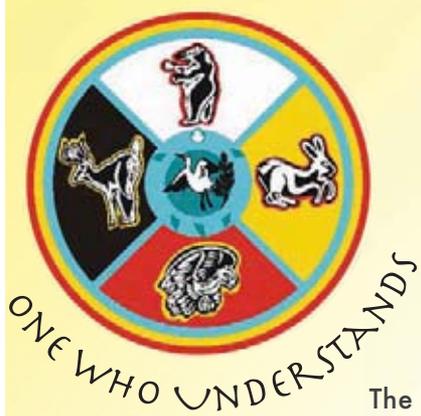


Win Awenen NISITOTUNG

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

November 7, 2008 • Vol. 29 No. 11



Tribal staff chosen as “best of the best”

BY JENNIFER DALE-BURTON

Every year, readers of *The Evening News*, Sault Ste. Marie's daily paper, vote for their favorite community figures in a number of categories. This year, Sault Tribe's Dr. Vivica Sherman was voted best pediatrician, *Win Awenen Nisitotung's* Brenda Austin was voted best freelance writer, Sault Tribe's Interim Chief of Police Bob Marchand was voted best police officer and Sault Tribe Law Enforcement was voted best police agency.



Dr. Vivica Sherman

Janice Pittman said that Sherman has been “a guiding force and the stability we need. She is a long-time employee who is loved by her patients, the employees and community at large.”

Even after dislocating her shoulder, the tribe's pediatrician was there the very next day, ready for work, said Pittman.

“Her old school attitude goes a long way to give and command discipline, dignity, respect, pride and kindness,” said Pittman. “Everyone can learn from this type of role model. I am pleased and honored to work with the ‘best doc of the year.’”

Pittman added, “Our staff applauds Dr. Sherman for her support and work well done!”

Brenda Austin

Brenda Austin is a dedicated reporter and freelance writer who wants to know, more than anything, your story. “I've always been a writer,” said Austin, who first picked up a camera at the age of 4.

Her tenure at *Win Awenen Nisitotung* has honed her craft as both a writer and photographer. Although she is on staff at the tribal newspaper, she is also a regular correspondent for *Indian Country Today*, the world's top American Indian newspaper. She's also written for *Tribal College Journal* and *Tribal Justice Today Magazine*.

“Brenda is a talented writer and photographer,” said editor Jennifer Dale-Burton. “She specializes in storytelling by word and image, and cares about her subjects.”

In a good cause, she'll work to get the word out, as in the case of “Three sisters driving truckload of donated items to Cedar Rapids, Iowa, for flood victims.” By the time Austin was done, the trio had almost more than they could carry.

Bob Marchand and Sault Tribe Police Department

The community chose Bob Marchand, Sault Tribe Law Enforcement interim chief of police, as best police officer and



Photo by Jennifer Dale-Burton

BEST OF THE BEST OF THE BEST, SIR! —Front L-R: Interim Chief Bob Marchand, Shane Hill, Eric Rye. Second row: Hope Schlehuder, James McLeod, Mike Pins, Al TenEyck. Third row: Dan Frechette, Bert Menominee, Helen Wilkins. Bob Marchand won best police officer and the force won best police department this year.

his department as best police agency.

Sault Tribe law enforcement officers like and respect their boss, and he thinks the world of them. “I couldn't ask for a better department,” said Marchand. “Excellent work ethics, positive attitudes — they are a good, hardworking group.”

“Bob is an excellent boss,” said Officer Eric Rye. “He goes above and beyond and genuinely cares.”

Rye, a 24-year old tribal member from the Pickford-Barbeau area, joined the force last year and loves his job. “It's a great atmosphere. It's open

— you can ask questions. And anyone here will go the extra mile to help you out.”

Rye chose law enforcement because he wanted to work with people in the community. He feels that, because he grew up in the area, he understands the community better and is better able to help out — even if people sometimes don't realize they need help, he said.

The ultimate goal of STPD is community policing, said Marchand. “We incorporate community policing philosophy into our daily job duties,” he said.

Community policing pro-

actively addresses immediate conditions that give rise to public safety issues, before they happen. There are a number of strategies employed in community policing. In a few weeks, Marchand plans to hire more staff to loosen up the schedule. And it doesn't hurt that the officers work as a team to help and support one another. Working with kids and elders is another strategy. Officer Burt Menominee serves as the JKL Bahweting school liaison officer, while Marchand serves in the tribe's elder justice advisory committee. (*Go to page 4 to read about new COPs grant.*)

Community Health gets \$1.76 million 5-yr grant

CDC launches Strategic Alliances for Health program; national effort promotes chronic disease prevention in 12 communities

The Sault Ste. Marie Tribe of Chippewa Indians was recently awarded grant funding from the Centers for Disease Control and Prevention (CDC) as part of the Strategic Alliances for Health, a new program focused on training local communities to create policy and environmental changes that address lifestyle behaviors linked to some of the leading chronic diseases impacting our nation's health.

The program, announced Sept. 30, is part of a larger \$25 million CDC investment in local community efforts to reduce the burden of chronic diseases across the nation. The

Strategic Alliances for Health provides five-year funding awards to 12 communities. Communities will develop specific strategies that promote physical activity and proper nutrition and reduce tobacco use and exposure — all lifestyle behaviors associated with obesity, heart disease and diabetes.

The Sault Tribe Community Health Education Department submitted an application for funding. Community Health program director Marilyn Hillman, Community Health Education supervisor Kim Alford and project coordinator Donna Norkoli will oversee the Strategic Alliance for Health project.

Community Health receives \$160,000 the first year, then up to \$400,000 each year for the next four years of the grant, based on availability, according

to Norkoli. That could add up to \$1.76 million in prevention funding.

“This is a great honor to be selected as one of 12 Strategic Alliance for Health communities. We are excited to have this opportunity to improve the health of Sault Tribe members and their families,” said Norkoli. “This grant project will focus on improving the environment for physical activity in our tribal communities and prevention of exposure to

environmental tobacco smoke.”

“Another exciting aspect of this grant project is that we will be able to expand our tobacco cessation services throughout the Sault Tribe service area,” said Alford. “Sault Tribe Community Health Education will be hosting an initial strategic planning meeting on Dec. 11 at the Sault Tribe Health Center to bring in a leadership team and community consortium partners.”

Strategic Alliances for

Health communities will develop models for how local communities can partner with schools, work sites, health care providers and community organizations to support healthy lifestyle behaviors. They will provide resources and tools that outline a step-by-step process for conducting effective strategies at the local level and serve as mentors to other communities that want to replicate the state-of-the-art models.

See “Prevention grant,” pg. 21

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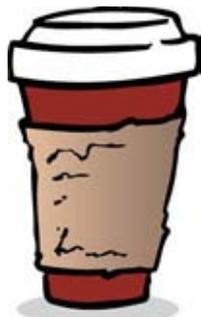
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WIN AWENEN NISITOTUNG

THE SAULT TRIBE NEWS
*The official newspaper of the Sault Ste. Marie
Tribe of Chippewa Indians.*

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Jennifer Dale-Burton.....Editor
Brenda Austin.....Staff Writer
Rick Smith.....Staff Writer
Sherrie Lucas...Administrative 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. 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 not an

independent newspaper. It is funded by the Sault Ste. Marie Tribe of Chippewa Indians and is published 12 times a year. Its mission is to inform tribal members and non members about the activities of the tribal government, membership programs and services and cultural, social and spiritual activities of Sault Tribe members.

Our name: Win Awenen Nisitotung, in our native language, means, "One who well or fully understands," pronounced "Win Oh-weh-nin Nis-toe-tuhng."

Subscriptions: The regular rate is \$13 per year, \$10 for senior citizens,

\$25 to Canada, and \$35 to 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 Tribe of Chippewa Indians.

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CHANGES TO TRIBAL HEALTH SERVICES

Marquette, Escanaba satellite clinics close

In continuing effort to reduce operational costs, the Sault Tribe Health Department will be closing the Marquette and Escanaba wellness clinics.

The Marquette clinic at 706 Chippewa Square, will be closed as of Nov. 1. Patients who currently receive services from this clinic may follow their providers to the Munising Tribal Health Center and can make appointments by calling (906) 387-4614. Medical records for patients seen at the Marquette clinic are currently located at the Munising Tribal Health Center.

Medicine pick-up is located at the Marquette-Salvation Army at 1009 W. Baraga Ave.

in Marquette. Call the Grand Island Chippewa Community Center at 387-4721 for assistance.

The Escanaba clinic at 3500 Ludington Street will be closed as of Nov. 21. Patients who currently receive services from this clinic may follow their providers to the Manistique Tribal Health Center and can make appointments by calling (906) 341-8469.

Medicine pick-up is located at the Salvation Army at 3001 5th Ave. South in Escanaba. Call the Mansitique Tribal Community Center at 341-8469 for assistance.

The Community Health nurses from Escanaba will be

operating out of the Manistique Tribal Health Center and will continue to provide services in both Marquette and Delta counties. Medical records currently housed in the Escanaba clinic will be relocated to the Manistique Medical Records Department

The Health Department expresses their sincere apologies for any inconveniences this creates in accessing patient care. Any requests for copies of medical records or transfers of records must be made prior to the closure dates or to the receiving facility as noted above.

Supplemental Health Program suspended

Due to the rising cost of health care and our current financial situation, the Supplemental Health Program has been temporarily suspended. Effective Dec. 1, requests for prescriptions to be filled at an outside pharmacy, which is deemed Non-1A, will no longer be covered by the Supplemental Health Program through Contract Health Services. Members will be responsible for full payment or insurance co-pays.

Contract Health will continue to assist members with Priority 1A medication requests. These requests must be life or limb threatening and have prior authorization from the Contract Health staff in order to be processed. Please submit all requests at least 24

hours in advance in order to allow sufficient time for processing. Authorizations will be faxed daily at 3 p.m. to all participating pharmacies. Every attempt will be made to assist patients with their medications that are not deemed Priority 1A. Our providers will attempt to find a similar classification of medication that will work for you and your condition. Please notify your provider of any medicines you are taking that are not deemed Priority 1A.

Contract Health will continue to assist with medical payments. Prior authorization from Contract Health staff must be obtained before medical care is provided. In situations where you were referred to an outside provider from one of the Sault

Tribe Clinics, prior authorization is still necessary to obtain assistance. Emergency situations must be reported to Contract Health within 72 hours of the incident.

Contract Health will be considering all service requests very carefully and will handle them on a priority status. Any service deemed to be Non-1A will not be covered by Contract Health Services. Members will be responsible for payment and insurance co-pays. Health staff will make every effort to help each patient find outside resources if necessary.

Questions regarding these changes can be directed to Bonnie Culfa, Tony Abramson, Joel Lumsden or Jackie McLean at (906) 632-5260.

Non-Native spouses to pay for medical services

Due to the rising cost of health care and our current financial situation, the Sault Tribe health clinics will no longer be able to provide complimentary services to non-Native spouses. Non-Native spouses will remain eligible to receive health services at our clinics for a fee.

Effective Dec. 1, non-native

spouses and their insurance providers will be billed for the full cost of care provided during each patient visit. Non-Native spouses with insurance will be responsible for the payment of all remaining balances, co-pays and deductibles. Non-Native spouses without insurance will be billed and responsible for payment of all

services provided during each patient visit. Health staff will make every effort to help each patient find outside resources if necessary.

Questions regarding these changes can be directed to Bonnie Culfa, Tony Abramson, Joel Lumsden or Jackie McLean at (906) 632-5260.

Two health board vacancies declared; tribal members invited to apply

As of Oct. 22, the board of directors sadly announced and accepted resignations from two longtime members of the health board, Theresa LaPoint and Theresa Doll. Both will be missed. This leaves two positions open for Unit I.

According to the health board bylaws, membership is open to any individual who is a member of the Sault Ste. Marie Tribe of Chippewa Indians and concerned with the health of tribal members. The Sault Ste. Marie Tribe of Chippewa Indians Board of Directors appoints a member to the health board.

Interested individuals must present a letter of interest and three separate letters of recommendation from Sault Tribe

members to the health board (Attn: Janice Pittman, STHC, 2864 Ashmun St., Sault Ste. Marie, MI 49783) or to the board of directors (Attn: Joanne Carr, administration, 531 Ashmun St., Sault Ste. Marie, MI 49783).

The purpose of the health board is to review the activities of the health programs of the Sault Ste. Marie Tribe of Chippewa Indians and to participate in the strategic planning for the health needs of the tribal membership. The board consists of 13 members and meets from 9 a.m. to noon on every second Thursday of the month except the months of February, July and December.

Housing Authority taking applications for rent subsidies

The Sault Tribe Housing Authority is pleased to announce we are opening the waiting list for our rental assistance program providing rent subsidies for income-qualified working families. This will be on a first-come, first-served basis as we have a limited amount of vouchers available.

This is a tenant-based program in which the tenant is subsidized, not the rental unit. Participants must find their own housing within the seven-county service area. This allows participants to select a rental unit that meets their needs and program requirements. Participants will be required to pay 25 percent of their adjusted income to the landlord, the Housing Authority will pay the remainder up to fair market rent for that area. The rental unit must pass a housing

quality standards inspection prior to leasing.

Sault Tribe Housing Authority recognizes many needs can not be met by the existing low-income rental program. This new program was created to expand housing opportunities while meeting unique needs of tribal families, thus providing rental assistance off trust land. The funding for this program is limited. We will be able to assist participants for a maximum of two years. During the two years we will be able to work with participants with homeownership counseling and advocacy if they are interested.

For more information or to request an application, you may contact Heather Alstrom at 495-1450 or (800) 794-4072.

Sault Tribe members asked for input on guidelines for the ceremonial hunting of animals

At the Sept. 23 Sault Tribe Board of Directors workshop, the Sault Tribe Culture and Conservation committees were directed to begin meeting to develop guidelines for the ceremonial hunting of animals by Sault Tribe members.

It was recommended by the Culture Committee that Sault Tribe members be involved in this process. We would like representation from Conservation and Culture committees, traditional medicine practitioners and program, pipe carriers and traditional hunters. Through the Agreement in Principle there are several licenses that the tribe may give to tribal members who are in need of an animal for ceremonial or medicinal reasons. These particular licenses are in addition to those for which tribal members are already eligible

If you would like to serve on this planning team, please call Joanne Carr at (906) 635-6050 and leave your name, address and phone number. If you would just like to attend the meetings, look for announcements in coming issues of the tribal news-

paper for times and locations. We look forward to working together.

Miigwech,
Jackie Minton
Culture Committee
Chairwoman

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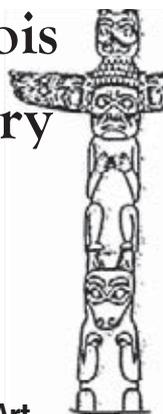
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Physical therapy hours at Chi Mukwa change

Effective Monday, Nov. 3, 2008, physical therapy service provided at Chi Mukwa will be open for services Monday through Friday from 12 to 5 p.m. All current physical therapy patients have been transferred to this new schedule.

Appointments for physical therapy services must be made through a referral from a tribal clinic provider. For more information, call Sault Tribal Health Center Clinic Manager at (906) 632-5282.

Conservation Committee advertises openings

The Sault Tribe Conservation Committee currently has the following openings:

Three seats available for commercial fishermen and two seats available for non-commercial fishermen.

Interested tribal members can send one let-

ter of intent and three letters of recommendation to Tara Benoit at 523 Ashmun Street, Sault Ste. Marie MI 49783.

For more information please contact Tara Benoit at (906) 635-6050.

UPDATE YOUR ADDRESS! CALL 1-800-251-6597.

The facts about Greektown Casino's reorganization

BY JOE MCCOY,
SAULT TRIBE CHAIRMAN,
GREEKTOWN CASINO
CHAIRMAN

As one of Detroit's and Michigan's largest employers, and as a company facing stiff financial challenges, many news stories have been published about our Greektown Casino. As we work through financial reorganization, it is important for all who depend on Greektown Casino for jobs, revenues and fun to understand how we got to this point and the substantial efforts we are taking to get our fiscal house in order.

Since being elected in June to represent you as tribal chairman, I've concluded that debt, some poor business decisions, unmet revenue forecasts, Michigan's stalled economy, and the worldwide banking crisis all have converged against us and Greektown Casino. As owners of Greektown, the Sault Ste. Marie Tribe of Chippewa Indians takes full responsibility for the good and bad moves we have made there. Obviously, since the mid-1980s we have owned and operated five successful casinos in Northern Michigan, and Greektown's performance has been contrary to our achievements up here.

A SPECIAL REPORT FROM OUR CHAIRMAN

It's also important to understand that Greektown Casino is still poised to post more than \$320 million in gross revenues this year. That will place Greektown among the top 10 percent revenue grossing casinos in the United States. Even as the economies of Michigan, the nation, and the world melted down, and even as we completed a gaming floor expansion that disrupted traffic inside and around the casino, our revenues this year are down a respectable six percent from 2007. By comparison, gaming revenues are down by similar or even larger numbers at various casinos in Nevada, the Gulf Coast, Colorado, Atlantic City, Illinois, and elsewhere. Revenues are also down at MotorCity Casino. The stock prices of MGM and Sands, regarded in recent years as two of the most venerable gaming companies on earth, have plummeted.

Unlike dozens of other companies — including many

titans of corporate America — Greektown Casino is nowhere close to failing. We continue to be open for business around the clock. We continue to pay every tax required to the city of Detroit and state. We have never missed a single payroll for our 1,500 employees. We continue to pay the thousands of guests who win at our casino. At the same time, we continue to work through a complex Chapter 11 reorganization process under the supervision and control of the U.S. Bankruptcy Court in Detroit. Even with today's tight credit markets, our banks have provided the finances we need to complete our 400-room hotel and gaming floor expansion. By the end of November, all casino floor and exterior work will be done, and we will open a new buffet, a renovated high-limit room, a spectacular new lounge and other amenities. The hotel opens early next year.

In the coming months, we will file two forward-looking business plans as required by U.S. Bankruptcy Judge Walter Shapero. Under one plan, the Tribe would sell Greektown Casino when we exit Chapter 11 next September. Under the second plan the Tribe would continue to own the casino.

Which plan will ultimately be approved by the court, no one can predict at this time.

However, our banks and knowledgeable gaming analysts agree: Greektown Casino, as an asset, will have its maximum value once the hotel is open and the gaming expansion complete. It has far less enterprise value with a partially built hotel and a gaming floor still under construction. Recently, it was suggested by a contract attorney for the city of Detroit that the Michigan Gaming Control Board "force" us to sell our casino before all construction is done and before we complete the U.S. Bankruptcy Court process. We will vigorously oppose any attempt along these lines. We believe federal law is clear: once a company is in Chapter 11, the Bankruptcy Court is in charge. Any attempt by a state regulator to force the sale of a company under the jurisdiction of the U.S. bankruptcy court would almost certainly be declared illegal. Any attempt to force a sale before all construction is complete would also harm Tribal members and all other stakeholders in the casino, including all creditors.

In the past three decades,

the Sault Tribe has invested hundreds of millions of dollars in the state of Michigan and city of Detroit. As required by law and contract, we have paid tens of millions of dollars in state and city gaming, property, sales, utility, single business, income and other taxes. Our tribe — and the other two Detroit casinos — gifted tens of millions of dollars to Detroit to pay for lawsuits filed against the city, to rescue the city's annual budget when it was deep in the red and to buy city property at ridiculously inflated prices. Every dollar earned by the tribe's gaming businesses has stayed in Michigan to fund health care, education, elder care and other services for our tribal members. Along the way, we have become one of Michigan's largest employers. Given all we have done for the state and Detroit, given the fact that we continue to pay all our taxes and operating expenses, given the fact that Greektown's revenues continue to weather a worldwide financial hurricane, the law and basic fairness afford us the opportunity to complete the reorganization process established by Judge Shapero.

Four new STPD grants add up to \$.5 million plus in funding

BY BRENDA AUSTIN

SAULT STE. MARIE, Mich. — Sault Tribe Law Enforcement received four United States Department of Justice grants in 2008 totaling more than half a million in funding.

Interim Chief of Police Bob Marchand said, "Hope Schlehuber has been very instrumental in acquiring these grants. With budgets the way they are it's nice to have revenue coming from somewhere else to help us with training and technology to keep us competitive with other police departments. The grants have been a very valuable asset to have."

The department received a \$56,118 Community Oriented Policing Services 2008 Technology Program grant, which will be used to convert to a paperless report management system. Congressman Bart Stupak designated the tribe's law enforcement department for this appropriation.

An equipment and training grant in the amount of \$190,000 will be used to purchase four new patrol vehicles, 12 data terminals, one 16-foot patrol vessel and uniforms and equipment for officers.

"The mobile data terminals will give us a more secure way to communicate with central dispatch. People with scanners will not be able to hear our conversations. If the dispatcher is busy the new terminals will also allow us to type in a license plate number and the information will come back to us on the computer screen," Marchand said.

The 16-foot patrol vessel will be used by law enforcement to patrol inland lakes and waterways.

Also funded by the grant is \$12,600 in travel and training, including state certification training, state consortium training, Bureau of Indian Affairs Special Law Enforcement Commission certification, interview and interrogation training and forensic interviewing techniques.

The Sault Tribe Youth Facility located in St. Ignace will benefit from a \$300,000 Bureau



Photo by Brenda Austin

Interim Chief of Police Robert Marchand and Hope Schlehuber brought new funding to the Sault Tribe Police Department.

of Justice Assistance Correctional Facilities on Tribal Lands grant. The youth facility will undergo an expansion of the existing gymnasium and additional classroom space. While not a grant, \$33,000 in Department of Interior Bureau of Indian Education funding was appropriated to purchase educational materials for the youth detention center.

"We want the kids who are there for an extended period of time to be afforded a good education. These funds will be used to purchase books and supplies for the center," Marchand said.

The annual Junior Police Academy also benefitted by grant funding this past summer. The program was able to serve more students due to a Michigan Department of Human Services Bureau of Juvenile Justice grant in the amount of \$10,000. "Additional funding allowed us to expand our program and offer two academies in 2008," said Marchand.

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Send in your hunting photos or next month's paper.
Send them to jdburton@saulttribe.net or see page 2 for phone and address. Good luck!

EPA funds buy thermal camera for tribal home inspections

BY BRENDA AUSTIN

SAULT STE. MARIE— The tribe's environmental program used an \$8,000 incentive award from the Environmental Protection Agency to purchase a digital thermal imaging camera for inspecting tribal member homes.

Environmental Manager Dan Tadgerson, said, "We are looking for 50 tribal member families throughout the tribe's seven county service area to volunteer this winter to have their homes surveyed with the camera. This will identify areas in the home where maybe more insulation is needed. We are trying to help individuals reduce their green house gas emissions in their homes by making things more energy efficient."

The camera can pick out drafts and identifies areas in color that are cooler than the rest of the home. Thermal imaging can reveal damaged or missing insulation, improper caulking, incorrectly installed materials, and gaps in construction, framing or studwork. Thermography is the use of an infrared imaging and measurement camera to "see" and "measure" thermal energy emitted from an object. Thermal, or infrared energy, is light that is not visible to the human eye, we perceive it as heat. Infrared thermography cameras produce images of invisible infrared or "heat" radiation and provide a



Photos by Brenda Austin

Environmental Director Dan Tadgerson can now tell where your home is losing heat with this thermal camera, which images by temperature. Hot temperatures are a different color than cold temperatures, as you can see by the image of the house Tadgerson is imaging to the right.

way to measure the temperature being emitted.

If you are interested in having a thermal imaging survey of your home contact Dan Tadgerson or Joe McKerchie at (906) 632-5200 and ask for the Environmental Program.



Firewood guidelines from IFWD

BY ERIC CLARK
INLAND BIOLOGIST

The season for gathering firewood is upon us. The Inland Fish and Wildlife Department (IFWD) is processing a lot of requests for firewood gathering permits across the 1836 Treaty ceded territory. Tribal members can obtain permits for gathering firewood on state or federal lands inside the 1836 Treaty ceded territory.

There are several differences between the two permits. The federal gathering permits are governed by the federal Memorandum of Understanding between the 1836 Treaty tribes and the U.S. government. The state gathering permits are governed by the 2007 Inland Consent Decree between the 1836 tribes and the state of Michigan.

The differences between the regulations are households can gather five standard cords of dead or downed wood in areas suitable for firewood collection under state gathering permits. Members can gather unlimited dead or downed wood in all areas except special use areas, wilderness areas and natural or scenic river areas under federal gathering permits.

The 2007 Consent Decree states that "the tribal biological staff (IFWD) will work with the Michigan Department of Natural Resources (MDNR) at the local level to determine

areas suitable for firewood collection." The IFWD has been working to determine these suitable firewood collection areas. Due to the necessary coordination with the MDNR, the state gathering permits generally take longer to process than do federal permits. To speed up the process, tribal members should be prepared to provide a township, range, and section number for the area in the state-owned land where they would like to gather firewood. This information is found in plat books, which are typically available at township or county offices.

It is the goal of the IFWD to have the suitable firewood collection areas designated and mapped prior to firewood cutting season in future years. Due to the volume of permit requests, the IFWD processes these requests once a week.

The IFWD has also received a large number of requests for conifer bough gathering permits. Permits for conifer bough collection are also available for both state and federal lands inside the 1836 Ceded Territory. Once again there are key differences between these permits. On state lands conifer bough collected under the gathering permit cannot be commercially sold. If the intent is to sell the conifer boughs, they must be collected on federal lands.

For more information, please contact Eric Clark, Inland Fish

and Wildlife biologist, at (906) 635-6050. The IFWD appreciates your patience as it works through this process for the first time. G'tchi miigwech.

ATTENTION FISHERS AND FISH PROCESSORS

HACCP training, only one week to register

A seafood Hazard Analysis and Critical Control Point (HACCP) certification training to be conducted by Michigan Sea Grant Agent Ron Kinnunen, Mike Erdman and Jim Thannum is scheduled for Dec. 9-11, at the Bay Mills Community College's Migizi Hall, 12214 W. Lakeshore Dr., Brimley. The course cannot be held unless the class is full.

The course is open to all fishers and fish processors. CORA-member tribe's commercial fishers should contact their natural resource departments for an available reservation for the course, or contact the Chippewa Ottawa

Resource Authority (CORA). The course fee, including training manuals, is \$90 per person.

The application deadline to CORA is Nov. 14. This will allow the CORA staff time to determine whether the course will proceed as planned. So it is important if you are interested to contact your tribal natural resources department or the CORA office prior to Nov. 14.

Applications and agenda are available by contacting Jane TenEyck or Beverly Aikens at (906) 632-0043 or Ron Kinnunen at (906) 226-3687.

Learn how to make a rawhide rattle at fun camp

A rawhide rattle camp is set for Friday, Nov. 21 and Saturday Nov. 22 at the Mary Murray Culture Camp on Sugar Island.

The event begins at 6 p.m. with a trip to the camp, followed by a talking circle, supper and teachings at 8 p.m. Breakfast is at 8 a.m. on Saturday followed by rattle making, lunch and finishing the rattles. After a closing talking circle, the class will leave for town.

Permission slips required for youth attendance. Sign up is required for this camp and youth receive priority. Supplies and space are limited. For more information, sign up and permission slips, please contact Josh Homminga, Bud Biron or Laura Porterfield at (906) 635-6050.

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REQUEST FOR BIDS

The Sault Tribe Purchasing Department is accepting sealed bids for contract work at the rental properties managed by DeMawating Development in Kincheloe, Michigan. This bid is for painting and miscellaneous repair work required to bring the Property Management units up to quality rental standards. Native American preference will be given.

The scope of work is for labor only for drywall repair, finishing, painting, texturing, carpentry, etc. (See scope of work in bid package for more details).

Sealed bids will be due 4 p.m. EST, Nov. 19, 2008.

Sealed bids should be sent to:

Sault Tribe Purchasing Department
Attn: Tamara Roche / DeMawating Dev.
2186 Shunk Road
Sault Ste. Marie, MI 49783

The Sault Tribe of Chippewa Indians reserve the right to accept or reject any or all bids.

****Faxed or e-mailed bids will not be accepted****

A mandatory orientation meeting will be held on Thursday, Nov. 13, 2008, at 10 a.m. at the DeMawating office located at 42 Woodlake, Kincheloe, Mich. You must be present to obtain a bid package and submit a bid. Bid packages will be available at this meeting and the projects will be open for viewing. For more information please contact Tamara Roche at (906) 635-7035.

1836 Treaty Ceded Territory

Treaty of 1836 Treaty Ceded Territory
Sault Ste. Marie Tribe of Chippewa Indians
Inland Fish and Wildlife Department



87° 53' 58.23" W
46° 35' 22.08" N

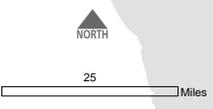
87° 18' 51.91" W
46° 21' 3.22" N

83° 19' 9.78" W
45° 7' 45.84" N

83° 25' 34.48" W
45° 3' 40.30" N

84° 14' 33.18" W
44° 57' 38.27" N

85° 14' 27.94" W
42° 55' 31.67" N



Teens aid pollinators with butterfly houses

BY GREG PETERSON

L'ANSE, Mich. — Millions of Monarchs arrive in Mexico in an annual migration that includes thousands traveling through Michigan's Upper Peninsula can thank Keweenaw Bay Indian Community teens for their future survival.

The Zaagkii Wings and Seeds Project in Marquette was created to protect pollinators like butterflies because billions of honeybees are dying across the world — especially in the Midwest — in a syndrome called “Colony Collapse Disorder.”

Keweenaw Bay Indian Community (KBIC) youth and Marquette teens spent this summer building the first of dozens of butterfly houses that will be created over the next three years. The white cedar butterfly houses were put up this fall in Marquette and Baraga counties. Lined with bark and slimmer than birdhouses, the shelters offer protection, rest and reproduction safety to Monarchs and other butterflies.

Translated Mem' en gwa in Ojibwe, the butterfly has long been honored by Ojibwa lore, poems and children's games. KBIC teens are helping to ensure the butterflies will forever pollinate fruits, vegetables and flowers.

Zaagkii is an Ojibwa word that means “the earth's gift of plants” and “the earth giving birth to plants.”

While bees are the best known and possible the most effective pollinators, butterflies are a close second in transferring pollen from one plant to another.

Experts are unsure why honeybee colonies are collapsing but pesticides, climate change and other man-made impact are among the suspected causes. Experts say the loss of the honeybees is alarming because without pollinators the world food supply will dry up including fruits, vegetables, flowers, other plants and trees.

The Zaagkii Project was founded this summer by the non-profit Cedar Tree Institute (CTI) in Marquette whose other environment projects have included wild rice restoration and Earth Day hazardous waste collections.

Albert Einstein made a grim prediction of what will happen if bees vanish. “Albert Einstein, who most people recognize as an intelligent person, speculated once that if bees disappeared off the surface of the earth, then humans would have only four years of life left,” said Todd Warner, KBIC Natural Resource Director.

“The problem with disappearing pollinators is a cause for concern (because) all life is interconnected,” Warner said.

“The health of a community is intertwined with the health of their environment, their water, their air, their soil and so on,” he



said. “Problems with one area lead to problems in other areas”

“If the pollinators disappear, then vegetation systems are disrupted and begin collapsing, some plants will disappear, many or most fruits and vegetables disappear, and the ripple of impact moves outward in ways we can't predict,” Warner said.

During a CTI event for project supporters, Northern Michigan University (NMU) student David Anthony made a tobacco and food offering to the spirits.

“Thank you for the Zaagkii Project,” said Anthony, a member of the Little Traverse Bay Bands of Odawa (Ottawa) Indians in Harbor Springs, Mich. “Thank you for the animals and all the birds, the trees, the plants.”

The three-year Zaagkii Project is sponsored by the KBIC, CTI, Marquette County Juvenile Court and the United States Forest Service (USFS).

As honeybees vanish, the USFS is also worried about the decline in bumblebees including two species that have gone extinct.

“We are seeing a reduction in the number of bumblebees,” said Jan Schultz, Botany and Non-native Invasive Species Program Leader at the USFS eastern region office in Milwaukee. “Bumblebees are

pollinators on steroids — they are tens times more effective in pollinating than a honeybee,” she said.

Another important part of the Zaagkii Project is restoring native plants to the once barren Sand Point, a Lake Superior beach where the environment has been degraded by the deposition of decade's old copper mining waste.

Marquette teens planted over 26,000 native species in seed trays and many of those will be transplanted at Sand Point in the spring of 2009.

The KBIC Summer Youth Program teens built and painted butterfly houses at the tribal hatchery this summer with help from Natural Resource Department (NRD) Water Quality Specialist Kit Laux, NRD environment specialists Char Beesley and Katie Kruse and youth supervisors Cody Blue, Kim Klopstein and Nancy Voakes.

As birds chirped loudly along the shores of Lake Superior, 17-year-old Ethan Smith, 15-year-old Janelle Paquin and other KBIC teens measured, hammered and painted the butterfly houses.

“We put the bark on the inside like so — for the butterflies to rest on,” said Smith while showing the strips of bark that line the house. “We put on the top so the sunlight

Teens from the KBIC youth program worked to build butterfly houses to help out migrating Monarchs in a special project called the Zaagkii project, funded by numerous contributors.

doesn't get in and they can get a good night's rest.”

The butterfly houses sit on 10-foot poles. Butterflies with folded wings enter through seven tiny slits. “Butterflies use the houses to rest while migrating,” said 16-year-old Dylan DeCota of Baraga.

Warner said it's important for tribal teens to protect pollinators. “Young people learning about pollinators and native plants today will carry this knowledge for the rest of their lives,” Warner said. “How they use it will be up to them.”

Marquette teens were given a tour of a Negaunee Township bee farm where the hives are home to about 60,000 honeybees.

Beekeeper Jim Hayward, a dentist who prefers honey to sugar, explained the different jobs of bees in a colony like the workers and how a hive produces a queen. Hayward said if all bees disappeared the world food supply would be devastated as “fruits, vegetables, nuts and other commercial crops” vanish.

Marquette teens planted about 26,000 native plants seeds at the Hiawatha National Forest greenhouse in Marquette. Those plants will winter in the greenhouse and be transplanted next spring across northern Michigan, including the milkweed plant that the Monarch depends on.

The USFS says the public can help protect pollinators by being careful about what type of insecticides are used and reducing the amount of “chemicals that we use for gardening and lawn control,” Schultz said.

“The chemicals many times are not very discriminant,” she said. “They will kill these pollinators as well as the undesirable species.”

“It's really important for people to think ‘Gee, do I really need to use that?’ Try to get pesticides that are more discriminant to what the offender is.”

“Apply the pesticide either really, really early in the morning ... or at dusk when the pollinators aren't active,” Schultz said.

The teens and volunteers were thankful for the tribal government's support of the project and said it made learning fun.

“The KBIC Summer Youth Program would like say ‘Megwetch’ to Evelyn Ravindran of the KBIC Natural Resource Department and Jon Magnuson's Zaagkii Project for giving us the opportunity to be involved with the building and decorating of the Butterfly houses,” Klopstein said.

The Zaagkii Project contributors include the Marquette Community Foundation, the Negaunee Community Fund, the Negaunee Community Youth Fund, the M.E. Davenport Foundation, the Kaufman Foundation, the Phyllis and Max Reynolds Foundation, with assistance from the Upper Peninsula Children's Museum in Marquette and the Borealis Seed Company in Big Bay.

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MSU is an affirmative action opportunity employer. The university actively encourages applications, and/or nominations, of women, persons of color, veterans and persons with disabilities.

For additional information, contact: Doug Brahee, Michigan State University Extension, Marquette MI, (906) 228-4830.

MICHIGAN STATE UNIVERSITY EXTENSION

Dr. Skupien spoke to the future of Native American health care at LSSU

BY BRENDA AUSTIN

Mary Beth Skupien Ph.D., deputy director for the Office of Public Health Support at Indian Health Service (IHS), is a 1980 graduate of Lake Superior State University (LSSU) who was invited back to campus to speak at a lecture series entitled "Envisioning the Future." The lecture series culminated Sept. 26 with the inauguration of LSSU's sixth president, Rodney L. Lowman Ph.D.

The Sault Tribe member was selected for LSSU's Outstanding Alumnus Award in 1993 and also received the Tempe Dubow award for outstanding nursing student in 1980.

"I thought speaking at LSSU would be a wonderful opportunity to tell people about IHS," Skupien said.

Giving an overview of the IHS delivery system and how tribes are working together, she focused on successful models of care, such as the chronic care initiative and the diabetes model of care. "Since we have been intensively monitoring case management that comes in from all the different sites, our hemoglobin A1C blood count (also known as glycated hemoglobin or HbA1c), from about 110,000 diabetic patients in the IHS system went from an average of 9.2 in 1997 down to 7.2, a 13 percent decrease in A1C levels."

She added that the future of IHS is prevention. "If you go to a standard medical clinic, they don't talk about prevention. IHS believes prevention does make a difference," Skupien said. "It takes a long time to see results — it has been 10 years since we have been doing diabetes prevention and we are just now seeing the positive outcomes. America doesn't want to put the money up front to pay for prevention services because it is costly and you don't see the immediate benefits like you do with acute care. IHS believes in



intensive case management and offering prevention education and services."

Skupien began her 26-year career with IHS doing rotations as a nursing student at the IHS community clinic in Kincheloe, Mich., when it opened in 1978. During her work at the clinic, an IHS employee told her about a scholarship opportunity that would for her master's degree.

"I applied with a deadline of two weeks and was accepted for my master's degree at the University of Michigan," said Skupien. "I owed IHS two years of service and had to go wherever the need was when I was done with my degree. My first duty station was in Kingman Arizona with the Havasupai and Hualapai (also spelled Walapai) Tribes."

But she spent much more than two years with IHS. For the first two, Skupien spent one week a month at the base of the Grand Canyon as a nurse practitioner and community health nurse providing care for about 400 Havasupai Indians. The other three weeks she spent on top with the 3,200 member Hualapai Tribe. After that, she transferred to Phoenix where she was the public health nursing director and health care administrator. After working for five years in the Phoenix area office as the planning, evaluation and information resource director she became the CEO/service unit director of the Southern Colorado Ute

service unit in the Albuquerque area. From there she transferred to the IHS headquarters office in Rockville, Md., overseeing clinical programs in the Indian Health Service as the Deputy Director.

"While I was there I was blessed because there was one long-term training slot available and I was allowed to apply for it to obtain my Ph.D. I applied and was accepted into John Hopkins University Ph.D program in Public Health, management and policy. IHS granted me a two-year sabbatical and paid my salary and after two years I returned to work," she said.

During her two-year sabbatical she spent almost a year in San Carlos, Ariz., collecting data for her dissertation from a tribe she had worked with in the 1980s.

Then in 1999 while on a five-year detail she came home to the Sault Tribe and spent five years as the health director of the tribe's health programming.

The IHS Office of Public Health Support oversees 562 tribal programs including epidemiology, planning, evaluation and research, IHS scholarship program and loan repayment, physician recruitment and program statistics. "The delivery system at IHS can be matched by none," Skupien said. "It is not just IHS, it is the tribes, urban health programs and Indian Health partners working together. Our mission is to raise the health status of American Indian and Alaskan Native people to the highest possible level and this is what we do daily in our jobs."

Skupien summed it up: "We are here to serve. We call it the Indian Health Care System; it's the best. We have an exciting future at IHS."

For information about IHS scholarship or loan repayment programs visit www.ihs.gov or email Dr. Mary Beth Skupien at Marybeth.skupien@ihs.gov.

Rodney L. Lowman Ph.D. is inaugurated as LSSU's sixth president

SAULT STE. MARIE, Mich. — With representatives from tribal, local, state, federal and Canadian government, students, faculty, staff and members of the twin-Sault community, the Lake Superior State University Board of Trustees, formally inaugurated Rodney L. Lowman Ph.D. as Lake Superior State University's sixth president.

"I am privileged and honored to serve as Lake Superior State University's sixth president," said Lowman.

According to an LSSU press release, the two-hour ceremony featured 16 speakers, in addition to Cliff and Lowman himself, and a variety of music from start to finish.

Among local musical offerings was LSSU Native Center Director Stephanie Sabatine and *No Strings Attached* performing a song the band wrote last October when Lowman first arrived in Sault Ste. Marie. Sabatine sang and played guitar during "My Heart Belongs to Michigan," with Judy Hill, vocals and guitar, LSSU alumna Mary Ann Stott on fiddle and LSSU student Jennifer Villarreal on bass.

Among the many speakers with words of advice for the new president was Sault Ste. Marie Tribe of Chippewa Indians Unit I Director Cathy Abramson. "I am honored to

See 'LSSU President,' p. 16



Rodney L. Lowman Ph.D. was formally inaugurated as Lake Superior State University's sixth president.

WALKING ON

JERRY LEE LABRANCHE

Jerry Lee LaBranche of Kincheloe, Mich., passed away on Oct. 16, 2008, suddenly at his home. He was born on July 28, 1972, in Lansing, Mich.

Jerry enjoyed hunting, playing pool and cribbage, camping, swimming and spending lots of time with his family at barbecues. Jerry's dog, Queen, was his friend and companion. He enjoyed NASCAR with Tony Stewart as his favorite pick. Jerry occasionally went to Lansing to spend time with his family. He believed in his Native culture, making dreamcatchers and attending powwows. Jerry was loved by all his family and friends and will be truly missed.

Jerry is survived by his wife, Theresa Anne LaBranche; daughters, Claryssa Jo and Harley; sons, Jordon of North Carolina, serving in the Army, Joshua, Justice and Justin of the Sault; parents, Jerry H. LaBranche and Patricia L. LaBranche; sister, Gena M. LaBranche and her children, Amber Lynne, Joelle Marie and Travis Floyd, all of the Sault. He is also survived by many uncles, aunts, nieces, nephews and cousins.

He was predeceased by his Grandpa Joe, Grandma Clara, Aunt Louise, Aunt Grace, Aunt Donna and Uncle Donny.

Visitation and services were held at the Niigaanaagizhik Ceremonial Building with Brother John Hascall officiating, followed by burial in Mission Hill Cemetery.

Memorial contributions may be made to the charity of one's choice. Funeral arrangements were made by Clark Bailey Newhouse Funeral Home and Cremation Center.

SHERI VAN WIENEN

Mrs. Sheri L. (nee LaPlaut) VanWieren, 44, of Grand Rapids, Mich., went to be with her Lord Saturday, Sept. 27, 2008.

Her brother-in-law, Carl VanWieren preceded her in death. Surviving are her loving husband of 22



years, Bruce Van Wieren; her daughter, Paige; son, Ross; parents, Robert and Joyce LaPlaut of Alpena; sister, Leslie Code; Bruce's parents, George and Shirley Van Wieren; brothers-in-law and sisters-in-law, Vic Van Wieren, Jeanie (Terry) Schaaf, Doris (John) Pace, Diane Garcia, Dave Van Wieren, Shawn Beatty, Vicki Rutoski, Ron Van Wieren; many nieces, nephews, relatives and friends.

A memorial celebration of Sheri's life was held Saturday, Oct. 4, 2008, at Blythefield Hills Baptist Church. Memorial contributions may be made to Blythefield Hills Baptist Church or Spectrum Health Hospice. Memories and condolences to Sheri's family may be shared at www.stegengafuneralchapel.com. The family was assisted by the Stegenga Funeral Chapel in Belmont, Mich.

JOHN J. MADIGAN

John J. Madigan, October 11, 2008, of Lancaster, Pa. Died suddenly of heart failure two days shy of his 70th birthday. He died at Summit Point Raceway in West Virginia just prior to doing what he loved



See "Walking On," Page 12

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Youth Education & Activities gets new home

BY JENNIFER DALE-BURTON

The tribe's Youth Education and Activities (YEA) program has a new home. It's a traditional home, with windows, a yard and grass, that the kids seem to love.

While YEA has a new phone number: 635-7011, the programming remains the same. Since the program moved from Chi Mukwa on Oct. 8 they've had an average of 20 kids daily, according to Program Director Rachel Mandelstamm.

"We just moved. This is the third day and we have 20

kids per day already," she said. "They really like it here too," she added.

"This place is pretty swanky," said teen Cecilia Atkinson, while teen Brandon Nertoli added, "It's all right," a big mark of approval in teen-speak.

The place is at 2428 Shunk Rd., commonly known as the "old cop shop," next to tribal enrollment. Kids show up on foot or by bike to hang out, play outside with friends, do homework, crafts or play video games. Student services assis-

tant, Jill King, has her desk right in the thick of things.

Mandelstamm and King are glad of the light shining in through the windows, and the back yard. "Our first purchase will be a grill," Mandelstamm said.

Except for the computer lab, the rooms are decorated with a mixture of education, culture and kids motifs. Mandelstamm saved the walls of the computer lab for the kids to personalize.

The house is also the new home of the tribal youth council. It's not as spacious as their

space in Big Bear, but you might call it cozy. Besides, home is where the heart is. "It's

small, but Rachel and Jill are here, so it's awesome," said teen Emily Clow.

New YEA phone: 635-7011
 2428 Shunk Rd. (next to tribal enrollment)
 Monday-Friday 3:30-6:30 p.m. — Computer and Homework labs with free tutoring.
 Mondays at 5 p.m. — Media Club
 Tuesdays at 5 p.m. — Science Club
 Wednesdays at 5 p.m. — Art Club
 Thursdays at 3 p.m. — Tribal youth council
 Fridays — DDR tournament with snacks, prizes.
 Saturdays 11 a.m.-4 p.m. — Computer lab
 Saturdays at 2 p.m. — Game Day with prizes



Jacob Cornell and Brandon Nertoli play frisbee in the yard at YEA.



Cecilia Atkinson, Mariah Pavlat, Shelby Fox and Emily Clow in their new craft room.

Students on a school afloat on the Inland Seas

On Sept. 30, a group of 24 Sault Tribe youth in grades 6-8 and their three chaperones headed to Sutton's Bay to board the schoolship *Inland Seas*. Once aboard the schooner, the youngsters enjoyed a 3.5-hour sail, where they learned about water chemistry, plankton, sediment, invasive species, stewardship fish and the ins and outs of sailing a schooner.

"It was truly a chance of a lifetime to see youth get excited about plankton," said Sue St. Onge, St. Ignace youth services coordinator. "It is always a great thing when we can give them a glimpse of what is possible. They really enjoyed their day and learned a lot in the process. I think we have a few who are really examining their

career opportunities and goals as a direct result of this trip."

Sixth grader Taylor Causley said that while he really enjoyed learning about fish, "I loved steering the ship." Seventh grader Trevor McLean was surprised by how many types of plankton there are. "It is amazing to see life at that small of a scale as abundant as that," he said.

For many of the students, a visit to Ponderosa after the sail made the trip that much more exceptional and memorable. The trip was made possible by a grant written by Inland Seas to offer their services to Native American students along with funding from the tribe's Youth Education and Activities program.



You can help Sault YEA

Housewarming gifts needed

What kids miss most about Chi Mukwa is the pleasure of having a concession stand. We are asking for donations to help feed the kids an after school snack. Some items we are looking for include a toaster, toaster oven and a microwave. Also, another donation that would be greatly appreciated is a vacuum cleaner.

If you have any of these items and would like to donate them to the Youth Education and Activities, please stop by or call Rachel Mandelstamm at (906) 440-4494. Thank you!

Parents needed for advisory committee

We are looking for volunteers to serve on our Parent

Advisory Committee. The committee is instrumental in developing programming for our Anishinaabek children throughout the seven county service area. They also help create policy and represent their communities to determine where spending will be most beneficial in providing services to the greatest number of students.

The committee is comprised of volunteers from throughout the seven county service area. They meet once monthly on the third Wednesday. We encourage parents, grandparents, aunts, uncles and anyone close to a child attending school to join us. All meetings are open to the public and we welcome your input.

For more information, please contact the Youth Education and Activities Program at (906) 635-7010.



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Walleye pros laud Kewadin Casinos, Visitors Bureau

SAULT STE. MARIE – At a Sept. 25 Sault Convention and Visitors Bureau meeting, Kewadin Casinos was recognized with a Superior Achievement Award for exceptional service to the In-Fisherman Professional Walleye Trail that was held in Sault Ste. Marie Sept. 11-13.

During the meeting, the bureau was also recognized for its role in hosting and bringing the event to Sault Ste. Marie.

Kewadin was the major sponsor of the the national fishing tournament, which was coordinated by the Sault Convention and Visitors Bureau.

“This was really a community effort,” said Linda Hoath, Sault Convention and

Visitors Bureau executive director. “Without the support of Kewadin and our directors, we could not have brought this event to the area.”

The tournament brought in over 70 fishermen to the area who stayed multiple days fishing the St. Marys River in search of prize winning lunkers inhabiting its fast, cold depths.

Kewadin Casinos donates nearly \$140,000 annually in sponsorship and donations to local organizations.

“We are glad that we could help this event because it really gave a shot in the arm to our local businesses and that’s what we like to see,” said Steve Sprecker, Kewadin Casinos general manager.



Representatives from Kewadin Casinos and the Sault Convention and Visitors Bureau with plaques awarded in recognition of their roles in the successful In-Fisherman Professional Walleye Trail held on the St. Marys River Sept. 11-13.

Moore named Manistique Team Member of Month



Pictured above is Housekeeper Audrey Herbst, Deanna Clifton, Mindy Moore, Wanda Rogers and casino manager Tanya MacDonald.

MANISTIQUE — Congratulations to Mindy Moore, Manistique Kewadin Casino’s Team Member of the Month for September. Mindy has been a dedicated member of the housekeeping staff since May 1995.

“Mindy is a very hard worker. She takes pride to ensure that the casino is very clean,” said Wanda Rogers, team member who nominated Mindy. “She stays over when needed to accommodate the casino, has had many years of perfect attendance and deserves this award of employee of the month.”

Mindy lives in Nahma with her husband Jim. Mindy has two girls and one grand-daughter. She also has many four-legged “kids.”

According to Mindy’s supervisor, Deanna Clifton, Mindy is a great choice for team member of the month. “She is always here and ready for work, willing to help and always gets her work done without needing supervision,” Clifton said. “She is a wonderful employee and an asset to the housekeeping department as well as the casino.”

Congratulations, Mindy!

Blades sport bar opens in Big Bear



Photo by Tammy Graham

OPEN FOR BUSINESS — Blades Sports Bar opened Friday, Oct. 17 in the Big Bear Arena upper level overlooking the hockey rink and basketball court. Prior to that, the Youth Education and Activities program moved from Big Bear to its own home on Shunk Rd.

Cleary is Sault Team Member of Month

Congratulations to John Cleary, executive housekeeper and Kewadin Sault Ste. Marie Team Member of the Month for October. John has been a dedicated member of the housekeeping staff since July 29, 1993.

“John is an extremely devoted team member and very deserving of this award,” said Carol

Eavou, vice president of hotel operations. “He is dedicated to his team members, the casino and our tribe.”

John lives in Sault Ste. Marie with his wife of 22 years, Kristi. They have two children two grandchildren and one dog, Cinnamon.

Congratulations, John.



Holding up his plaque, October Kewadin Sault Ste. Marie Team Member of the Month John Cleary surrounded by his housekeeping staff, vice president of hotel operations Carol Eavou, casino manager Steve Sprecker and casino COO Tony Goetz.



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Santa Claus is coming to Niigaanagiizhik

By BRENDA AUSTIN

SAULT STE. MARIE —

Even though the tribe is unable to sponsor the children's Christmas party this year due to budget cuts, the party goes on.

Thanks to about 14 volunteers and the newly created Children's Christmas Committee, kids will be able to sit on Santa's lap and whisper in his ear what they would like this year for Christmas. They are also welcome to make a list for Santa and Mrs. Claus to take home with them to the North Pole.

Unfortunately Santa will not be able to bring gifts this year to the party, but you can be sure come Christmas morning he will have visited everyone on his list.

If you would like to volunteer your time or money, there is still much that needs to be done. The committee is asking for donations of pre-baked Christmas cookies for children to decorate. They are also asking for donations of frosting,



Photo by Rick Smith

Left, Heidi Wilson conducts a transaction with Gail Nesberg, while Judy LaJoie and Jan Rittenhouse help man the table. Nesberg, LaJoie and Rittenhouse were tending the table on the morning of Oct. 22 for the Unit I Elders Committee bake sale at the tribal health center in Sault Ste. Marie. The committee conducted the bake sale in support of the Sault volunteer children's Christmas party this holiday season.

food coloring and sprinkles so the kids can have fun decorating their own cookies. And after visiting with Santa the kids will want a small snack; donations of juice, hot dogs, chips

and milk would go a long way towards filling little bellies.

Tribal children from Unit I ages birth to 12 are welcome to attend, however no child wishing to sit on Santa's lap will be

turned away.

Parents, if you would like a picture of your child in Santa's lap for their photo album, make sure to bring your own camera. Activities for the children

include crafts, games, karaoke, cookie decorating, visiting with Santa and Mrs. Claus and story telling.

Set up and decoration for the party will take place Friday, Dec. 5 from 8 a.m. until done. Sault Tribe employees who wish to volunteer will have to use their vacation time and get their supervisors approval. The party is Saturday, Dec. 6 from 12 to 3 p.m. The Niigaanagiizhik building is located across from the powwow grounds at 11 Ice Circle in the Sault.

Last year 750 children and their families attended the Unit I tribally-sponsored party at a cost of about \$21,900. The total spent in 2007 for children's Christmas parties in the seven county service areas was \$55,000.

If you would like to make a donation or volunteer your time contact Susan Henderlite at (906) 635-6050 ext. 26461 or email her at shenderlite@saulttribe.net.

Help seniors live better, longer: prevent brain injury

Anyone who cares for or just cares about an older adult—a parent, grandparent, other family member, or even a close friend—will say they are concerned about keeping their loved one healthy and independent. But few will say they are worried about a traumatic brain injury (TBI) robbing their loved one of his or her independence.

That's because many people simply are unaware that TBI is a serious health concern for older adults.

TBI is caused by a bump, blow, or jolt to the head that affects how the brain normally works. Dr. Ileana Arias, director of the National Center for Injury Prevention and Control at the Centers for Disease Control

and Prevention (CDC), says that "falls are the leading cause of TBI."

"Adults ages 75 and older have the highest rates of TBI-related hospitalizations and death, and they tend to recover more slowly or die more often from these injuries than do younger people," Arias said.

Unfortunately, TBI is not

visible and the signs and symptoms can be subtle. They might appear right after the injury occurs, or they might not be noticed or appear until days or even weeks later. TBIs also are easily missed because the person often appears to be fine, but may act differently than usual.

In addition, some TBI signs and symptoms mimic signs of aging, such as slowness in thinking, speaking, reacting, or becoming lost and easily confused. Therefore, it is important for those who care for and about older adults to look for signs and symptoms of TBI in those who have fallen or among those with a fall-related injury, such as a hip fracture.

Fall prevention is the best way to combat TBI among older adults. Dr. Arias recommends the following to help prevent loved ones from falling.

- Encourage your loved ones to exercise, if their doctor agrees. Exercise improves balance and coordination, so it's one of the best ways to reduce an older adult's chance of falling.

- Make their home and surroundings safer by making easy modifications, such as removing rugs, placing frequently used items within easy reach, and installing grab bars next to the toilet and in the shower or tub.

- Ask their health care provider to review all medicines—both prescription and over-the-counter. The way some medicines work in the body can change as people age.

- Take your loved ones to have their vision checked. Poor vision can increase their chance of falling.

(Source: www.cdc.gov/BrainInjuryInSeniors)

Second Kitchi Miniss Elder Jiingtamok

Anii, Anishinaabe and friends out there in Anishinaabe country. My sincere and heartfelt thanks to everyone who assisted and worked so hard on all the committees to make this year's powwow a success. A special thanks to all those younger members for assisting our elderly staff. Some day you will join the ranks as an elder and you are preparing yourself for this special responsibility.

We are especially pleased with all our invited staff. One could feel the heartbeat of Mother Earth as the drums brought forth the wonderful music of our ancestors. This truly was a day to remember.

We are pleased with all the great response from our community. We hope that we were a blessing to each and every one in making an awareness of our cultural way of life. Miigwech for attending, hop-

ing you had a great time.

—Dolores LeVeque,

Ogema Kwe, Munising Unit V Sault Tribe elder

Elders powwow staff
Sept. 13, 2008

Opening prayer: Don Corp;
Arena: Alger Centennial
Arena; Host drum: Bahweting;
Co-host drum: Four Thunders,
Gwinn; Invited drum
Geewayikwe; Head female
dancer: April Lindala; Head
male dancer: Don Belleau;
Head veteran dancer: Frank
Buswa (Bnaaswi Biiiaswah);
Arena director: Cecil Pavlat;
Eagle staff carrier: Les
Ailing, smudge grounds; Ken
McNally; PA system; Rolling
Thunder Drum and Under The
Pines Drum dropped in and
joined the other three drums
on staff.

Our count of those who
visited the powwow was 752.
There could have been more.

Bryant moves up



Sault Tribe member Taylor Bryant, advanced to state finals in Punt, Pass and Kick in the eight and nine-year old class. It will be held at Ford Field during half time at the Lions game on Nov. 23, 2008. If she places there she will go on to the nationals in North Carolina. Taylor lives in Newberry with parents Fred and Heather Bryant, sisters Makenna and Arianna.

Jones receives her CDA credential

Miss Susan Jones of the Sault Tribe Early Childhood Education Program has been awarded a Child Development Associate (CDA) credential in recognition of outstanding work with young children. The credential was awarded by the Council for Professional Recognition in Washington, D.C., which represents the early childhood profession.

CDA is the only major national effort to improve child care by evaluating and recognizing the skills of individuals providing care. The first credential was awarded over 30 years ago and now 49 states plus the District of Columbia include CDA in their child care licensing.

Susan has worked at the Sault Tribe Child Care Center since September 2005. She is currently a Head Start teacher.



We are very proud of Susan and congratulate her on her hard work.

Susan plans on continuing her education by working toward her associate's degree in early childhood education.

Alzheimer's Association holds open house

SAULT STE. MARIE — November is National Alzheimer's Awareness Month. To raise awareness about Alzheimer's disease and the programs and services available via the Alzheimer's Association, an open house event is scheduled on Thursday, Nov. 20 from 11:30 a.m. to 1 p.m. at the Sewell Avery Center Community Action at 524 Ashmun.

Feel free to stop by, talk to staff, pick up educational information and learn about services that may be helpful. For additional information contact Pam Parkkila at the Alzheimer's Association, (906) 228-3910.

From "Walking On," page 12 best, racing his sports car.

John is survived by his daughter, Michelle Shriver, son-in-law, Christian, and his loving companion, Carol Swendsen, all of whom were by his side at the time of his death. John is also survived by his son, John Erik (Jill) and is the brother of Lois (Edwin) Mullenbrock, Barbara Griffin, Mildred (Wendell) Storms, and Lewis (Barbara) French. He is also survived by his daughter-in-law, Sandy, stepdaughter, Samantha (Spayd) Zehel, grandchildren, Kelsey and Alex.

He was predeceased by a son, Guy, and his wives, Roswitha (nee Ponelis), Elizabeth (nee Bolluyt), Carole Spayd (nee Lazarus) and Eileen (nee Wunsch). John also leaves behind a vast community of friends and extended family that loved and greatly respected him. He will be deeply missed.

John graduated from Northwestern College in 1969 and served in the US Army. John began his career in the workers' compensation insurance business in 1962. At the time of his death, he was employed by Compservices (CSI) where in the year 2000 he was promoted to the director of provider relations. He was a significant factor in the growth and success of CSI. He was known for his wealth of knowledge, determination, integrity and candid viewpoints. John was active in the Pennsylvania Bureau of Workers Compensation Conference Program and Medical Review and Fee Committees. He was a proud member of the Sault Ste. Marie Tribe of Chippewa Indians. He also served as a soccer goalie coach in the

1980s for the University of Pennsylvania. His passion for sports cars extended to the collecting and restoring of vintage cars.

Funeral services were held Oct. 17 at the Bensalem United Methodist Church, in Bensalem, Pa. The family respectfully requested that contributions in his memory be made to Kids' Chance of Pennsylvania, Inc., P.O. Box 543, Pottstown, PA 19464 or www.active.com/donate/kids.

In Memoriam ~ Miigwech Uncle John

My maternal uncle, John Madigan, walked on recently. He was two days shy of his 70th birthday. I did not know him very well but he had a major impact on my family's life. Fourteen years ago he helped my mother, Mildred Madigan Storms (Giishep Ba Ahnung Kwe), become a member of the Sault Ste. Marie Tribe of Chippewa Indians. In turn, his efforts brought additional family members into the Sault Tribe — another sister, nieces and nephews and their children followed over the years. Many returned to the Sault to find and document their familial connections, many attended Sault Tribe events, some received their spirit names. Most of us would not have known anything if it had not been for John Madigan.

So, for this I would like to say a heartfelt "thank you" for opening up a world unknown to most of us and giving us the opportunity to become part of the Sault Ste. Marie Tribe of Chippewa Indians. Miigwech, Uncle John!

— Barbara Storms Baird (Giishep Nimkii)

Cook receives gift from fellow veteran



Photo by Brenda Austin

Veteran Owen Kelly of Arkansas, gifted Ed Cook (right) with a leather jacket and t-shirt to show his appreciation of the work Cook has done in support of fellow veterans. Left: Kelly's cousin, Sherrie Lucas, presented Cook with his gifts in front of the veteran's memorial.

BAKER EXCELS

Brittany Baker attended Kirtland Community College Aug. 4-8 where she learned aquatics chemistry from professors Tom Dale and Don Mick in the college lab with hands-on experiments and at local rivers and lakes. Fourth grade students with high MEAP scores were offered this opportunity. Right: Baker measured calcium chloride with professor Tom Dale observing, and her brother, Brendan, watching. Brittany's experiment tested the amount of oxygen in the water.



Brittany Baker received the President's Education Certificate for Academic Excellence, Principal's Award for Outstanding Citizenship and Personal Responsibility, a music award, and Outstanding Achievement in the MEAP testing for 2007-2008. Left: Teachers Mrs. Plainte, Mr. Milne, Mrs. Mayes, Ms. Sheldon, Mrs. Chmielewski, Mrs. Napolitano and Brittany Baker.



Taylor Severance bags buck



First time deer hunter, Taylor Severance, 12, shot a four-point buck in the state's youth hunt in Ionia County on Sept. 29. Severance attends St. Ignace Middle School. Her very proud parents are Ray and Vickie Severance.



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Photo by Jennifer Dale-Burton

Bruce LaPointe, 6th grade, becomes a monster every Oct. 31.



The mad doctor replaces his victim's heart with candy.



Photo by Rick Smith

Receptionist Liz Wall hands out treats at the tribe's administration building.



A procession of creatures of the night.



Photo by Rick Smith

An absolutely realistic costume!

Skeletons, ghosts and ghastly ghouls ...

Grinning goblins fighting duels ...

Werewolves rising from their tombs ...

Witches on their magic brooms ...

In masks and gowns we haunt the street ...

And knock on doors for trick or treat ...

Tonight we are the king and queen ...

For tonight it's Happy Halloween!!!

Sault Tribe administration participated in the downtown Sault halloween celebration for all the community kids (above right). But who's this urbane fellow on the left? Is it a fox or a disguise?

JKL Bahweting Middle School held a spook house for all the schoolchildren on Halloween Day.



Photo by Jennifer Dale-Burton

Tiffany Shaw, 5th grade, is a witch for a day.



Photo by Jennifer Dale-Burton

You've heard of brain food ...

Walk against domestic violence & JKL kids walk for fitness



On Oct. 13 a group of about 20 women united to walk in support of ending domestic violence, sexual abuse and incest against children and women. Sault Ste. Marie mayor Anthony Bosbous (right) also joined the group for their walk to the court house and back to the old Woolworth building on Ashmun St.



Community members participate in the walk.



Walkers as they leave the tribe's offices at the old Woolworth's building on Ashmun St. in the Sault.

Photos by Brenda Austin



Left back is Gordon Smith - Jr. 1st grade, Adrianna Bouschor (center) - 1st grade and Nevaeh Glashaw (right), also in 1st grade.



Sault Tribe police officer Bert Menominee watched as JKL students safely crossed the street on their way to school.



Left: Jordan Houghton, 5th grade, Jordyn Jezewski, 6th grade, and Donny Brabant, 5th grade, ready for their walk to school.

BY LAUREN EVELEIGH
JKL Bahweting School in Sault Ste. Marie joined schools from around the world to celebrate International Walk to School Day on October 1. This event is part of an initiative called Safe Routes to School which encourages and enables more children to safely walk and bike to school. JKL Bahweting School has formed a Safe Routes to School committee which has been working on an application for funding from the Michigan Department of Transportation. This funding would make it possible to create environmental changes in the area surrounding the school which will promote safe walking and biking for students. Approximately 400 students from JKL walked to school along with parents, teachers and other community members. The event began at 7:30 a.m. with participants walking from the athletic fields on Seymour Street to the school on Marquette Avenue. This event was organized by JKL Bahweting School, Sault Tribe Community Health, MSU Extension, and the Sault Tribe Police Department. Walk to School Day is an annual event.



Helen Kerfoot, kindergarten, with her mother's protective arm behind her back.



Alissa LeBlanc, 5th grade, giving the well known symbol of peace.

Newberry Jiingtamok - fun for all participants



Young grass dancer



Kathy Egert & Shirley Kowalke setting a post to build the arbor.



Dancers enjoying the beautiful early fall weather.



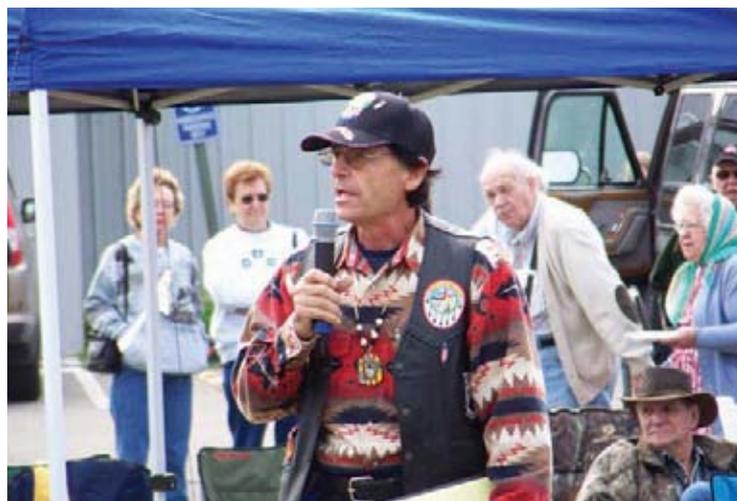
Head female dancer, Lisa Burnside, and head veteran, Gene Ried.

Photos by Lois Bryant

The second annual Newberry area "Honoring the Waters Powwow" was a great success and a beautiful day.

There was a big turn out and everyone enjoyed visiting with old friends and new acquaintances. It was a perfect day for dancing.

Elders were kept busy cooking fry bread and serving Indian tacos and chili.



Arena director/emcee, Cal Burnside.

Kids have fun at smoked fish camp on Sugar Island



Photos by Brenda Austin

Top left: Kalin Reffruschinni, 2, looking for a colored marker to draw with while waiting for the fish to smoke.

Top right: Campers enjoyed the early fall weather and the smell of smoking fish in the cool air.

Left: Mike Pilcher holds a rack of smoked fish while Trent LaPonsie, 11, and Zackeri Meingin, 11, look on.

Right: Umm, umm good! A chunk of smoked fish.



Head Start and Child Care Center kids favor treats



Emma, 6, and her sister, Ava Donmyer, 3.



Aubrie Pine, 1.



Joy Kerfoot, 3, Eva Collins, 4, and Miriam Clark, 4.



Alana Smith, 4.



Payton Calder, 8.



Jackson Legrand, 1.



Jewell Fish, 4, Kristin Krull, and Kristin's daughter Jaidyn Sullivan, 3.

Photos by Brenda Austin

Sault Tribe Child Care Center and Head Start both had costume parades through Kewadin Casino and the tribe's ACFS office for little trick or treaters in the Sault. ACFS staff fixed up a special surprise for the kids by decorating their offices and wearing costumes themselves while handing out treats.



Miriam Clark, 4, Jaelyn Azevedo, 4, and Kalie Johnson, 4.



Austin Gervais, 4.



Kayden Lee, 4.



Andrew Bosbous, 4.

Native Nations airs on ABC through December

Hosted by actor Peter Coyote, *Native Nations: Standing Together for Civil Rights* is a one-hour documentary exploring the role of the Lutheran church in the American Indian civil rights movement of the 1970s and 1980s. The program began airing on Oct. 12 and continues through the end of 2008 at various times and dates on ABC television network affiliate stations.

The project was developed over 18 months and includes locations such as Albuquerque, Minneapolis and the Navajo Nation.

Native Nations is "a historical documentary of the Indian civil rights movement as viewed through the relationship between the Indian people on and off the reservation and the Lutheran churches," said Syd Beane, co-producer, in Minneapolis. It focuses on the 18-year life of the National

Indian Lutheran Board. Beane was a board member and served as president.

"We've got a lot of historical footage and pictures of a lot of the people who were involved in those days," said Frank Blythe, senior co-producer, in Lincoln, Neb.

"We talked with many of the actual participants who were involved in tribal recognition and sovereignty issues. It's part of the story — the Indian health issues that were ongoing at the time of the '60s and '70s and the passage of the Indian Health Care Act," he said.

"We're at a time again when a lot of these issues are emerging related to health care, related to environment, related to land and water and energy. These are all issues we deal with in the film," Beane said.

Michelle Danforth, director and co-writer, of Green Bay, Wisc., said she has described the documentary to several

people who had similar reactions: "I didn't realize that the Lutheran Church was so involved with the Indian civil rights movement, and the impact that the Lutheran church actually had on the whole movement."

Beane, Blythe and Danforth are American Indians.

Native Nations is made possible through the Evangelical Lutheran Church in America's (ELCA) relationships with the Interfaith Broadcast Commission and the National Council of Churches, USA. The Odyssey Networks provided partial funding.

Information about *Native Nations*, B&B Productions, current television listings and how to purchase the program on DVD is available at www.elca.org/nativenations on the Evangelical Lutheran Church in America Web site.

(See more at www.archive.elca.org/news/video.)



Actor Peter Coyote in the studio with an assistant during a recording session of the narrative for *Native Nations: Standing Together for Civil Rights*.

Native American Heritage Day signed into law

BY RICK SMITH

President George W. Bush signed House Joint Resolution 62 into law last Oct. 8 designating the day after Thanksgiving Day, Nov. 28, as Native American Heritage Day.

According to an official summary of the act, the law encourages the people of the United States, as well as federal, state and local governments and interested groups and organizations, to observe Native American Heritage Day with appropriate programs, ceremonies and activities; including activities relating to the historical status of American Indian governments as well as the present day status of American Indians, their cultures, traditions and languages as well as their legacy.

The joint resolution was sponsored by U.S. Representative Joe Baca (D-Calif.) and co-sponsored by 83 other representatives.

The resolution notes eight findings of the U.S. Congress:

American Indians are the descendants of the aboriginal, indigenous, native people who were the original inhabitants of the United States;

American Indians have volunteered to serve in the United States armed forces and have served with valor in all of the nation's military actions from the Revolutionary War through the present day, and in most of those actions, more American Indians per capita served in the armed forces than any other group of Americans;

American Indians have made distinct and significant contributions to the United States and the rest of the world in many fields, including agriculture, medicine, music, language and

art, and have distinguished themselves as inventors, entrepreneurs, spiritual leaders and scholars;

American Indians should be recognized for their contributions to the United States as local and national leaders, artists, athletes and scholars;

Nationwide recognition of the contributions American Indians have made to the fabric of American society will afford an opportunity for all Americans to demonstrate their respect and admiration of American Indians for their important contributions to the political, cultural and economic life of the United States;

Nationwide recognition of the contributions American Indians have made to the nation will encourage self-esteem, pride and self-awareness in American Indians of all ages;

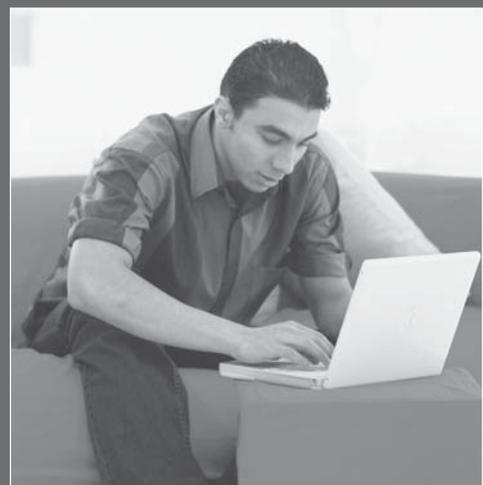
Designation of the Friday following Thanksgiving of each year as Native American Heritage Day will underscore the government-to-government relationship between the United States and American Indian governments; and

Designation of Native American Heritage Day will encourage public elementary and secondary schools in the United States to enhance understanding of American Indians and their descendants by providing curricula and classroom instruction focusing on the achievements and contributions of American Indians to the nation.

The Native American Heritage Day Act of 2008 was originally introduced in the House in December of 2007. It was signed into law as public law number 110-370.

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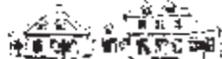
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Photo by Brenda Austin

A drum feast was held Oct. 6 at the Niigaanaagizhik building with Chairman McCoy attending. Drum keeper Bud Biron presented the chairman with a carved eagle feather made from drift wood by Ed Cook. McCoy was also made an honorary member of the Bahweting Singers.

Engadine parish closes while Curtis breaks ground for a new church

MARQUETTE — One Catholic parish in the eastern end of the Upper Peninsula will close next month, while another is preparing to break ground to build a new church. As a result, two new parish linkages will be formed.

The closing Mass at Our Lady of Lourdes Parish in Engadine was held Nov. 1 with Bishop Alexander Sample presiding.

The closure was announced last year with the release of the diocesan pastoral plan for parish ministry, although the initial plan gave an earlier date for the closure. According to the plan, closing Our Lady of Lourdes frees up resources to promote better stewardship in the relatively small geographic area, which has three other parishes in close proximity. Our Lady of Lourdes Parish has approximately 52 registered households.

According to Stephen Lynott, diocesan director of ministry personnel, most of

the Engadine parishioners will travel to St. Stephen Church in nearby Naubinway, a distance of about eight miles, for Mass. Others will go to St. Gregory's in Newberry, about 20 miles; and some may go to St. Timothy Parish in Curtis, about 18 miles.

The diocese has given the parishioners of St. Timothy permission to build a new church. They have raised about \$200,000 on their own. Further, an anonymous donor has pledged \$255,000 toward the project and agreed to pay \$400 per month in winter heating costs for the first seven years after the church is built. The parish community is hoping to break ground for the project before winter.

The closure of the Engadine parish and the plans for a new church building in Curtis will result in two new parish linkages. Beginning the weekend of November 8 and 9, St. Gregory Parish in Newberry and Our Lady of Victory Mission in

Paradise will be linked with St. Stephen Mission in Naubinway and be served by Father Francis Ricca as pastor.

Holy Rosary Parish in Grand Marais will be linked with St. Therese Mission in Germfask and St. Timothy in Curtis and be served by Father Timothy Hruska. Father Hruska will move from Engadine to the rectory in Grand Marais, giving Holy Rosary a resident pastor again.

Currently, the faith communities in Newberry, Paradise and Grand Marais are linked, as are those in Engadine, Curtis, Germfask and Naubinway. Lynott noted that the St. Gregory, Our Lady of Victory and St. Stephen linkage will require the pastor to drive fewer miles between churches, saving the parishes between \$4,000 and \$5,000 in travel costs.

"Right now there's a lot of mileage and bad winter weather to drive through for the Grand Marais, Newberry and Paradise linkage," he said.

County Animal Shelter solving pet overpopulation

BY JESSICA STANAWAY

CHIPPEWA COUNTY, Mich. — "Neuter and spay, it's the only way," is a phrase familiar to anyone involved in animal welfare. Now, local organizations and shelters have banded together to make this saying a reality.

Several local animal welfare groups have helped to institute an aggressive program to spay and neuter pets in shelters and those owned by low-income families.

The programs benefit shelters and potential adopters as well. "Since we have nearly all of our adult cats altered, we are able to offer a special cat adoption rate of only \$5 for any cat that is already spayed or neutered," said Holly Henderson, Chippewa County Animal Shelter manager.

Among the groups that have organized programs or provided funding for spaying and neutering companion animals are FOCAS (Friends of Caring Animal Shelters), Guardian Angels for Animals, Bay Mills Indian Community and Mackinac County's FOTA (Friends of the Animals).

Over the past two years, the groups have brought the MASH unit to the area several times. An innovative program, MASH — Medical Animal Sterilization Hospital — is a traveling veterinarian outfitted with a surgical suite in a large 5th-wheel camper.

The MASH unit has been booked for spay and neuter days in both Chippewa and Mackinac Counties, during which a large number of shelter animals and privately owned pets have been sterilized. In August, FOCAS arranged for a 3-day clinic that was staffed by veterinary students and pro-

fessors from Michigan State University School of Veterinary Medicine.

Qualified low-income residents had a unique opportunity to have their pets altered at no cost.

"It was a very rewarding experience to know that we were providing a service to families who could not afford the cost of sterilization surgery for their pets, and at the same time insuring that future unwanted litters of kittens or puppies did not end up in our local shelters," said Deb Green, FOCAS president.

In addition to pets owned by individuals, animals in local shelters such as the Chippewa County Animal Control Shelter and the Best of Friends Humane Society were spayed or neutered, making the pets more adoptable and eliminating much of the post-adoption follow up effort for the shelters.

Marilyn Carter, county shelter volunteer, noted that with local veterinarians so busy that appointments for sterilization surgeries are booked months in advance, events such as the M.S.U. and M.A.S.H. clinics make a big difference in controlling pet overpopulation.

Those wanting information on financial assistance to spay or neuter their pets may contact Deb Green of FOCAS at (906) 440-6770 to apply.

Adoptable pets at the Chippewa County Animal Shelter can be seen online at www.chippewa.petfinder.com, by visiting the shelter at 3660 S. Mackinac Trail, or by phone at (906) 632-2519. Pets at the Best of Friends Humane Society may be viewed at www.best-of-friends.petfinder.com or phone 635-1973 for an appointment.

High schoolers attend inaugural EUP Youth Asset Summit at LSSU

SAULT STE. MARIE — High school students in Luce, Chippewa and Mackinac counties say they want to help area young people make better decisions about alcohol, drugs and sex and they are looking to adults around them to help them understand what life is about and what their place is in the community.

Thirty-three young people gathered for the inaugural EUP Youth Asset Summit at Lake Superior State University Sept. 24. During the summit, students reviewed the results of the "Profiles of Student Life: Attitudes and Behaviors" survey taken by 1,135 students in grades 8, 10 and 12 in Chippewa and Mackinac Counties in 2007 and by 271 in grades 6, 8, 10 and 12 in Luce County in 2006.



Photo by Rick Smith

Thirty-three youth from Luce, Chippewa, and Mackinac Counties gathered during the recent EUP Youth Asset Summit to determine strengths and areas of concern for youth in the eastern Upper Peninsula. Students determined what they consider to be strengths and areas for concern for the 3-county area.

The survey measures 40 developmental assets identified by Search Institute as strengths that all young people need. Research shows that the more assets young people possess, the more likely they are to grow up healthy, competent and caring and the less likely they are to

engage in risky behaviors.

Using data from the survey, the students determined what they consider to be strengths and areas for concern for the 3-county area. They set priorities for the next two years and brainstormed ways to strengthen their communities by build-

ing assets in youth.

Summit participants identified the three assets they felt were strengths and worthy of celebration as "safety," "school boundaries" and "personal power."

"What this means for the community is that young people in the Eastern U.P. agree that they feel loved and protected," said Linda Rensburg, youth development associate with the Great Lakes Center for Youth Development, which co-hosted the event. "They also feel that their schools are clear about what they expect from them and that they have the power to shape their own futures. This is really good news."

The three assets identified as areas of concern were "community values youth," "restraint" and "sense of purpose."

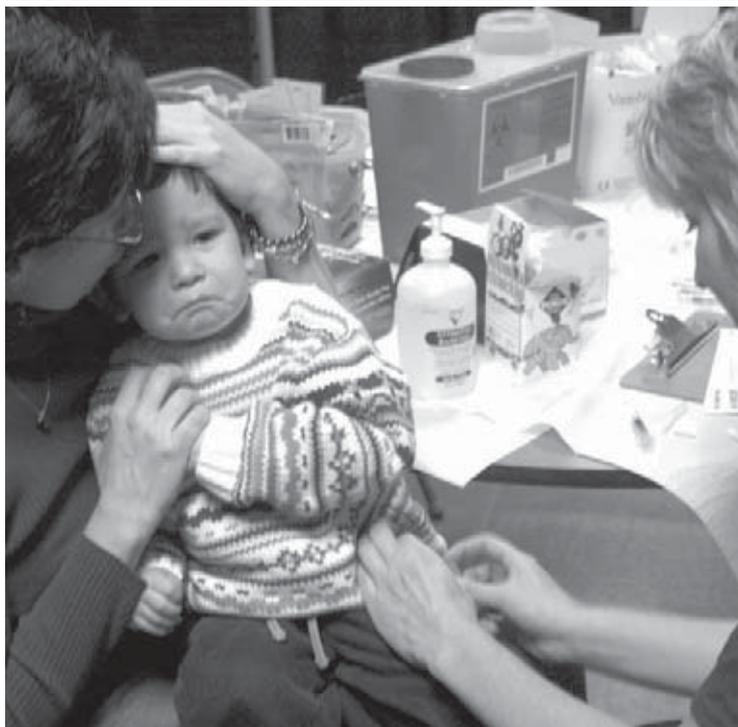
"The fact that the attend-

ees chose these three assets as things they specifically want to improve shows that young people have an intense desire to learn more about how to be mature, capable citizens of the community," said Paul Olson, also a GLCYD youth development associate. "Their message couldn't be clearer. They're saying that they want to learn to be more mature and they want adult help."

Summit partners include the Youth and Family Subcommittee of the Chippewa County Community Assessment Committee, MSU Extension offices in Luce, Chippewa, and Mackinac Counties, the Eastern U.P. Intermediate School District and Lake Superior State University.

For more information on the 40 Developmental Assets in the Upper Peninsula, visit www.soyreport.org or call GLCYD at 906-228-8919.

Annual flu clinics busy again



BRAVE BOY — Although obviously displeased with the proceedings at hand, Ethan Eggert remained stoic while receiving his flu inoculation at the Chi Mukwa Community Recreation Center in the Sault on Oct. 28. Gentle and caring assurances from his mother, Elizabeth, probably helped. The flu clinics were conducted at two sites in Sault Ste. Marie — Sanderson Field and Chi Mukwa — where Sault Tribe families and employees could receive free flu inoculations and the general public could get them for a fee. Over 1,500 people were vaccinated within six hours at both sites, 465 of those were affiliated with Sault Tribe. A flu vaccination clinic also took place at the new Munising Tribal Health Center where 131 people were vaccinated in three hours, 56 of those folks were Sault Tribe members or spouses.



Photos by Rick Smith

Sault Tribe clinical nursing supervisor Terri Lightfoot inoculates a senior client at the drive through flu clinic at Sanderson Field Municipal Airport in Sault Ste. Marie soon after opening on Oct. 28. The drive through service is an efficient method of delivering inoculations to older folks. The annual flu clinics are conducted by the Sault Tribe and the Chippewa County Health Department.

Tribe still hiring

With the current restructuring taking place within the tribe, many people aren't sure whether Sault Tribe is still hiring or why we are still hiring. The answer is yes, we are hiring. The tribe is still operating and needs employees to continue to keep our businesses successful and provide services to the membership.

With that in mind, we are in need of medical staff such as a physician, a dentist and nursing staff. Healthcare recruiting is a difficult area and competition is fierce in the job market. We are in constant competition with other employers and qualified applicants have many choices for employment.

This past August and September, I attended two job fairs geared specifically toward recruiting dentists. The Michigan Oral Health Coalition sponsored two dental public health fairs at Detroit Mercy and the University of Michigan dental schools.

I was able to meet many dental students and university faculty. Many students expressed an interest in visit-

ing our clinics and touring the area. A few were from the Upper Peninsula and expressed an interest in returning home. Many students did not realize that we were a viable option and all of the benefits of working for a federally recognized tribe in a tribal health clinic.

This spring, I will be on the road again visiting Michigan universities for spring job fairs and recruiting for our professional positions. This is important for our tribe because we have a difficult time filling professional positions and more Native American people need a higher education.

If you are a current student and interested in employment opportunities please contact me. We encourage all students to visit our sites and explore the career opportunities that we have to offer.

I can be reached using the following contact information: Barb Smutek, HR Recruiter, Sault Tribe Employment Department, 2186 Shunk Road, Sault Ste. Marie, MI 49783, 635-4937 or toll free (866) 635-7032, bsmutek@saulttribe.net.

Human Resources merged with Insurance Department

Due to recent organizational changes, the Sault Tribe Insurance Department and the Sault Tribe Human Resources Department have merged.

The Sault Tribe Insurance Department relocated to the Human Resources office on Monday, Oct. 20.

The following phone numbers will remain the same:

Insurance telephone: 632-6336

Insurance fax: 632-6799

Work comp fax: 635-8634

NGS fax: 635-8645

In addition, all Human

Resource numbers will remain the same.

Insurance Department staff will have the following new extensions:

Holly Haapala, Insurance Manager: 56114

Kristin Green, Assistant Insurance Manager: 56113

Cindy Benson, claims administrator: 56117

Caryn Routhier, work comp assistant: 56118

Jeri Eby, employee benefits specialist: 56116

Patti Simi, customer service representative: 56115



This is the scene inside the hangar at Sanderson Field where older Sault Tribe family members and employees received free flu inoculations. Clients from the general public were also provided the service for a nominal fee.



Two U.S. Coast Guard petty officers help conduct the steady and orderly flow of waiting clients on a tarmac at Sanderson Field. Other agencies assisting with this year's vaccination clinics were Sault Tribe Law Enforcement, War Memorial Hospital, U.S. Customs and Border Protection, American Red Cross, the Community Emergency Response Team and Chippewa County Health Department. A larger number of Lake Superior University paramedic and nursing students also assisted at the clinics, as did other citizen volunteers. Additional support was provided by the Chippewa County Office of Emergency Services and the local United Way.

Unit I elders holding Thanksgiving pie fund-raiser

Pie sale! Just in time to pick up a delicious dessert to complete your Thanksgiving dinner!

Date: Tuesday, Nov. 25, 8:30 a.m. to 1 p.m.

Place: Sault Tribe Health Center lobby

—Sponsored by the Unit I Elders Subcommittee



Measuring blood sugars: what numbers are important and why they are important

SUBMITTED BY LINDA COOK, SAULT TRIBE HEALTH CENTER DIABETES COORDINATOR

“Currently, 18 million Americans have diabetes and are at risk for related complications like heart disease, stroke, blindness, amputations and kidney failure. On average, every 25 seconds, someone in the United States is diagnosed with diabetes. Diabetes and its complications seriously diminish the quality of life for individuals suffering from this disease,” said Tommy G. Thompson, United States Secretary of Health and Human Services from 2001 to 2005.

There are many aspects of care that are necessary to manage diabetes. When talking about blood glucose, we teach patients about home glucose monitoring and getting labs drawn at the clinic on a regular basis to aid in the management of their disease.

In order to manage diabetes, there needs to be a good overall picture of what is going on with blood glucose levels throughout the entire day. We have found that the more information we can obtain, the better we can aid in the prevention of the long term complications of diabetes which are blindness, cardiovascular disease, kidney disease and all neuropathies related to

diabetes.

The A1C test gives you a picture of your average blood glucose control for the past two to three months. While A1C is important, it doesn't give information on how glucose levels change during the day. In order to see how blood glucose levels change, it is important to get readings from fasting times, as well as before and after meals in most patients. Blood glucose levels seen at those times create awareness with the patients and guide providers in recommending nutrition and exercise changes and how to prescribe and dose diabetes medications.

Several diabetes medica-

tions target after meal glucose. Oral drugs (medicine taken by mouth) may work well in earlier stages of diabetes. In later stages, insulin may be a better choice. Drug treatment for type 2 diabetes should target fasting blood glucose and pre-meal and post-meal blood glucose levels.

It is always good to know what your blood glucose is before you eat a meal. If it is high before a meal we look at what was eaten between meals. Snacking is generally a good thing; we may need to look at the amount eaten. One to two hours after a meal we would see how the meal that was eaten has affected the blood glucose level.

At this time we look at carbohydrate, portion sizes, and how much medication was taken. As you can see we are able to tell a lot from all of this information when it is presented by the patient.

Keeping blood glucose at normal levels is the main goal in treating diabetes. To do this, it is important to measure and control all glucose levels. Good management of diabetes is dependent on self monitoring as well as periodic A1C screening. Be proactive in your diabetes care by monitoring your blood glucose daily and as directed. Let's make a difference in this local and national epidemic.

Tribe develops youth tobacco prevention materials

BY LAUREN EVELEIGH

According to the Centers for Disease Control and Prevention, every day 4,000 American 12 to 17-year-olds have their first cigarette and 1,140 become daily smokers.

Use of smokeless tobacco by youth is also a rising concern throughout the United States and our area. Educating our youth about the dangers

of commercial tobacco use while teaching them to uphold the traditional uses of semaa (tobacco) is an important part of protecting our youth from the dangers of nicotine addiction.

The Sault Tribe Community Health Program received grant funding from the Mayo Clinic Community Grants Program that will help fund activities

and materials to educate local youth about tobacco use.

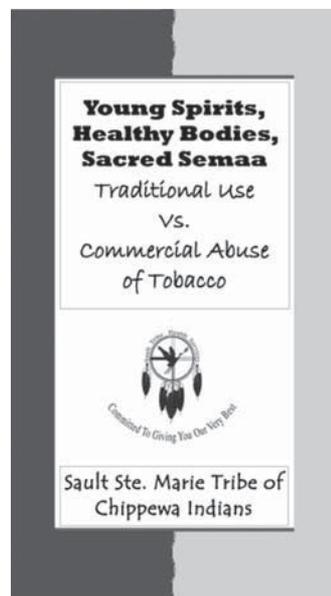
The Youth at Risk Committee has been working hard to develop culturally sensitive materials to facilitate education and discussion with tribal youth about tobacco.

In response to the recent amendments to Chapters 36 and 71 of the Tribal Code, which prohibit tobacco use by minors except for religious or ceremonial purposes within the Sault Tribe's seven-county service area, the Youth at Risk Committee has successfully completed the development of an educational booklet titled

Young Spirits, Healthy Bodies, Sacred Semaa.

The booklet focuses on educating youth about the difference between respectful use of semaa (tobacco) in Anishinaabeg tradition and the harmful abuse of commercial tobacco products. Other topics covered in the booklet include the effects of commercial tobacco on the body and appearance, peer pressure, nicotine addiction, tobacco advertising and the monetary cost of tobacco use.

For information contact Sault Tribe Community Health Education at (906) 632-5210.



Federal guidelines on physical activity released

Fit physical activity into your life — your way. The more you do, the more benefits you gain.

Many people know that regular physical activity over months and years can produce long-term health benefits. Now, for the first time, the federal government has issued comprehensive, science-based guidelines to inform policymakers and health providers about the amounts, types and intensity of physical activity needed to help Americans aged six and older improve their health and reduce their risk of chronic diseases.

The U.S. Department of Health and Human Services (HHS) released the 2008 Physical Activity Guidelines for Americans, on Oct. 7. The guidelines set achievable goals for everyone and can be customized according to a person's interests, lifestyle and goals.

As HHS Secretary Mike Leavitt said, “These physical activity guidelines for Americans provide achievable steps for youth, adults, and seniors, as well as people with special conditions to live healthier and longer lives.”

Major research findings described in the report include:

ity reduces the risk of many adverse health outcomes.

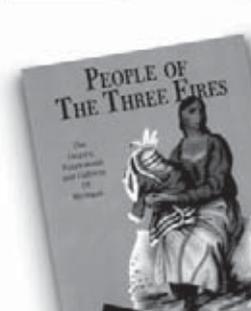
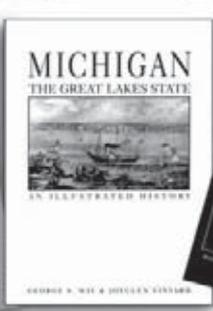
- Some physical activity is better than none.
- For most health outcomes, additional benefits occur as the amount of physical activity increases (higher intensity, greater frequency, longer duration).
- Most health benefits occur with at least 2 hours and 30 minutes a week of moderate-intensity physical activity (such as brisk walking).
- Both aerobic (endurance) and muscle-strengthening (resistance) activities are beneficial.
- Health benefits occur for all age groups and in every studied racial and ethnic group. They also occur for people with disabilities.
- The benefits of physical activity far outweigh any possible risks.

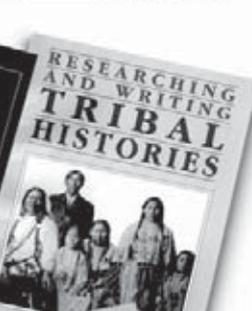
To access the guidelines and to find links to other resources, visit www.health.gov/paguidelines and www.cdc.gov/physicalactivity.

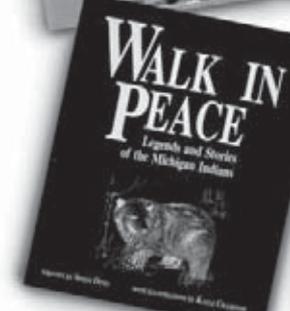
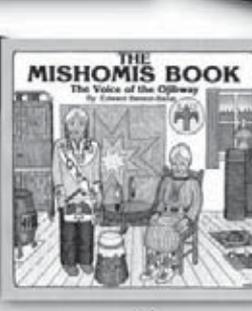
For more information on physical activity or physical activity opportunities in your community please call Sault Tribe Community Health at (906) 632-5210 or call your local tribal health center.

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Wanted: American Indian welding trainees

By RICK SMITH

The U.S. Department of the Interior, Bureau of Indian Affairs, is working with a trades union to bring American Indians into high paying welding careers through a special training program. The program is a step toward stemming a projected drastic lack of skilled workers in the near future.

The United Association of Journeymen and Apprentices of the Plumbing and Pipefitting Industry of the United States and Canada recently announced the start of a nationwide program to train American Indians to become high quality welders. The association has set aside more than \$140 million annu-

ally for the Hybrid Welding Program, which is provided at no cost to trainees. The program is a special fast tracked, 16-week schooling where students attend classes eight hours a day, 40 hours per week.

The ultimate goal of the program is to prevent a projected severe shortage of welders in a few years. According to the association, the U.S. Bureau of Labor Statistics estimates 450,000 welders will be needed across the nation by the middle of the next decade.

It appears the program may involve the use of mobile training facilities, online studies, accelerated training and other educational options.

The program was developed after the U.S. Department of the Interior, Bureau of Indian Affairs, asked the association about training American Indians for careers in construction trades. Nationwide, according to the association, the construction industry is experiencing a shortage of skilled workers and this is especially true in respect to welders.

Graduates of the hybrid program are eligible to join five-year apprenticeship programs as second-year or third-year apprentices, depending on student performances during the training. The apprenticeships are available through local union chapters. Some chapters

may also include training in plumbing, heating, air-conditioning and other vocations.

Apprentices earn hourly wages and receive about 246 hours in classroom training and 1,700 to 2,000 hours of on-the-job training.

The first class of enrollees for the Hybrid Welding Program began last September near Chicago, Ill., with 16 American Indians from around the country and another in Phoenix, Ariz.

"We have a great opportunity here for people seeking high paying careers," said Mike Arndt, training executive for the association. "We have a similar program for veterans returning from Iraq."

"It's a pilot program at this time," added Lynn Forcia, chief of the Office of Indian Energy and Economic Development for the Division of Workforce Development of the Department of the Interior in Washington, D.C. "If all goes well, it'll become a regular program." Forcia is a member of the Keweenaw Bay Indian Community.

Candidates must have high school diplomas or GED certificates, pass drug and alcohol tests and have good hand-eye coordination.

Those interested in learning more details or applying for the program should call Forcia at (202) 219-5270.

Native natural resource students scholarship opp

The Intertribal Timber Council has announced scholarship opportunities for college students and graduating high school students pursuing a degree in Natural Resources. The Truman D. Picard Scholarship Program is dedicated to supporting Native American students pursuing a higher education and has cooperative financial aid agreements with the University of Washington and the Salish Kootenai College.

A \$2,000 scholarship is awarded to college students and \$1,500 scholarships for graduating high school students. The number of awards varies each year.

The deadline to apply is January 30, 2009, 5 p.m. PST.

The Education Selection Committee

will review and rank only those applicants who completely address each area in the application package. Please be specific. Incomplete applications will not be considered.

Students applying must submit:

1. Letter of Application: The letter must include your name, permanent mailing address, email address if available and phone number. It should be a maximum of two pages in length and discuss the following:

- Interest in natural resources
- Commitment to education, community and your culture
- Financial need. Students who have completed the Free Application for Federal Student Aid (FAFSA) should

attach the Student Aid Report or have the report sent to the ITC office.

- Resumé
- Three signed letters of reference, preferably on letterhead.
- Evidence of validated enrollment in a federally recognized tribe or Alaska Native Corporation, as established by the U. S. Government. A photocopy of your enrollment card, front and back, will suffice.
- Transcripts: ALL students must include transcripts.
 - High school students must also provide documented proof of acceptance to an institution of higher education.
 - College students must also provide proof of their declared major.

All requested information MUST be received by the close of business (5 p.m. PST) January 30, 2009, for consideration. For more information, please visit www.itcnet.org. Faxed and e-mailed submissions are acceptable as long as they are received by 5 p.m. (PST) January 30, 2009, and the original is mailed and postmarked by January 30, 2009.

Inquiries and applications should be directed to the Intertribal Timber Council Office: ATTN: EDUCATION COMMITTEE, INTERTRIBAL TIMBER COUNCIL, 1112 N. E. 21st Avenue, Suite 4, Portland, Oregon 97232-2114, ph: (503) 282-4296, fax: (503) 282-1274, e-mail: itc1@teleport.com.

Why participating in the 2010 census is important to us

Part-time census jobs now available, apply online

By RICK SMITH

The information the U.S. government gleans from the census taken every 10 years sways how federal funding is allocated for our tribe and how we are represented in Congress. For example, if people of a tribe want better health care, public transportation, improved roads or more federal dollars for their children's schools, they can do no better for themselves than spending a few minutes completing and returning census questionnaires.

The census gives the U.S. government a statistical snapshot surrounding the American people who respond to the surveys.

According to the U.S. Census Bureau, every household in the country will receive a census questionnaire in 2010. To ensure an accurate and fair count of all populations at all geographic levels in the nation, you or someone in your household needs to respond to the

questionnaire. It only takes a few minutes to complete and return by mail.

The Census Bureau also says the 2010 census is changed from the way the national count was done in the past. Previously, most households received a short-form questionnaire, while one in six received a long form containing additional questions and provided more detailed socio-economic information about the population.

The 2010 census will be a short-form only census and will count all residents living in the United States as well as ask for name, sex, age, date of birth, race, ethnicity, relationship and housing tenure – taking just minutes to complete.

The more detailed socio-economic information is now collected through American Community Surveys. The survey provides current data about your community every year, rather than once every 10 years.

It is sent to a small percentage of the population on a rotating basis throughout the decade. No household will receive the survey more often than once every five years.

According to the bureau, Title 13 of the U.S. Code protects the confidentiality of all your information. Violating this law is a crime with severe penalties. In addition, the bureau has privacy principles and statistical safeguards in place to ensure individuals or businesses are not disclosed in any collections or published statistics.

Currently, the U.S. Census Bureau is recruiting temporary part-time census takers for the 2010 census. The bureau notes the pay is good, the hours are flexible, and the work is close to home. Further, these are good jobs for retirees, college students, people who want to work part-time or between jobs, or just about anyone who wants to earn extra money while performing an important service

for their community.

To learn more about applying for a census taker position, visit www.census.gov/2010censusjobs/howtoapply or call toll free (866) 861-2010.

Recently, the National

2008 Higher Ed scholarship winners announced

Sault Tribe has announced the winners of several higher education scholarships, awarded to eligible tribal members based on essays submitted by college students. The scholarships are made possible through the Sault Tribe Golf Scholarship Fund and other accounts specifically set up with donated funds for higher education scholarships.

"In today's economy, our students need more financial assistance than ever to realize their dreams," said Sault Tribe Education Director Angeline Matson.

"In addition to the Sault Tribe Board of Directors, I would also like to thank the Golf Scholarship Committee for their dedication to raising funds and the Higher Education Committee for their role in selecting the recipients," she added.

\$1,000 George K Nolan Scholarship (Law): Terry Walsh
\$1,000 Joseph K. Lumsden Scholarship: Rachel Carr
\$150 Pamela Cable Gershon

Congress of American Indians and the U.S. Census Bureau signed an agreement to collaborate on making certain American Indian populations are counted in full in 2010.

Scholarship (Freshman): Henry Boahbedason
\$1000 Fred Hatch Scholarship (Teacher Education): Norma Castro
\$1000 Martha Miller Scholarship (Social Services): Maya Goeman
\$1000 Vic Matson, Sr. Scholarship (Fisheries/Natural Resources): Diana Cryderman
\$1000 Don Corp Scholarship (History): Melissa Sunstrom
\$1000 John P. Carr Scholarship (Unit V): Angela Krajewski
\$1000 Bernard Bouschor Scholarships (Any field of study): Ronald Kaunisto, Tyler Sessions, Colleen St. Onge, Nicholas Cushman, Amy Dunn, Laura Kennedy, Landon DeKeyser, Elizabeth Allen, Eric Dinnan, Ashley Soule

For more information, please contact Angeline Matson, education director, 531 Ashmun, Sault Ste. Marie, MI 49783, (906) 635-4944, fax (906) 635-6511, amatson@saulttribe.net.

FROM "PREVENTION GRANT," PAGE 1 —

The program builds on the successes of CDC's Steps Program that demonstrated how local initiatives could help address the national epidemic of chronic diseases. Evidence shows that exercising regularly, eating a healthy diet and avoiding tobacco use and exposure can help people prevent and manage chronic diseases.

"Getting to the place where

these lifestyle behaviors are the norm will require a cultural shift," said Janet Collins, Ph.D., director, CDC's National Center for Chronic Disease Prevention and Health Promotion. "We are extremely excited about the Strategic Alliances for Health award recipients because they offer a wealth of knowledge in chronic disease prevention at the local level, and their unique

approaches will help improve people's health and overall quality of life."

The Strategic Alliances for Health provides funding to communities through health departments. For more information on chronic disease prevention or the Strategic Alliance for Health Project, call Sault Tribe Community Health at (906) 632-5210.

Chairman Joe McCoy reports to the membership



DARWIN "JOE" MCCOY
TRIBAL CHAIRMAN

Aanii. I would like to start by expressing my appreciation and respect for our board of directors. We have all been working very closely together to get our tribe back on solid ground. This is a very long and tough process for all involved, and their dedication, commitment and cooperation are greatly appreciated.

Every month, I've provided updates on our restructuring efforts and where we currently stand with our deficit for 2008 and 2009. It is our hope and intention that within the next few weeks, we will be able to resolve the 2008 deficit. Please see below for this month's

updates:

The majority of budget cuts that have been made this year will not have an impact on our budgets until 2009. We have reduced the 2009 deficit to \$1.5 million, from a beginning balance of approximately \$8 million.

With all the reductions made to date, the deficit for 2008 still stands at approximately \$7.5 million. Our Chief Financial Officer is diligently working on the resolution plan for 2008 and will be presenting this to our board of directors in the near future. Part of this plan will include accessing part, if not all, of the previously authorized bank loan of \$5 million, as well as any available internal funds to help offset the balance.

The chairman's office has received many inquiries regarding the changes to our health services; specifically, the change in eligibility for non-native spouses and the supplemental health services program. Because there has been a lot of confusion and misunderstanding regarding what the impact of these changes will be, we have delayed the implementation of both changes until Dec. 1. This was suggested by the

board of directors to ensure that our members and their families have sufficient time to locate outside resources.

There are numerous articles in this issue of *Win Awenen Nisitotung* (tribal newspaper) for your benefit and to help you better understand what is now available and what the eligibility criteria is (please see page 3). My biggest concern is that our members have the misconception that we will no longer be providing services for non-native spouses. This is not true. Non-native spouses are welcome at our clinics, but any medical services or pharmacy services will either be billed to their insurance or they will be responsible for payment of the services. Our overall goal is to make the necessary changes with the least amount of impact on our tribal members as possible.

For many years, our finances have allowed us to provide numerous complimentary services to our members and their families. As is happening across the country, we are experiencing difficult economic times. We need to be sure that we are able to provide assistance for tribal members who have no

alternative resources.

My office has also received many questions regarding the status of our Web site. We are working on resolving this issue with our MIS department. They will be putting together information for our division staff to be able to update their own pages on the Web site so we can keep it current as things change within different areas of our tribe. Please be patient while we work through these many changes.

While we continue the necessary restructuring to ensure we are operating at maximum efficiency, we have shifted our focus over the last month to developing ways to increase and generate revenues to assist in offsetting some of the costs associated with providing services to our membership.

Knowing that some of the necessary changes through our restructuring will impact our members, I hope that you will continue to be patient and understanding. We have been receiving a number of calls and emails regarding the changes we have to make, and while some are negative, the overall majority of the members communicating with me have been

very positive and understanding of our situation.

There is a separate article in this issue of *Win Awenen Nisitotung* with an update on our Greektown venture (please see page 4). After receiving a number of requests from members in the Detroit area, and having a discussion with the board of directors, we are scheduling an informational meeting in Detroit on Thursday, Nov. 20 at 6 p.m. at the Greektown Academy. Little or no tribal resources will be used for this meeting.

On a positive note, all across the Upper Peninsula, we have community members coming together to plan and hold Christmas parties for our children. Tribal resources will not be used; volunteers are providing and receiving donations of time and money from other community members. If you would like to donate your time, gifts, food or money, please contact Sue Henderlite at (906) 635-6050.

As always, if you have any questions please feel free to contact my office, or email me at jmccoy@saulttribe.net.

Miigwech, Chairman Darwin "Joe" McCoy

MOVING FORWARD: Director Joe Eitrem reports



JOSEPH EITREM, DIRECTOR,
UNIT I

The tribe's board and chairman have been working diligently to ensure that our tribe is once again standing on solid ground. While many of the changes that have been made will be unpleasant to some, I assure you that we are making decisions with the best interests of the tribe and membership as a whole.

It is refreshing to work productively with members of the board of directors, the days of the constant bickering and unprofessional conduct at the board level has become a

thing of the past. Even in a time of uncertainty and change we have maintained a professional demeanor meeting often daily to ensure our tribe's future. Understand that we still have our disagreements, this is by no means a "yes" board, but we conduct ourselves accordingly when publicly representing your interests.

Greektown is also an avenue that the board has been working to secure. It has not been easy with the current financial crisis and the double standards imposed upon us by the

Michigan Gaming Control Board — because, quite frankly, we are a tribe and not some large conglomerate or highly connected multi-millionaire. Rest assured that we are not lying down as they would prefer that we would, we are fighting every step of the way to ensure that we fulfill our fiduciary responsibility and protect the assets of the tribe.

We, as a tribe, have many obstacles to overcome. However, we have come a long way in a short period of time. We have stopped digging a

deeper hole for our children and grandchildren to stand within and have begun to fill it in and move our tribe forward.

It is going to take time and we will need every ounce of patience that the membership can muster, however, WE HAVE, AND WILL CONTINUE, TO MOVE FORWARD...

If you have any questions, please feel free to contact me any time.

Sincerely,
Joe Eitrem
Unit I Board Representative

Causley reports on priority for our members



LANA CAUSLEY, DIRECTOR,
UNIT II

Many of the cost savings and restructure measures we have identified are being implemented.

Throughout the entire process, our team members have been very patient but under extreme stress. The past years when gaming was first introduced when we were very lucrative with our finances — we attempted businesses that did

not meet our expectations and offered additional services that went beyond our capabilities to sustain in a struggling economy.

Our focus has been to get back to basics and meet the needs of those who need the assistance. One of our greatest endeavors has been the casinos in the Upper Peninsula. We should always remain proud of the fact that we are still the largest employer in our area. When our nation started facing the troubling times, we feel the effect just the same as we are a nation within a nation and the hard times are just as great within our tribe. It's not easy to take away any of the services by closing clinics, laying off employees, eliminating positions, revamping the coverage options for prescription drugs, reducing wages, eliminating our 401k plan, eliminating our elder recreation funds, lowering our payments to the elders by only giving our interest earned...the list goes on. I am only saying

this to let you all know that we think about these changes every day, we have met in a room for hours on end each and every week making decisions that are not easy but are plainly necessary for the future of our nation.

I have many received calls from members with suggestions, some of those have worked, some can't—but we have listened to them and will continue to take measures to reduce our spending. For the 2009 budgets we began at an approximately \$9 million projected deficit — today it's reduced to \$1.8 and counting. We were elected to lead ... leading today is not popular to some but we have a responsibility to not only tell you the truth but also make sure we have a sound future for our children and grandchildren.

The board is also busy scheduling updates from all our committees as well as department and division managers. This will assist us in being

informed of the priority from members as they can identify priorities by contact with you through programs and services used.

Have held a unit meeting in DeTour Nov. 6 and will hold

office hours in Naubinway Nov. 26. If you would like to meet or discuss concerns, please contact me: (906) 484-2954, lcausley@saulttribe.com.

Baamaapii,
Lana Causley

Chippewa County pets for adoption — say "hi" to Sheila



Sheila is a young, petite tiger cat with big gold eyes, mitten paws, and little ear tufts. These cats with extra toes are known as Hemingway

Polydactyls, because the well known author, Ernest Hemingway, was very fond of them and kept a large number at his estate in Key West.

Sheila has a sweet personality to go with her good looks. It appears that Sheila would get along with other cats and she is spayed.

Sheila entered the shelter in August.

See Sheila at Chippewa County Animal Shelter, 3660 South Mackinac Trail, (906) 632-2519 and look for other pets at www.chippewa.petfinder.com

Communities organize kids' Christmas parties



DENISE CHASE, DIRECTOR, UNIT IV

The Christmas Committee is looking for donations for the children's Christmas party this year. The tribe is not funding the parties because of the budget deficit. If your children or grandchildren have enjoyed the parties and attended them in the past and you would like to give a donation to this event, please call (906) 341-6993 or send your donation to: **ATTN: Childrens Christmas Committee, 5698W Highway US 2, Manistique, MI 49854.**

If you would like to donate a child's gift, we will have boxes in the tribal center so you can put them in. There is also a donation jar at the tribal center and at the gift shop in the casino. The Children's Christmas Committee would like to thank everyone in advance for any assistance you can help us with to make the children's party a great success, as always!

Elders Christmas dinners will be held on:

Dec. 8 at 6 p.m. — Chip In Casino and Convention Center
Dec. 12 at 6 p.m. — Manistique Tribal Center

Please call 341-6993 or (800) 347-7137 by Nov. 21 to confirm attendance.

A winter wear giveaway will be held at the Manistique Tribal Center on Nov. 17 from 8 a.m. to 5 p.m.

We are collecting new, or slightly used and in good condition, infant, children, teen or adult coats, boots, snow pants, snowsuits, gloves, hats and scarves. If you have any of these items and you would like to donate, please drop them off at the Manistique Tribal Center. Or, if you bring an item into the Manistique Casino Nov. 1-14, you will receive a one time offer of \$5 in Kewadin gold tokens. We would like to thank the casino staff for assisting us in this community event. If you need any winter wear items, please stop out on Nov. 17 to the giveaway.

The Conservation Committee met with the board of directors last Tuesday to discuss the administrative fees that will be charged for inland hunting and fishing licenses. Because the full board was not in attendance, Conservation Committee Chairman Jason Grondin asked that the meeting be changed to another date so the full board would be there to participate in the discussion. It was rescheduled for Nov. 11 in Sault Ste. Marie.

Since the last report, the Munising Tribal Clinic lost one of its medical providers, Amy Westcomb, PAC. Amy also filled in at the Manistique Medical Clinic and will be a huge loss to our facilities. The good news is that Marlene Glaseman did hire another PA for the Manistique Clinic. Our

facility has not been running with a full staff of medical or dental providers since the facility opened. People are being put on waiting lists to get in for needed medical appointments or getting turned away. There are huge numbers of tribal members waiting to get in to see a dental provider. It should not take months to do a budget mod and have a contract drawn up and signed to hire a contracted dentist to fill in temporarily until a full time dentist is recruited. Manistique and St. Ignace facilities are still waiting. This was discussed at the Tuesday meeting in the Sault with Health Director Bonnie Culfa and Executive Director Kristi Little of the urgency to get these contracts completed, and from now on, a timeline should be set and the medical/dental provider contracts should be a priority.

Total direct patient care contacts/visits for the Escanaba Rural Health Clinic are **11,776**. This number is broken down into these various services provided by the staff:

Monthly wellness clinics
2 days a month..... 274
Labs..... 238
Optical..... 18

CHN services
Home visits 346
Office visits..... 243
Group encounters..... 637
Foot care clinics..... 125
Immunization services..... 43
Influenza clinics..... 145
Phone consults 197
Pharmacy dispensing.....264

CHT Services
Home visits 390
Office visits..... 31

BP/BS Screening clinics.. 204
Group encounters..... 202

Diabetes grant program services:
Group encounters..... 34
Nutrition services
Home visits 03
Office visits..... 144
Group encounters..... 178

Reception/clerical services
Medication pick ups 4,033
Traditional medicine 24
Audiology clinics..... 42
All other 3,961

Total 2007 direct care contacts provided for Escanaba were 11,094.

Unfortunately, the majority of the tribal board decided to close down the Escanaba and Marquette area community/tribal centers. In the Escanaba area, the tribe has had an office and staff in the community for at least 30 years. By the closing of this building, we not only go back 30 years of progress but the above variety of services will no longer be available to the membership, other than the CHT and CHN home visits. We are trying to keep the community center half open so medications and applications would be available from there, and the elders will have their space to have their gatherings, meetings and other community events like: craft classes, language classes, basket making classes, tutoring classes, and computer and GED classes and so forth. Members who are receiving mental health services and substance abuse services will be affected tremendously because they are being told that they will have to travel to Manistique for their counseling sessions and

a lot of members don't have any or adequate transportation to get there. This will create a tremendous hardship on the Delta county tribal members. Director Miller and I will continue to update you and hopefully we can find a resource that will help keep the community center side open and see if there are any transportation funds available to use for transporting people back and forth from Escanaba to Manistique. Marquette is also going to have to try and find a place to distribute their medications from. This will also be a hardship on the Marquette members and elders who were able to get their medications delivered to the office in Chippewa Square, especially for the ones without transportation and for others so they didn't have to travel in the hazardous winter weather. They were actually working with Bonnie Culfa and Marlene Glaseman to find another office spot. ACFS will have to find a adequate and confidential space for their direct services worker to meet with members for assistance.

Before any of the tribal centers and clinics that offer direct care services to the membership are be closed down, the board should of considered closing down the Big Bear Recreation Arena in Sault Ste. Marie, which costs the tribe \$1.3 million a year. This could have been done on a temporary basis until we were through the budget deficit.

Thank you,
Denise Chase
Unit IV board member
(906) 341-6783
(888) 667-3809

Health, education, elders top three priorities



TOM MILLER, DIRECTOR, UNIT IV

I hope this report finds everyone in good health and enjoying the last of the fall weather, all too soon we will be knee deep in snow.

I have been extremely busy with Greektown as we continue to work our way through the Chapter 11 process. It has been a very challenging experience for me and we are still working through new challenges in this process each day. I have recently stepped down from my position as the chairman of the management board and Joe McCoy, tribal chairman, has assumed those duties. I am still a member of the Greektown management board and will continue to ful-

fill that role for another month or two and then I will only be interacting with Greektown as a member of the tribe's board of directors as we will have a management board made up of predominantly industry professionals and the chairman to take us through the remainder of the Chapter 11 process. This will allow me to devote more time to the needs in Unit IV, where my time and efforts should be directed.

Now, on to the board of directors and the business that has been keeping us busy. Those of you in Unit IV know that there is a planned closing of the Escanaba Willow Creek clinic as a budget reduction measure. I realize the hardship this will cause for the tribal members in that area. I can tell you that I and Denise Chase are 100 percent opposed to this and will continue to work to keep that clinic and the other clinics that were closed, open.

The top three tribal priorities are **Health, Education and Elders**. I also do not agree with the change for tribal spouses. Looking at the budget reductions in health that are recommended, health and elders fared no better than any other tribal priority and I feel that being the **number one**

priority of the tribe, these areas should only have been reduced as a last ditch effort. I am trying to get the majority of the board of directors to understand that all non-essential programs are eliminated before you reduce any of the top priorities.

Budgeting has dominated our time and rightfully so. We are now making program reductions that should have been done yearly as standard practice, but

were not. I believe we have righted the ship and have the budgeting process under control. I have also been working with the JKL fiduciary board on the Bahweting school finances and believe we have that well in hand and look forward to a productive year for the students. The possibility of a school expansion remains in the works, which would begin with construction of needed additional

class rooms, gymnasium and a cafeteria kitchen and lunch area.

I try to get back to the unit meetings as soon as my Greektown duties are lessened. Please bear with me. For Unit IV members, it is time to let your voices be heard if you are not pleased with the budget priorities and reductions. If you have any questions, please contact me at (906) 644-3334 or (906) 322-3827.

Sault Tribe Board Directory

Below is contact information for the Sault Tribe Board of Directors, as of July 2008. Please direct written correspondence to: 523 Ashmun St., Sault Ste. Marie MI 49783

Darwin "Joe" McCoy, Chairman, jmccoy@saulttribe.net, (Office) (906) 635-6050

Joe Eitrem, Unit One Director, jeitrem@saulttribe.net, (C) (906) 322-3821

DJ Hoffman, Unit One Director/Secretary, dhoffman@saulttribe.net, (C) (906) 322-3801

Lana Causley, Unit Two Director/Vice Chair, lcausley@saulttribe.net (C) (906) 322-3818

Patrick Rickley, Unit Three Director, prickle@saulttribe.net, (C) (906) 440-5149

Denise Chase, Unit Four Director, dchase@saulttribe.net, (H) (906) 341-6783 or (888) 667-3809, (C) (906) 322-3819

Shirley Petosky, Unit Five Director, shirleypetosky@yahoo.com, (H) (906) 387-2101, (C) (906) 322-3803.

Dennis McKelvie, Unit One Director, dmckelvie@saulttribe.net, (H) (906) 632-7267, (C) (906) 440-3932

Cathy Abramson, Unit One Director, cabramson@saulttribe.net, (H) (906) 635-3054, (C) (906) 322-3823

Bernard Bouschor, Unit One Director, bbouschor@saulttribe.net (C) (906) 440-4407

Bob LaPoint, Unit Two Director, boblapoint@yahoo.com, (C) (906) 440-7741

Keith Massaway, Unit Three Director, kmassaway@saulttribe.net, (H) (906) 643-6981, (C) 906-322-3802

Tom Miller, Unit Four Director, tmiller@saulttribe.net, (C) (906) 322-3827

Tribe needs to develop new revenue sources



**DJ HOFFMAN, DIRECTOR,
UNIT I**

Many months ago I wrote about the fiscal irresponsibility of the tribe in its decision to distribute over \$1.3 million in employee incentives while facing a massive budget deficit.

I saw no rationale, other than politics, to distribute these checks to employees who would end up being laid off due to budget constraints. My opposition to this decision was met with public and professional criticism. In fact, in one of my follow up reports, I placed a picture taken from the internet to illustrate what happens when you tell people the truth and it's not what they want to hear. The photo, not my best, depicted me with a bag over my head.

The bag is now off.

The tribe has been through a lot in the last four months.

As part of the restructuring process, many jobs have been eliminated and positions have been restructured. This has, for the most part, been attributed to the many excesses of past administration(s) in regards to

overstaffing and overexpenditures. Regardless of the cause, we must provide the solution and ensure that our tribe remains fiscally sound for the membership of the tribe.

While we have cut in several areas, it is important that we complete restructuring. We still have excessive management within our casino structure and this must be addressed immediately. The days of floating by and collecting a large paycheck for minimal return are gone. The fact is, they never should've occurred.

During this process, however, there has been one major process that has been omitted — new revenue generation.

While restructuring is, and was, a necessity, it is imperative that we focus on new ways to generate income through

grants and economic development. We need to develop revenue generating arms of the tribe within the profit and non-profit sectors. Reliance on current revenue streams for the long term survival of our tribal services and programs is not an option.

PLEASE CONTACT YOUR TRIBAL LEADERS AND ENCOURAGE THEM TO FOCUS ON THIS ESSENTIAL AREA THAT WILL ENSURE OUR TRIBE'S FINANCIAL FUTURE.

The one true positive about all of the changes and obstacles facing our tribe is that the board of directors and new chairman are working collectively and professionally to move our tribe forward. The days of the tantrums, personal attacks and

politically motivated agendas have disappeared from meetings. While it has been a difficult process, it has been marked with positive changes.

In closing, I once again ask that you remind tribal board members, on a daily basis, to focus on new revenue generation.

In addition, as I sit here watching my children run around the room in Transformers and Hulk costumes, I ask that you do not forget the most important things in life that are irreplaceable. Too often we get caught up in issues that leave us missing out on priceless experiences.

If you have any questions, and or concerns, please feel free to contact me anytime.

Sincerely,
DJ Hoffman

Remember to thank our veterans on Nov. 11



**PATRICK RICKLEY, DIRECTOR,
UNIT III**

Aanii all, well we're off to a good fall season and a close

to the month of October. To start the month off the board of directors were invited to the Mary Murray Culture Camp by Bud and his crew, to get an idea as to what they do there: sugar bush, fests, a nice nature trail, a lodge, a very calming atmosphere. We all brought a dish to pass and made a day of it. Bud invited us into the lodge where Cecil had the old 'Nishinaabe furnace on high and Bud did a prayer and a song as did Cecil, all thanking the Creator for our gathering.

Sitting around that fire that day was something I will never forget. We all offered semma and introduced ourselves and

spoke our minds and ideas as to what we should do to get back on solid ground. The only problem is we still have a deficit to overcome, so we need to be practical in these lean times, just a reminder to save energy, shut off lights, turn down the heat in offices for the week-ends — every little bit helps, thank you.

Now, I know there have been some concerns over health care and non-Native spouses; there has been a misunderstanding as to who may visit our clinics. Spouses may still make appointments but will not be paid for by the tribe. They will be billed per

service rendered.

While we are finally getting the Consent Decree and Inland Code up and running, we have biologist Eric Clark working diligently to ensure things go off without a hitch, but we have to pay him and everything that goes along with issuing licenses and permits and tags. Nothing is free, as you all know, everything has a cost and right now it's one we can't afford to eat. But, it's not implemented as of yet so get your licenses now.

Election — Hopefully, everyone voted for the right person, and let's not forget to honor our veterans on Veterans

Day. Thank all for serving past and present. The courageous act of duty and selflessness so that others may enjoy freedom is oftentimes taken for granted, but it is a testament to who we are as a tribe and country. When we put aside our differences and selfishness and look after our own (be our brother's keeper), that duty leads to nobility, which is one of the highest qualities of human character.

So, let us all thank our veterans for all the sacrifices made at home and abroad, lest not we forget.

Miigwech,
Pat Rickley

Getting tribe back on solid financial footing



**BERNARD BOUSCHOR,
DIRECTOR, UNIT I**

I would like to report to you the members as to the success we have enjoyed as a community. Kewadin Casinos has been and continues to be our golden child. It has provided the resources that fueled the growth of tribal government and services to our members. The tribal government is thankful of the effort the casino employees have put forth to make the casino a success. Today, Kewadin Casinos continues to provide jobs and revenue to fund our government, services and to pay for tribal loans. I say again, thank you for all that you have done.

The tribal government has burdened Kewadin Casino with debt, a loan and sent half the

proceeds to Greektown Casino. If our past leadership knowingly sent \$47 million tribal dollars to a financially troubled business, they were aware of the risk — \$35 million of this money came from loan proceeds, \$10 million from the elder funds and finally an additional \$2 million. If bankruptcy was an option known prior to sending the money to Greektown, they should have taken court action to protect valuable tribal funds. This would have avoided the financial crisis that the tribe is faced with today. The loan would not have been needed. The elderly funds would not have been sent and the additional \$2 million would still be in the tribal government's budget. Time will tell whether the decision to delay the bankruptcy was the right one when and if court action is completed.

The Sault Tribe on election eve was operating with a dysfunctional government. A government that was divided, fighting and was in constant turmoil; a Greektown Casino that had filed for bankruptcy protection under Chapter 11; and acknowledgment of a \$15 million governmental deficit with no resources left to cover the shortfall.

In the latest budget update

that included the approved restructuring for changing governmental services, Chief Financial Officer Mr. Matson reported that the deficit stands at \$1.9 million. The progress on our goal to eliminate the tribal government deficit is \$400,000 more than what I reported last month. This was caused by delays in implementation of approved changes and the timing when they could occur. I will do my best to keep

you updated on the progress that is being made to eliminate the deficit.

Tribal Chairman McCoy, the board and I have made considerable progress in getting our government back on a sound financial footing. This can only be achieved by a reduction of services, redefining eligibility criteria for services, reducing benefits to members and employees, charging for services, closing offices and

reduction of staff. In time, and once our tribe is back on track financially, we will work to reinstate these services.

In the aftermath of the election, I see hope of a brighter future with leadership that works together for the betterment of the tribe and the community. Thank you for your support.

Bernard Bouschor
Unit I Tribal Director

We will continue to improve



**ROBERT LAPOINT, DIRECTOR,
UNIT II**

I do not want to always seem negative as we are making slow headway. Good things have happened. We have received and tentatively accepted an offer of \$700 mil-

lion for Greektown Casino but we have to negotiate the terms which will take some time. I had an offer of \$800 million six months ago but was not considered — cash in 10 days — but this offer is very good.

We have cut a lot of corners by lay-offs but have not got the big ones. We lost \$1.2 million in the Big Bear Arena but they want to sell alcohol and sandwiches to make the difference (a lot of sandwiches) for and off road business. It is now being used by a few exercise people.

We are paying \$10,000 a week to an advertising company that recently put up a few signs in 10 months that are not as good as the old ones. The signs are grey and black and say nothing about a casino or direc-

tions to get there — (Casino and exit number) and signs for the casino when you take that exit. I have a local tribal member that would do a good job for a lot less money.

We are losing most of our doctors and dentists because of no pay raise. This is a serious problem and we closed a health medical center in DeTour because we lost \$25,000 in (one doctor and one nurse averaged 14 people a day) a year yet Big Bear Arena lost \$1.2 million and will stay open for a few people to exercise.

Our chairman is doing a good job but he has many big problems and we are better off than we were a short time ago. We will continue to improve but it is a long road.

Staying quit during the holidays

BY KIM ALFORD, CERTIFIED TOBACCO TREATMENT SPECIALIST

Quitting smoking or chewing is hard enough, but adding the holidays to the mix can break even the toughest attempt to staying quit. There are several barriers and triggers when it comes to quitting during the holidays. One or more of these triggers may affect you this holiday season.

Being prepared can help you through this time. One certain way to prepare yourself is to always be aware of why you are quitting in the first place. Writing down a list of your important reasons you want to quit is most effective. Try to be very specific. For example, if you want to quit to be more healthy, list *why* you want to stay healthy. Some common answers may be to be able to play with your children or grandchildren, or to improve your quality of life as you age.

Again, *why* is this important to you? Maybe it is hard for you to think that you may not be around for your grandchildren and therefore it creates stress and turmoil in your mind. Or perhaps the turmoil is causing guilt because you want to be a better role model for your children or grandchildren. Get down to the nitty-gritty of why you want to quit. The more reasons you find, the

more ammunition you'll have when your guard comes down.

Often you find that on the one hand you want to quit (for important reasons) but on the other hand you enjoy smoking or chewing. This is called ambivalence. Ambivalence has NO place when it comes to quitting. You must decide to stay quit, no matter what comes around the corner of everyday life. It will always be a choice to smoke or chew or not to smoke or chew. Simply choose *not to* each and every time you have an urge and within a relatively short amount of time, it gets easier and the "war in your head" – ambivalence – goes away and you are finally free at last. No more guilt, no more struggle. However, sometimes it takes awhile to reach the "safe zone" where the urges and triggers disappear. Here are a few barriers that may get to you during the holidays and some tips to avoid or get through them.

PARTIES

Parties bring a good type of stress – celebration. They also bring tremendous amounts of food causing excess weight gain; and alcohol, which can go hand-in-hand with smoking.

We all know that weight gain and alcohol, either together or alone, can be troublesome for quitters and parties can be a double whammy! I once had

a client who said if she gained even one pound, she would go back to smoking. She has since lost a considerable amount of weight by creating some strategies around eating such as exercise and food journaling. Contrary to some beliefs, weight gain is not inevitable when quitting, but it does take some self responsibility and yes, discipline, to avoid it. No, this doesn't mean avoiding life. It means remembering your priorities while experiencing life – albeit good or bad.

HOLIDAY BLUES

Another stressor during this time of year is the "holiday blues." Many people experience holiday blues or unhappy emotions, whether they are alone or amongst family or relatives.

Being emotional may be a big trigger for the recent or seasoned ex-smoker. This is in part due to the way nicotine affects the brain, causing a release of feel good brain chemicals. However, the trade off for this way of feeling better is ingesting 4,000 chemicals and 60 cancer-causing agents in each puff. For the one pack per day person, this is equal to about 200 doses per day of these killer chemicals. Even if you've already quit for a period of time, the blues can trigger an urge to smoke, but in reality it's an urge to feel better,

not that you need a cigarette or chew. Remembering your important reasons to quit, and the fact that a smoke or chew is NOT going to change anything going on with you is essential. Choose another way to feel better like a brisk walk or talking to a friend about how you feel.

Keep this thought – quitting smoking is not a sacrifice, it's a gift. You're headed toward a better life, one that is free of addiction and the disharmony that goes with nicotine addiction. Feel good about quitting. Think ahead about your holiday doings and make a strategy and a resolve to stay quit through the holidays. Keep in mind that it is not okay to have just one, which will break down your self confidence in quitting. One typically leads to another and another. You *will* be okay without smoking and you *will* make it. Believe in the process and have a plan. Give yourself and those you love the gift of a smoke-free you . . . because you are worth it!

For more information on quitting smoking or chewing, tobacco cessation medication, or holiday stress management please call Sault Tribe Community Health Services, (906) 632-5210.

Tips for quitting smoking & parties:

- Be sure to keep up at least a minimal amount of physical activity.
- Enjoy smaller amounts of food on a smaller plate.
- Don't replace the hand-to-mouth habit with M&Ms or other favorite one-at-a-time snacks. Smoking may be pleasurable and instantly gratifying, so don't substitute pleasurable foods. Find other pleasures in hobbies and in work.
- Take a dish you know you can eat with you to parties.
- Stay away from the spread of food on the table.
- Only eat the goodies that are worth it (avoid the store bought cookies and have one or two homemade ones).
- If it's too tough, time to go home – this may be due to the trigger of other smokers or too much alcohol or food.
- Prioritize parties, avoid the ones you know you'll binge or have major triggers.
- Don't drink. But if you do, know your limits. Intoxication can bring down all of your defenses. Maintain the control of your thoughts and senses.
- Consider staying home so you don't have the added stress.
- Remember at all costs: There is no such thing as having "just one" cigarette.

Sault Anniversary

Nov. 8th, 2008
6-10 pm Cash Draws
Grand Prize Draw at 10:15 pm
CASH!CASH!CASH!
\$25,000 in Cash Prizes!
20 Grand Prize Winners

Upcoming Events

Manistique Team Spirits Bar

Come Watch Footballs on Sundays and enter FOOTBALL FINAL TV GIVEAWAY!

12 Days of Christmas St. Ignace

Northern Pines Lounge
Earn Entries Dec. 1st-12th by purchasing a beverage for various gifts given away on the 12th

Native American Pool Tour Tournament - St. Ignace

Dec. 12th-14th.
Sign up at: www.drpool.net

New Year's Eve Celebration!

All Sites - Plan on spending the night at Kewadin, Dec. 31, 08

Tournaments

Christmas \$8,000 Blackjack
Nov. 14-16, 2008

KEWADIN KLASSIFIEDS

1.800.KEWADIN | WWW.KEWADIN.COM

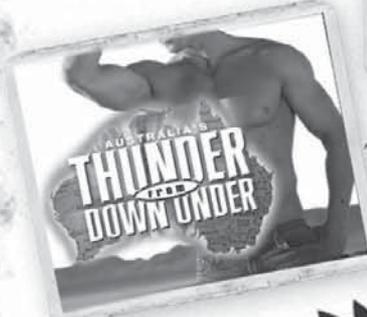


Loverboy
Thursday, November 13th
Sault Ste. Marie, Michigan

King of the Cage
Friday, November 7th
Sault Ste. Marie, Michigan



Thunder from Down Under
Sunday, November 16th
St. Ignace, Michigan



There's no place like Kewadin.

Hessel's Snowblower Giveaway

Earn one entry per day NOW until Nov. 26th. Four Grand Prize Draws! Random Cash Draws on Wednesdays!

Weekly Events

Rapids Lounge Entertainment
Sault Ste. Marie

Comedy starts at 8pm – Thurs.

Nov. 5th Melanie Maloy & Steve Purcell

Live Music starts at 9pm Fri. & Sat.

Nov. 7 & 8 Touch of Class

Northern Pines Entertainment
St. Ignace

Wednesday Comedy Shows start at 9pm

Nov. 6th Melanie Maloy & Steve Purcell

Live Music starts at 9pm Fri. & Sat.

Nov. 7 & 8 Jager 4.0

Team Spirits Bar Entertainment
Manistique

Karaoke – Nov. 21st & 22nd

Nudge – Nov. 14 & 15



Games sharpen decision making abilities

BY RICK SMITH

"At Rez Got Game, we are dedicated to producing games that empower children by opening, challenging, teaching and helping them to create a game plan for life," is the stated mission of a new company founded by Leslie Hammerberg of Montana. "The games are intended for family and group settings, and are an excellent resource for schools, group homes, social workers, foster care and therapists.

All games are interactive and best when played with a facilitator or an adult."

The company adds that some of the issues discussed in all of the games are selfishness, cheating, stealing, bullying, respect, sharing and lying. Games geared for teens also involve sex, drugs, death, divorce, violence, self-mutilation, eating disorders, suicide prevention, drinking and driving, emotional and physical abuse along with other situations.

Hammerberg, founder and chief executive officer of Rez Got Game, spent 13 years as a therapeutic foster parent to children on the Flathead Indian Reservation in northwestern



Photo by Mike Hammerberg

Patrick Hammer of the Flathead Salish Kootenai in Pulson, Mont., shows a copy of the Tipi Dancer board game with his adopted guardian and Rez Got Game founder and CEO, Leslie Hammerberg at their home.

Montana. She has Mandan Hidatsa ancestry.

Currently, Rez Got Game offers three different games

suitable for differing age groups. Tipi Dancer is a game for children from 5 to 7 years of age. According to the company,

"Tipi Dancer was designed to enhance the power of a child's ability to make a choice. Children are presented with situations that they may encounter throughout the course of a day. Advancement in the game is based on positive and healthy choices. In this game, no child will be penalized for making a poor choice. Tipi Dancer helps a child to recognize that some choices are better than others. Using our games as a tool, we recommend parents and adults employ them as a forum to discuss choices and consequences."

Eagle Dancer is a game for children 8 to 12 years. "Like Tipi Dancer, this game presents situations that adolescents may have to face. Advancement in the game is based on the way they choose to answer the question given to them. Before answering any question, they are asked to think about the situation, feel empathy for the people involved and then make a choice. The focus of the game is to help children recognize with every choice there is a consequence," the company notes.

Teens might find edification with I Jokes. "I Jokes is a game

that will deal with situations teens are faced with and the choices they must make as their peers pour on the pressure," the company says. "This game supports the concept of individual choice, even if that choice is one which their peers do not approve. The belief in choosing one's own direction in life is stressed. It is important kids learn they should not force their life style on another; and it is equally important they realize decisions based on individual choice help them to become their own unique person. The scenarios in this game are based on real life situations."

Rez Got Game is nearing completion on a fourth game for all ages called Dove Dancer, due for distribution at the end of the year.

The company says, "Dove Dancer is intended for all ages. It will allow children and parents to test each other's knowledge as it pertains to facts within the Bible. It is important to note that this game is not intended to promote any religion, only to test one's knowledge of Biblical facts.

Games can be ordered through the company's Web site at www.rezgotgame.com.

Gathering Writes: shaggy manes and respect

BY JENNIFER DALE-BURTON

We were thrilled to find one of our favorite mushrooms pop up at the beginning of October: shaggy manes. People think this is a common mushroom, but so what? The taste, texture and aroma are wonderful, yet transitory. Shaggy manes are a variety of inky bottoms, which practically dissolve into black ink as they rapidly age.

They cannot be held long or dried. To be preserved, they must be cooked and frozen. We prefer to sauté them and freeze them in a little of their juices. To sauté, just a little bit of butter or olive oil in a pan is best. Chop them coarsely and toss them in. There is a lot of water in these mushrooms, which will come out as they cook down. Add some salt and pepper to this liquid and, once the mushrooms are ready, take them off

the heat let them cool a bit and freeze them. Shaggy manes are especially good with tomato sauce. They are a great pizza topper and make a very good spaghetti sauce. If you use fresh mushrooms, pre-cook them to get all that water out before topping them on the pizza or you will have a gooey pizza.

We did get some venison in the freezer. What with all the hunters in our area, I see a lot during this time of year and some of it makes me sad. A deer carcass on the side of the road hanging out of a Hefty bag is not cool. All I can say is this:

All life is to be honored. Animals deserve life and honor. The deer sacrifices himself so that we may live. When a deer sacrifices its life for you, it deserves to be honored, however you will, and the deer's remains deserve to be treated

with respect. Take everything you can use, then carry the remains into the woods for the animals who need it.

G'tchi Manidoo gave each of us a gift and to the deer he gave grace. Honor the graceful deer each in your own way. Basil Johnston set Anishinaabe belief to words in *Ojibway Heritage*, published in 1976:

*Prayer to a Deer
Slain by a Hunter*

I had need.

*I have dispossessed you of
beauty, grace and life.*

*I have sundered your spirit from
its wordly fame.*

*No more will you run in free-
dom*

Because of my need.

I had need.

You have in life served your

kind in goodness.

*By your life, I will serve my
brothers.*

*Without you I hunger and grow
weak.*

Without you I am helpless, nothing.

I had need.

*Give me your flesh for strength.
Give me your casement for protection.*

*Give me your bones for my
labours,*

And I shall not want.

... Enough said.

From "LSSU President," p. 13
be here on behalf of Tribal
Chairman Joe McCoy and our
board of directors. Welcome to
Sault Ste. Marie – Bahweting,"
she said.

Abramson, a 1994 LSSU alumna and treasurer of the tribal board, greeted the audience in Ojibwe before saying, "Lake State is a very special community to us and to me. I went to school here, graduated, met my husband here and my children have gone to school here successfully. I hope my children's children will go to school here also. The instructors cared about me and treated me as family...My advice to Dr. Lowman is: 'Get to know us. Let's work together and there's nothing that we can't do. The university has served many of us, and prepared many of our people for careers in the tribe



Sault Ste. Marie Tribe of Chippewa Indians Unit I Director Cathy Abramson.

and community." Lowman said he is particularly proud to serve as LSSU's president "in this historic place." He said, "Whenever I need to put some challenge or current issue facing the

University into context, I have only to think about the historic significance of our location. Sault Ste. Marie Michigan and Ontario are said to have been founded in 1668. In fact before Sault Ste. Marie was 'discovered' descendants of Native American and First Nation's tribes had lived in this area for thousands of years...Our challenge is to respect the historic legacy of this place while building an institution for modern times that will help both LSSU and this area to flourish 100 years from now – and 100 years beyond that."

At the end of the ceremony, marshals representing the Blackfoot, Chippewa and Seminole tribes — Alyvia Bofinger, Cheyanne Elam, alumna Rachel Mastelmann, and Jasmine Williams — led the platform party from the stage.

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Classes

Jan. 2-Dec. 17: Anishinaabemowin classes, Wednesdays, 12-1 p.m., 531 Ashmun Street, Sault Ste. Marie. No sign up necessary. Please bring your brown bag lunch. For more information, contact Nancy Debassige, language instructor at 635-6050 ext. 26143.

Jan. 3-Dec. 18: Anishinaabemowin classes, Thursdays, 6-8 p.m. at the Niigaanagiizhik Building, in Sault Ste. Marie. Classes are taught through immersion in the Ojibwe language. Classes begin with a potluck feast with our elder advisory members so bring your favorite dish. Nancy Debassige will demonstrate different stories in life and provide language sheets for recognition of words throughout the story. It's a great time to eat, visit and enjoy living our culture. Call the Cultural Division at 635-6050 for more information.

April 2-Dec. 17: Manistique language classes, Wednesdays, 6-8 p.m., at the Manistique Health Center. For more information, call the Cultural Division at 635-6050.

April 7-Dec. 29: Hessel language classes, Mondays, 5-7 p.m., at the Hessel Tribal Center. For more information, call the Cultural Division at 635-6050.

April 8-Dec. 30: St. Ignace language classes, Tuesdays, 7-8 p.m., at the Kewadin Shores Casino, St. Ignace. For more information, call the Cultural Division at 635-6050.

Nov. 13: Sparrow Project, Glenn Memorial Baptist Church in St. Ignace, 7-8:30 p.m. The Sparrow Project is a resource group formed to help families with children or young adults whom have special needs. A special speaker will be talking about growing up with special needs siblings. Snacks, child care and fun activities provided. If your family is interested or has questions, please call Becky at (906) 292-5562.

Nov. 18&20: Move more, feel better, Nov. 18, 10 a.m. to noon. Nov. 20, 1-3 p.m., at the Sault Tribe Health Center. Come to any or all sessions. Open to the public. For questions or registration, call 632-5210. Registering for classes is recommended so we can inform you of any changes.

Nov. 19: The basics of diabetes and living a full life, 11 a.m.-3 p.m., at the Sault Tribe Health Center.

For questions or registration, call 632-5210. Registering for classes is recommended so we can inform you of any changes.

Dec. 2&4: How ambient smoke harms health, Dec. 2, 10 a.m. to noon. Dec. 4, 1-3 p.m., Sault Tribe Health Center.

For questions or registration, call 632-5210.

Elders' meetings

Nov. 12: Unit IV Manistique Elderly Committee meets after the noon meal at the tribal center. For questions, call (888) 711-7356.

Nov. 14: Unit III St. Ignace Elderly Committee meets after the noon meal at the McCann Building. For questions, call (888) 711-7356.

Nov. 17: Unit II Hessel Elderly Committee meets after the noon meal at the tribal center. For questions, call (888) 711-7356.

Nov. 26: Unit II Naubinway Elderly Committee meets at 6:30 p.m. at the pavilion. For questions, call (888) 711-7356.

Nov. 28: Unit II Newberry Elderly Committee meets at 11 a.m. at the tribal center. For questions, call (888) 711-7356.

Dec. 1&15: Unit V Munising Elderly Committee meets at the tribal center at 4:30 p.m. For questions, call (888) 711-7356.

Dec. 3: Unit I Sault Ste. Marie Elderly Committee meets after the noon meal at the Nokomis/Mishomis Center. For questions, call 635-4971.

Dec. 4: Unit V Marquette Elderly Committee meets at 6 p.m. at the Holiday Inn. For questions, call (888) 711-7356.

Dec. 10: Unit IV Manistique Elderly Committee meets after the noon meal at the tribal center. For questions, call (888) 711-7356.

Dec. 15: Unit II Hessel Elderly Committee meets after the noon meal at the tribal center. For questions, call (888) 711-7356.

Dec. 18: Unit IV Escanaba Elderly Committee meets at 5:30 p.m. at the Willow Creek Professional Building. For questions, call (888) 711-7356.

Dec. 26: Unit II Newberry Elderly Committee meets at 11 a.m. at the tribal center. For questions, call (888) 711-7356.

Dec. 31: Unit II Naubinway Elderly Committee meets at 6:30 p.m. at the pavilion. For questions, call (888) 711-7356.

Meetings

Nov. 13: Unit V membership meeting at 6 p.m. at the Munising Tribal Center.

For more information, call Shirley Petosky at 387-2101.

Nov. 19: Sault Tribe Board of Directors meeting, Hessel at 6 p.m.

Open community hour, 5-6 p.m.

For more information, please call 635-6050 or (800) 793-0660, extensions 26337 or 26338.

Nov. 26: The Caregiver Support Group meets at 2 p.m. in the second floor conference room at the Avery Square Center, 510 Ashmun Street, Sault Ste. Marie, Mich. For more information, call 632-3363.

Nov. 26: Unit III meeting at 6 p.m., at the McCann Building in St. Ignace. Please come share your ideas, questions and concerns with your board representatives.

For questions, call Lona Stewart at 635-6050.

Dec. 2: Sault Tribe Board of Directors meeting, Sault Ste. Marie, 6 p.m. at the Kewadin Casino Convention Center. Open community hour, 5-6 p.m. For more information, please call 635-6050 or (800) 793-0660, extensions 26337 or 26338.

Dec. 3: Culture Committee meeting at 6 p.m. at the Niigaanagiizhik Building in Sault Ste. Marie. For more information, call Jackie Minton at (906) 322 4975 cell or 495 5165.

Dec. 11: Unit V membership meeting at 6 p.m. at the Munising Tribal Center. For more information, call Shirley Petosky at 387-2101.

Announcements

Nov. 13: Healthy holiday food samples, 10:30 a.m. to noon and 1-3 p.m., first floor, Sault Tribe Health Center in Sault Ste. Marie.

Are you looking for a healthy, but festive, dish for the holidays, or do you want to learn how to have a warm meal ready after a day of shopping? Visit and get some ideas for helping to keep meals tasty, healthy, quick and easy during the holidays.

Call 632-5210 for questions or registration.

Nov. 13: The Les Cheneaux Caregivers Support Group meets at 4:30 p.m. at the Les Cheneaux Community Library, 75 Hodeck Street, Cedarville, Mich.

For more information, call Shirley Goehmann at 484-8000.

Nov. 13: Loverboy in concert, 7 p.m. in the DreamMakers Theater, Sault Ste. Marie. For more information, call (800) KEWADIN or visit www.kewadin.com.

Nov. 14-16: Video poker tournament at the Kewadin Casino and Convention Center in Sault Ste. Marie.

The Gaming Department hosts a \$15,000 video poker tournament. On the Friday of the tournament registration, packets will be available between 5 and 7 p.m. during a registration reception in the

Upper Tahquamenon Room.

For more information, please call Ina at (800) KEWADIN, extension 53612 or visit www.kewadin.com.

Nov. 14-16: Blackjack blowout tournament at the Christmas Kewadin Casino. The Christmas Gaming Department hosts an \$8,000 tournament.

On Friday, player registration packets will be available between 5 and 7 p.m.

For more information, please contact Vicki at (800) KEWADIN, extension 32018 or visit www.kewadin.com.

Nov. 16: Thunder Down Under, St. Ignace Casino, 7 p.m. For more information, call (800) KEWADIN or visit www.kewadin.com.

Nov. 20: Family Fun Night, 5:30 p.m.-7 p.m., St. Ignace Sault Tribe Head Start.

Fun, family oriented activities to enjoy. A great way to meet other families in your area.

Each child receives a free book and snack.

For children newborn to five years old. Siblings welcome too.

Need not be a tribal member to participate.

For more information call Heather Bird at 643-0096.

Nov. 21-22: Rattle camp at the Sault Tribe Mary Murray Culture Camp on Sugar Island. Dates may change.

If interested in attending, please call 635-6050.

Nov. 21-23: Spin to win tournament at Kewadin Shores Casino in St. Ignace.

The Kewadin Shores Casino Marketing Department hosts a \$15,000 tournament.

Player registration packets available on Friday between 5 and 7 p.m.

For more information, please call DeAnn at (800) KEWADIN extension 34027 or visit www.kewadin.com.

Nov. 22: Create traditional Ojibwe regalia, 10 a.m.-4 p.m., Nokomis/Mishomis Place, 2076 Shunk Rd., Sault Ste. Marie.

Learn sewing basics. No experience necessary. Learn how to make regalia for men, women and children. Learn the different styles and teachings of each style.

Sewing machines available and material on-hand for you to begin and welcome to bring your own. Lunch and refreshments provided.

If interested or have questions, please call 635-6050 extension 26053, cell 322-3961, or Edye Nichols at 635-3548.

Dec. 5-6: Hand drum camp at the Sault Tribe Mary Murray Culture Camp on Sugar Island.

Dates may change. If interested, please call 632-7494.

Dec. 8: Regalia sewing day, 8 a.m. to 6 p.m. at the Niigaanaagiizhik Building.

For more information or to sign up, call 635-6075 or (800) 726 9105.

Dec. 11: Mel and Pam Tillis in concert, 7 p.m., Sault Kewadin Casino, DreamMakers Theater, Sault Ste. Marie.

For more information, call (800) KEWADIN or visit www.kewadin.com.

Dec. 20: Create traditional Ojibwe regalia, 10 a.m.-4 p.m., Nokomis/Mishomis Place, 2076 Shunk Rd., Sault Ste. Marie.

Learn sewing basics. No experience necessary. Learn how to make regalia for men, women and children. Learn the different styles and teachings of each style.

Sewing machines available and material on-hand for you to begin or you welcome to bring your own.

Lunch and refreshments will be provided.

If interested or have questions, please call 635-6050 extension 26053, cell 322-3961, or Edye Nichols at 635-3548.

Dec. 31: New Year's Eve annual Sobriety Powwow, Chi Mukwa Community Recreation Center, Sault Ste. Marie.

For more information, call 635-6050.

Dec. 31: Break in the New Year. Nearly \$25,000 in cash prizes, break the ice on New Year's Eve at Kewadin Casino Sault Ste. Marie, St. Ignace, Manistique, Christmas and Hessel.

Don't just ring in the New Year. This year, head to Kewadin Casinos, take a hammer and break it in by playing Break in the New Year. Winners will pick an ice cube from the *Break the Ice* rink to reveal a cash prize inside. Winners are selected by random draws off slots every 20 minutes, as well as random draws off of tables, VIP slots and keno from 6 to 11 p.m.

Also, one lucky person at each casino will win the \$2,009 grand prize drawing at 11:15 p.m.

Random draws 6-11 p.m.; random slot draws, random table draws, random keno draws, random VIP slot draws.

Collect one entry ticket on Dec. 31 by earning 25 points on you Northern Rewards Players Club card.

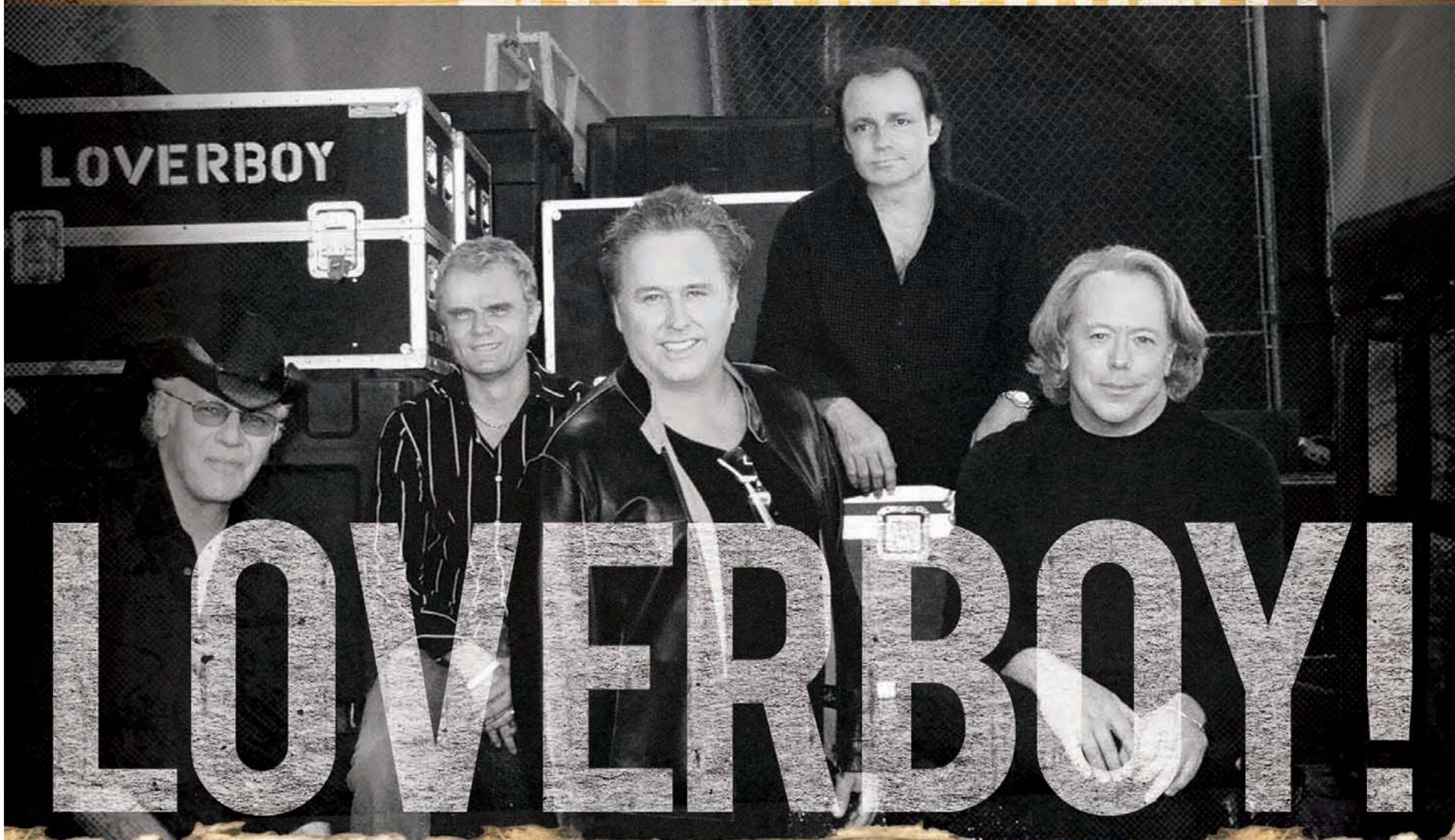
For more information, call (800) KEWADIN or visit www.kewadin.com.

The Sault Tribe Cultural Department moved to the first floor of the administration building at 523 Ashmun Street.

For more information, call 635-6050.

Artwork sale at Northern Hospitality, for more information, call 635-4800 or stop in at 827 Ashmun Street in Sault Ste. Marie.

KEWADIN ENTERTAINMENT



November

King of the Cage - Sault Ste. Marie
Friday 7th | 8:00 p.m. |

Loverboy - Sault Ste. Marie
Thursday 13th | 7:00 p.m. |

Thunder Down Under - St. Ignace
Sunday 16th | 7:00 p.m. | \$15.00 | On Sale Now

December

Madrigal - Sault Ste. Marie
5th, 6th & 7th | 6:00 p.m., 5:00 p.m Sunday | \$30.00 | On Sale Now

Mel & Pam Tillis - Sault Ste. Marie
Thursday 11th | 7:00 p.m. |

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