, JETTA enterprises, and discussed an opportunity to start a new business in our area to hire and train members in this already very successful business (another state). The owner has pride and commitment to her tribe and wants to bring back opportunities to our young members and she is beginning to work toward this with us. We have all the information posted on our Sault Tribe Business Alliance page if you

would like to follow and also spread the word for anyone interested. This will be in the works the next several months and I will keep updated on the stages.

The successful tribal members owned businesses are committing to our tribe this way to just help us here in our own areas, it really is such a positive solid step and I would like to personally say chi miigwech to all of them for participating. Please take the time to check out this page and follow what is evolving in our areas of shadowing, new business and resources available. As I said before, this is a very long time coming and will definitely give us the seat once again with a serious position at the table for development and business owners in our own home area. Also many properties and land are being vetted and looked at by our tribe; we are finally making some real progress in that area of increasing land base again. It's incredible what can be accomplished when all work toward for one goal, many hours are put into making some real headway in revenue generating endeavors. I'm excited and will report as

these unfold. Thank you to all our staff who support this.

Our detox facility planning is steered by our health director and speaking with him recently has brought very good news in that area. He had recently visited the Betty Ford treatment center and has spoken to professionals there to get some guidance and direction. We plan to meet with similar ones to discuss assistance and make this a place that is successful and will assist our communities and members. We have seen other options arise as well and with all programs starting to communicate this has been taking a positive direction as well.

Our USDA department has been working hard over the last several months to upgrade our warehouse into a full fledged grocery store setting, members will be able to go into the store and pick out their items just like a regular store. They have worked hard to bring this service to our members slated to begin in September 2018. We will still have the trucks at the medical centers in the outlying areas and we plan to build on and stage out a bigger building and service in

the next two years as well. All our staff work very hard to make all the above possible and thank you to those of you who work each and every day to make these things possible for our people.

Our YEA department held the 15th annual youth led powwow in Rexton this past weekend. As most know this is uniquely run by the youth, every lead is done by them and we have committed team members (they work hard to make sure the youth have regalia and art to wear) and elders who take part in making this event one of the best. If your child participated I'm sure they were honored and will give them great pride remembering this event.

In closing, please say strong prayers for our families who are struggling with health issues. When one family has hard times we all feel the impact. As always, if you would like to meet me or talk, please contact me, (906) 322-3818, lcausley@saulttribe.net. Baamaapii.

Lana Causley-Smith
Board of Directors, Unit II

Tribe's USDA warehouse moving to a 'grocery store' setup



**KIMBERLE GRAVELLE
DIRECTOR, UNIT I**

I would like to thank the Unit I voters for your support and confidence in me to represent you for the next four years. I would also like to thank Anita Nelson for her dedication and service to our tribe.

Our USDA program did a presentation at a workshop and in September 2018, they will be opening the new reorganized warehouse, which will be like a grocery store where you can shop for your own food. It will be set up so if you do not want everything on your list you don't need to take it at that time, but

if you find you need it before the end of the month you can come back and get it. The USDA delivery truck will still be making deliveries to the outlying areas as scheduled. If you have any questions regarding the new set up you can contact them at 635-7076 or (888) 448-8732, or stop by USDA, 3601 S. Mackinac Trail, Sault Ste. Marie.

Please keep the men and women in the armed forces in your prayers and thoughts for a safe return to their families and thank you to our team members for their dedication and team-

work.

Please feel free to call me at (906) 203-6083 or e-mail me at

KKGravelle@saulttribe.net.

Thank you,
Kim Gravelle

August 2018 Tribal Veteran Service Officer Schedule Stacy King, TVSO, American Legion 906-202-4238 Open to ALL Veterans at Sault Tribe Clinic Locations!						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	7/30 Sault 8:30-4:30	7/31 Escanaba 8:30-12:00 Manistique 1:00-4:30	1 Marquette 8:30-4:30	2 St. Ignace 8:30-4:30	3 Lansing	4 Lansing
5 Lansing	6 Detroit	7 Detroit	8 Indianapolis	9 Indianapolis	10 Indianapolis	11 Indianapolis
12	13 Vacation	14 Escanaba 8:30-12:00 Manistique 1:00-4:30	15 Sault 8:30-4:30	16 Newberry 8:30-12:00 Munising 1:00-4:30	17 St. Ignace 8:30-1:30	18
19	20 Hessel Pow Wow	21 Sault 8:30-4:30	22 Escanaba 8:30-12:00 Manistique 1:00-4:30	23 Marquette 8:30-4:30	24 Newberry 8:30-12:00 Munising 1:00-4:30	25 St. Ignace 8:30-4:30 St. Ignace Pow Wow
26	27 Sault 8:30-4:30	28 Newberry 8:30-12:00 Munising 1:00-4:30	29 Hessel 8:30-4:30	30 Vacation	31 Vacation	

Chase thanks Hoffman for tribal transit plan



DENISE CHASE,
DIRECTOR, UNIT IV

Transportation update

I'm very happy to report the contract for transportation services has been finalized and that weekday transit rides between Escanaba and Manistique will be starting on Aug. 13. There will be three road trips daily running Monday through Friday. The transits will leave Manistique and Escanaba at approximately 7 a.m., 11 a.m., and 4 p.m. This collaboration will help alleviate some transportation unmet needs for Sault Tribe membership and Schoolcraft and Delta communities. People will be able to go back and forth for doctor and dental appointments, shopping, college, etc., whatever their needs might be.

I would like to thank Wendy Hoffman who runs our tribe's Transportation Department. She has worked diligently on the tribe's transportation plan and transit needs for the seven-county service area. Wendy is still working on additional transit routes within our unit and others. We will update you in a future report as Wendy gets more routes established. Marlene Glaesman is still working on the paid rides for tribal clinic patrons and, as of the deadline for my unit report, there is nothing new to report. As soon as the agreement between the health clinic and transit authorities is in place, the Health Division will advertise it to the public.

Scheduled Unit IV office hours for Denise Chase and Darcy Morrow: Sept. 6 from 2-5 p.m. at the Marquette Tribal Health Office, 1229 Washington St., Suite #1, Marquette, Mich., and again on Sept. 20, from 2-5 p.m. at the Penstar Office Building, 1401 N. 26th Street, Escanaba, Mich., in the second floor conference room.

Following is a list of ACFS programs available for members to apply for:

Direct Assistance Services

The Direct Assistance component is comprised of a variety of income based financial assistance

programs (unless otherwise stated), including:

General Assistance: GA provides temporary financial relief for tribal members with limited to no income. GA recipients will be assisted with developing a case action that will identify goals that will enable the tribal member in becoming self-sufficient.

Native Employment Works: NEW is designed to assist parents of tribal children. Supportive services and outreach assistance is provided to remove obstacles to maintain employment, obtain a higher paying job and/or attend a certificate program at an approved educational program.

Emergency Assistance: Provides financial relief for individuals faced with unexpected crisis due to no fault of their own. Assistance may include; medical travel, loss due to fire, natural disaster, homelessness or at-risk of being homeless.

Childcare & Development Fund: Childcare assistance is provided to eligible families based on a sliding fee schedule. The program is designed to allow the parent equal access to quality childcare providers without regard to affordability. The CCDF Program also provides licensing and regulatory services to homes and centers on the reservation or land held in trust that would like to pursue licensing to provide care for children.

Employee Assistance: Emergency financial assistance may be provided to all employees of the Sault Tribe. Employees must have successfully completed their probationary period to qualify for this program. There are no income limits to access this program. Provides financial relief for employees faced with unexpected crisis due to no fault of their own. Assistance may include; medical travel, loss due to fire, natural disaster, homelessness or at-risk of being homeless.

USDA Food & Distribution: Fresh, nutritious foods are available to income eligible tribal households on or near the reservation. The counties we serve are: Alger, Cheboygan, Chippewa, Delta, Emmet, Luce, Mackinac, Marquette, Schoolcraft, Antrim, Benzie, Charlevoix, Grand Traverse, Leelenau and Manistee The Tailgate Sites (where we take food to with the big truck once every month) are: Manistique, Marquette, Newberry, Hessel, DeTour, Kinross, Rapid River, Munising, Cheboygan and St. Ignace

Funeral Assistance: Up to \$1,000.00 may be available to assist with funeral cost upon the death of a Sault Tribe member. This assistance is available to

income eligible Sault Tribe members who reside in the United States.

Low Income Home Energy Assistance Program: The LIHEAP program provides assistance to lower the burden of high-energy bills and to increase energy efficiency of eligible tribal households.

HEATING: Open: November 1st until funds are exhausted; eligible households will receive a heating credit toward their heat bill to help reduce hardships resulting from high energy bills during the winter months.

***CRISIS:** Open: January 1 target households may receive energy assistance that is at-risk of shutoff.

COOLING: Open: March 1, based on available funding, target households who are medically fragile may apply for an air conditioning unit. Documentation from a physician is required.

WEATHERIZATION: Open all year around, based on available funding, assistance with furnace repair or replacement is available. Must be a home owner or in a land contract. Must provide property deed and/or land contract, current property tax statement.

***Target Household=** documented disability, elderly 60+ or child under the age of 6 in the home.

There is still LIHEP funding available for heating assistance. The cooling assistance program has funding to purchase a window air conditioner unit if you have a medical need and doctor's prescription. For more information and program guidelines, or

to apply for any of the programs listed, call the ACFS office at (906) 341-6993, or (800) 347-7137 and ask to talk to the direct services worker.

I would like to correct some of the misinformation and untruth that was being put around on social media during the election cycle by the other candidate and some of her supporters.

Opponent said that the Unit IV elders tried to arrange a candidate forum (a debate) session and I refused to attend it.

The truth is I was contacted by an elder who told me the Escanaba elder chair wanted to do a meet and greet with the other candidate at the tribal center. I informed the elder that meet and greets are not allowed on tribal property during the election cycle per Chapter 10: Election Ordinance, but nothing prevents a candidate from holding a meet and greet off tribal property at their own expense. I also asked him to contact Joanne Carr, or the election chair; the only thing that could occur on tribal property was a candidate forum. Although someone inquired about a candidate forum with the Clinic manager, nothing was officially scheduled. I was never contacted for candidate forum dates that would work with my schedule. During that time, we had a family member pass away and we were also working on the powwow.

I also contacted the Clinic manager, she said that there was an inquiry but then there was a decision not to schedule one. So again, please call and get the facts anytime.

Opponents comment: On my

way to Manistique and I noticed a lot of my signs are missing in Cooks, Thompson and the Manistique area. Am I that much of a threat? (Insinuating that I took her signs).

I also had a huge number of signs taken and missing, too, throughout our unit. In fact, some of mine were taken and the opponent's signs were still there. Hmm...interesting. I called and sent emails to make inquiries throughout the unit on missing signs. If your signs are in a construction zone, city, county and MDOT right-of-ways, they will take them.

If I was going to stoop so low as to taking an opponent's signs (which I would not); I would have taken the one she had at the end of my son's road.

Opponent said she came up to me after the vote count and I said to her, why did you put that dirt out there on me; keep walking.

The truth is when she came up to me, I said to her why were you posting and telling those lies that insinuated I was taking your signs and that I also refused to do a candidate forum? She just stuttered and couldn't answer me and because she didn't apologize for her actions, I did say just keep walking, to move on.

Usually the rumor mill is much more interesting, but if you want the accurate facts, please call. The misinformation was intentional and we all know the reason why.

If you need to reach me, call (906) 203-2471 or email to dchase@saulttribe.net.

Thank you,
Denise Chase

Morrow updates Unit IV



DARCY MORROW,
DIRECTOR, UNIT IV

Director Chase and I will be holding office hours on Sept. 6 from 2 to 5 p.m. at the Marquette Tribal Health Center, 1229 Washington S., Suite 1, in Marquette; and on Sept. 20 from 2 to 5 p.m. at the Penstar Office Building (second floor

conference room), 1401 N 26th St. in Escanaba. Please feel free to call my number below and set up an appointment or just drop in.

The kick off to our elder picnics started July 28 on the west end. The Escanaba elders held their meeting and picnic in Gladstone park again this year on the 28th. It was a beautiful day in the park with many elders in attendance. Thank you to all the great cooks; there was an abundance of burgers, hot dogs, hot dishes, salads and desserts.

On Aug. 4, the day of the Marquette elders' picnic, we woke to a thunderstorm and down pouring rain. We figured we were in for a rain day. But, after a call to Marquette, I found out the weather had cleared up there and it was supposed to be a nice day. Their picnic was held at Beaver Grove Park; it turned out to be a nice day. They had a great

turn out of elders and family members. The park has a nice play area for kids of all ages to play and the kids had fun. Thank you to all the great cooks; there was an abundance of chicken, hot dogs, hot dishes, salads, homemade buns and desserts.

Elders, if you are in need of services, please call the Elder Division at (888) 711-7356. One service they offer is Elder In-Home Service – they provide homecare services to Sault Tribe elders 60-plus with functional limitations who live in the seven-county service area. Please give them a call to see about this and other services they provide.

If you have any questions, feel free to contact me at (906) 298-1888.

Thank you,
Darcy Morrow
Unit IV Representative
dmorrow@saulttribe.net

Grand Rapids student Mary Parr earns award

ALLENDALE, Mich. – Mary Parr of Grand Rapids, Mich., was awarded the Excellence in a Discipline Award for Natural Resources Management from Grand Valley State University. Parr is the daughter of Jim and Beth Parr and is a graduate from West Catholic High School.

The Excellence in a Discipline Award honors one student from each undergraduate and graduate discipline. Faculty from each department selects the recipient based on an earned minimum number of credit hours at an exceptional grade point average.

Iron Mountain VA hosts mental health summit

The Oscar G. Johnson VA Medical Center hosts its annual Mental Health Summit on Tuesday, Aug. 21, from 9 a.m. to 12 p.m. at Bay College West Campus located at 2801 North US Highway 2 in Iron Mountain, Mich.

Local government human services, community mental health agencies, hospitals, veterans and their families and any other interested organizations or individuals

are invited to participate.

The purpose of the summit is to bring together key stakeholders in the community to enhance the mental health and wellbeing of veterans and their families

Topics at this year's summit include suicide prevention, access to mental health care, eliminating mental health stigma, VA's new Whole Health Program and women veterans health care.

"We have found these sum-

mits beneficial in addressing the mental health needs of our veterans, especially in rural areas," Medical center director, Jim Rice said. "We cannot do it alone, especially in tackling the VA's top clinical priority, suicide prevention."

For more information or to register for the summit please contact Amy Fowler at Amy.Fowler1@va.gov or (906) 774-3300 extension, 32742.

Matson humbled to represent tribe



**Charles Matson,
Director, Unit V**

Aanii, Anishinabe brothers and sisters, let me say thank you to all of the members who supported us in the campaign. For those who did not, all I ask is that you give me a chance. I want to say a special thank you to my family for standing with me through the election process, I know it must not have been easy. Special gratitude to my mother, Lizet Matson, who never let me give up on my dreams and goals. She always pushed me to get up when I was knocked down. In the same spirit, I also want to apologize to them as some were dragged into the ugliness that can be involved when running a campaign.

It is a very humbling and awakening experience to be so lucky to have an opportunity to represent the tribal people of Unit V and I promise to work hard to achieve our common goals. Thanks to the past tribal representatives from Unit V who have come before me, John Carr, Don

Corp, my father Victor Matson Sr., Shirley Petoskey, Joanne Anderson, Rita Glyptis Mannisto and Anita Nelson, thanks for serving our community.

Congrats to all the successful candidates. I look forward to working with all of the elected officials in our tribe to accomplish our goals and help those who are in need.

Since taking the oath of office, it has been my task to familiarize myself with the inner workings of the tribe and its departments along with the current issues the tribe is working on. It has been fortunate for me that the staff has been so informative and helpful in answering any questions I have. As I progress out of the "getting my feet wet" stage, I look forward to informing the membership on the issues and solutions being worked on by the tribe's elected officials.

I met with the Munising elder committee and attended a Marquette elder committee picnic. I look forward to working with both of these groups and all tribal members in the future. By the time you read this, our Munising powwow will have come and gone. We always look forward to getting together with our Anish community. We will remain positive and moving forward.

Feel free to contact me at (906) 450-5094 or cmatson@saulttribe.net.

Respectfully,
Charles J. Matson Sr.
Unit V, Sault Tribe Board of Directors

Rutledge, Miller wed



Shaye Rutledge of Harrison and Eugene "BJ" Miller of Gladwin were united in marriage on April 21, 2018, at the Comfort Inn and Suites in Mt. Pleasant, Mich.

Shaye is the daughter of Randy and Lisa Rutledge of Harrison and is employed at Ashcroft Chiropractic in Harrison. Shaye is a 2003 graduate of Harrison High School. BJ is the son of Bo and Linda Miller of Gladwin and is employed at Big Sky Services Company in Holly. BJ is a 2004 graduate of Gladwin High School.

The bride's sister, Kalynn Eberhart (Harrison) was her matron of honor. The bridesmaids included Karol Koneval

(Lansing), Lindsey Black (Chesterfield) and Shelby White (West Branch).

The groom's brother, Phillip Miller, was his best man. The groomsmen included Pete Eberhart (Harrison), Matt Gorman (Traverse City) and Brandon White (West Branch).

The flower girl, Maleigha Eberhart, and the ring bearer, Madden Eberhart, were thrilled to be in their aunt Shaye's wedding and love their new uncle, BJ.

A reception was held at the Comfort Inn and Suites in Mt. Pleasant and the couple spent their honeymoon in Florida. Shaye and BJ plan to reside in Clare while looking for their first home in the surrounding area.

Family Fun Month

For kids, physical activity such as hiking and biking can improve attention and some measures of academic performance. Students who are physically active tend to have better grades, school attendance, brain function, and classroom behaviors.

Swimming is an excellent physical activity for the whole family. While swimming your heart rate stays up but is low impact on your body. Swimming builds endurance, muscle strength and is a great source of cardiovascular fitness.

Eating right will help provide the nutrients needed to have energy, build strong bones, and fight diseases and other conditions. Cooking as a family can help children learn how to choose and prepare healthy food options.

Camping is an inexpensive way to create uninterrupted family time. By unplugging from electronics family members may feel a decrease in stress. Camping allows families to reconnect with nature and each other.

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LORRIE MORGAN

OCTOBER 6, 2018
SHOW STARTS AT 8:00 P.M.

TICKETS START AT **\$22.50**



SAULT STE. MARIE
DREAMMAKERS THEATER