



Win Aweenen

NISITOTUNG

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

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Culture camp seeks donations

BY BRENDA AUSTIN

To help offset operational costs of the Marry Murray Culture Camp and to provide funding to pay for the construction of trail signs, camp coordinator Bud Biron has begun a fund-raising campaign.

The Anishinaabe Miikaans, or Indian Trail, has a 12-foot sign pole that was carved by Josh Homminga, Ed Cook and Biron, which is placed above the trailhead. Biron hopes to pay tribal elders or carpenters to help carve and place the other signs he has planned, depicting tribal clans, along the length of the mile-and-a-quarter trail at the culture camp.

In addition to funding sign construction, the monies raised will be used for landscaping and other camp activities.

Biron plans to establish a board to determine what donated monies are used for. "I would like to have someone from the education field, financial expert, traditional people and two youth – one boy and one girl – sit on the board. We will have an application process and I will be seeking advice from tribal elders and the culture committee. I want people who will be on the board for the long haul – who will commit to seven generations of funding for the camp," said Biron.

Those who donate to the fund will receive a button stating, "I support the Mary Murray Culture Camp" and a certificate of appreciation. Donations of \$25 and more will get your name placed on a donation wall at the camp.

The culture camp is used year-round for many different activities including: staff meetings, trainings, and cultural workshops including language, drum making, smoking fish and sugar bush. Biron says he has also had the opportunity to bring foreign visitors from around the world on tours of the camp.

If you would like to make a donation contact Bud Biron at (906) 635-6050 ext. 26144, or on his cell phone at (906) 440-7626, or by e-mail at houburn@saulttribe.net.



Photo by Brenda Austin

Maretta Jones from the Wasauking First Nation, Cathy Surette from Sault, Ont., and Sonja Killipps from Bay Mills Indian Community (L-R) dance at the Sault Tribe's Veteran's Powwow, in Kinross Nov. 8 & 9. All are jingle dress dancers. For more powwow photos, see page 12.

Greektown Casino-Hotel opens new high limit gaming area; VIP valet parking

DETROIT — Greektown Casino-Hotel on Nov. 28 opened its new high limit gaming area, creating Detroit's most luxurious accommodations for guests seeking more discrete gaming with the opportunity to play at a higher level of excitement.

Since Greektown Casino opened in November 2000, the high limit gaming area has been the premier high-limit destination in the Detroit market. The area was closed May 27 for extensive remodeling as part of the permanent casino project.

"We've been listening to our high-limit players over the past eight years to understand what they want in a luxurious gaming environment; from the style of chairs they like to the type of food they prefer," said Ken Earl, director of player development, Greektown Casino-Hotel. "Every detail in our new high limit gaming area and exclusive lounge is a result of our guests' input and is designed to provide a more private and comfortable gaming experience that is second to none."

Guests will appreciate the

attention to detail throughout the area's new décor. The impressive entrance features a custom terrazzo floor and a granite-topped welcome desk. Twenty-four Greek columns are spread throughout. Custom-made wrought iron screens adorn the exterior walls to create more privacy, and Italian marble mosaic insets are found throughout the walls of the gaming area.

Detroit-based DeMaria Building Company completed the renovation. Other elements of the High Limit Gaming Area include:

- An exclusive lounge. This secluded lounge is open to Greektown Gold Club members only. The lounge includes a private seating area and full service bar; a 60-inch television and four other high definition TVs; a buffet with daily selections of seafood, beef, salads and other snacks; and complimentary butler service.

- Personal massages. Trained massage artists are on staff in the new area to offer guests relaxing neck and shoulder massages while they play. A massage chair is also available

in the area's exclusive lounge.

- High limit slots area with 78 machines. The maximum slot machine wager is \$100.

- High limit table games area with 18 tables of various games including three-card poker, blackjack, craps, roulette, pai gow poker and more. The area's maximum table game wager is \$10,000.

- A secluded cage for players to exchange chips for cash.

- Eight big screen TVs. Five in the exclusive lounge, two in the parlor and one in the main gaming area.

- LED ceiling lights that slowly change to each color of the casino's logo (blue, green, yellow, red and purple).

- A private host's office where guests can discuss accommodations, player's club

memberships, comps and more.

- VIP valet service. Gold and Silver Club guests can drive their car to a separate VIP valet entrance and access the high limit gaming area through a private entrance.

Earl said attention to detail maximizes guest comfort in the high limit area. "High limit tables seat fewer players to create more space for guests, the chairs are large and plush for increased comfort, and overall, the gaming experience is much more secluded," he said.

In a few weeks, the casino will be opening its new International Buffet. Then in February, the 400-room hotel will open. Greektown Casino-Hotel is now accepting room reservations and event bookings for 2009. For reservations and

group events, call (877) GCH-5554.

Located at 555 E. Lafayette Avenue in Detroit's Greektown Entertainment District, Greektown Casino-Hotel opened on Nov. 10, 2000.

Readers of *The Detroit News* and *Detroit Free Press* have voted Greektown Casino-Hotel Michigan's and Detroit's best casino numerous times.

In addition to being named best casino by readers of *The News* and *Free Press*, Greektown Casino-Hotel also placed first in other categories in *The News'* reader survey, including best slots, best wait staff outfits, best craps tables, best blackjack tables, best high rollers area, best casino restaurant and best casino entertainment.

Briefs —

United Spinal Association launches online veterans help center

NEW YORK—On Nov. 11, United Spinal Association launched an online veterans help center, Ask VetsFirst (www.VetsFirst.org), an interactive gateway to information on a host of subjects of interest to veterans of the U.S. armed forces and their families.

Paul J. Tobin, president of United Spinal Association and chief executive officer of VetsFirst, said, "On this Veterans Day, it is only fitting that as we honor the brave men and women who have served our country so valiantly, we unveil a user-friendly, interactive way for veterans to receive practical and expert advice on any veterans-related issue, including the transition from military service member to civilian status, U.S. Department of Veterans Affairs (VA) and other federal benefits and programs, health care services and eligibility requirements."

Tobin added, "Through our Ask VetsFirst Help Center feature, veterans and their family members can get quick answers to questions about their VA claims and appeals, and ask for assistance in handling them."

VetsFirst.org also includes a listing of VetsFirst's national veterans service officers, an online library with "Knowledge Books," fact sheets and self-help guides, such as the *Active Duty Personnel Pre-separation Guide* and the *Self-Help Guide for Veterans with Spinal Cord Injuries and Disorders*.

VetsFirst has always provided direct representation to individual veterans and their families, legal representation in federal court appeals of claims denied by the VA, legislative advocacy before Congress and advocacy for the entire veteran population through broad-impact class action lawsuits.

Silent Hearts: New community grief support group in Chippewa County

Hospice of Chippewa County is pleased to announce the addition of a support group for families who have lost a child.

Silent Hearts is a community support group available free of charge to assist families who are suffering the death of an infant as a result of miscarriage, premature birth, stillbirth or death after birth. The response to this program has been so overwhelming that we have added a support group for families who have experienced the loss of a child from two years of age and older.

There simply are no words to heal the pain that families feel at a time like this, so the mission of Silent Hearts is to be available, so that no one walks

alone in their grief journey.

The support groups meet as follows:

For the loss of an infant, the second Monday of each month from 6:30 to 8 p.m.

For the loss of a child, the first Monday of each month from 6:30 to 8 p.m.

Both groups meet in the Superior Room of the Chippewa County Health Department.

The groups are open to any adult, free of charge, who is in need of help and support following the death of an infant or child.

For further information regarding this or any of our bereavement services, call Hospice of Chippewa County at (906) 253-3151.

Blood and bone marrow donor drive scheduled for Tuesday, Dec. 9

The next blood and bone marrow drive is scheduled at the Sault Tribe Health Center auditorium on Tuesday, Dec. 9 from 11 a.m. to 4:45 p.m.

You must be 18 years of age to donate blood and present a photo identification or donor card. You must be between the ages of 18 and 61 to participate in the bone marrow registry, which involves just a mouth swab. Employees are able to donate during the day with supervisory approval.

Come save a life.

Sault area observes World AIDS Day 2008

BY LARRY KLEIN, HEALTH ADVISORY PROGRAM-HIV PREVENTION COUNSELOR AND DANYALLE TENEYCK, HEALTH EDUCATOR, HIV PREVENTION AND COUNSELOR

Our vision is a world in which people living with HIV are treated as equal citizens with respect, dignity and justice, are diagnosed early and receive the highest standards of care and in which everyone knows how and is able to protect themselves from HIV infection.

On Dec. 1, the 21st annual World AIDS Day was observed around the world. Locally, the event was commemorated by offering information at the Sault Tribal Health Center and the LSSU's Cisler Center and Crawford Hall.

This year, World AIDS Day aimed to increase awareness of HIV/AIDS both globally and in the U.S. This year's World AIDS Day theme was "Stop AIDS. Keep the Promise." This theme is related to the global

leaders promise of universal access to HIV prevention, treatment, care and support by 2010.

You might think this crisis is almost over. Here are some facts: In 2007, the estimated number of persons living with HIV worldwide was 33.2 million and there were 2.7 million people newly infected. In the U.S., approximately 1 million people have HIV. We are especially concerned about the new statistics regarding young people. Worldwide, youth account for almost 45 percent of all new HIV infections with an estimated 5.5 million young people living with HIV today. The latest in Michigan is that youth are being infected at an alarmingly increased rate and it is no different in the rest of the country.

Contrary to many area residents' belief, all communities are affected by the continuing spread of HIV/AIDS, especially in rural areas. In the eastern U.P., people have been diag-

nosed and reported with AIDS. An estimate has been made that there are approximately 1,200-1,300 people in the U.P. who have the disease — most of whom do not know they have the virus, testing is the only way to know if you have the virus.

World AIDS Day links communities throughout the U.S. in a unified observance of commemoration in respect of all those who are infected and affected by HIV/AIDS. This signifies a renewed commitment to fight the AIDS global epidemic. Here in Sault Ste. Marie, the memorial was observed by increasing our awareness of what we can all do in preventing the spread of this disease in our area and commemorating those who are already infected.

Around the world, 191 countries observed this day to draw attention to the AIDS pandemic. Locally, this event was sponsored or supported by many area agencies.

Native American Heritage Day of 2008 enacted

BY RICK SMITH

President George W. Bush signed House Joint Resolution 62, the Native American Heritage Day Act of 2008, into law on Oct. 8.

The Act designated the Friday following Thanksgiving of this year, and this year only, as Native American Heritage Day, a national holiday.

The resolution, introduced on Nov. 13, 2007, by Congressman Joe Baca (D-Calif.) and 83 co-sponsors, went to committee on Apr. 24, 2008. The bill passed the U.S. House of Representatives by a voice vote on Nov. 13, 2007. The U.S. Senate passed the measure unanimously on Sept. 22, 2008.

The Act receives the support of the National Congress of American Indians and the National Indian Gaming Association.

The resolution encourages the people of the United States, as well as federal, state, local governments and interested organizations to observe Native American Heritage Day with appropriate programs, ceremonies and activities relating to

the historical status of American Indian tribal governments as well as their present day status. It is also a day for all Americans to celebrate the cultures, traditions and languages of American Indians and their rich legacy all Americans enjoy today.

The Associated Press reported Frank Suniga, 79, a Mescalero Apache descendant who lives in Oregon, told them he and others began pushing for a day of national recognition in 2001 in honor of the country's American Indian heritage.

Diane Peppler Center needs our help

Now through Dec. 20, please help the Diane Peppler Resource Center and Safe Haven this holiday season.

Since opening its doors in 1979, the Diane Peppler Resource Center has aided families in crisis. Tri-County Safe Haven is a temporary housing program operated by the Sault Ste. Marie Housing Commission. Both offer families a place to call home.

Please show these families what a kind and generous community we are. Donation sug-

The report indicated Suniga proposed his idea to the Portland-based Affiliated Tribes of Northwest Indians Cultural Committee; the National Congress of American Indians and other groups joined with the organization in taking up the cause of a day of commemoration.

The Associated Press noted the advocates plan to work to have the Native American Heritage Day placed on the nation's calendar annually.

gestions: laundry soap, fabric softener, blankets, pillowcases, wash clothes, towels, adult and baby toiletries, diapers/wipes.

Please drop off your donations at Check and Cash at 2120 Ashmun St., Sault Ste. Marie, located inside the Amerigas Building next to Kentucky Fired Chicken between the hours of 9 a.m. and 6 p.m. or Saturday between 10 a.m. and 2 p.m.

We would like to thank everyone who donated to help make this event a success.

Merry Christmas.

Win Awenen Nisitotung

THE SAULT TRIBE NEWS
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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 for our community calendar. Submissions can be mailed, faxed, or e-mailed. The distribution date is the earliest the newspaper can arrive in the seven-county service area.

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

Visit us online: This issue can be viewed online at www.saulttribe.com beginning on its publishing date.

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Contact Information:

Win Awenen Nisitotung
Attn: Communications Dept.
531 Ashmun St.,
Sault Ste. Marie, MI 49783
Telephone: (906) 632-6398
Fax: (906) 632-6556
E-mail address:
saulttribenews@saulttribe.net
Web site: www.saulttribe.com

Devere Construction donates \$2,000 for kids

SAULT STE. MARIE — DeVere Construction donated \$2,000 to the Sault Tribe's kids' Christmas party this year. "At DeVere Construction it gives us great joy when we are able to give back to the communities we live and work in," said Community relations specialist with DeVere Construction, Craig Froggett, said.

"We are honored to be a part of this great family tradition and so pleased to be a friend of the Sault Tribe. We truly hope this gift warms many hearts this holiday season and that 2009 brings peace and joy to all. From all us at DeVere Construction, happy holidays!"

A 20-year casino veteran and mother of six, Sonja Eitrem-McLeod, represents the casino on the volunteer Children's Christmas Party Committee in Sault Ste. Marie. She said she watched her 20-year-old daughter grow up attending the tribe's Christmas parties, so when she heard there was no party budgeted this year, she joined the committee.



Photo by Jennifer Dale-Burton

Front, from left: Sault Tribe Board of Directors member Bernard Bouschor, Children's Christmas Party Committee member George Snider accepting the \$2,000 donation from Craig Froggett of DeVere Construction, and Jeff Holt, Sault Tribe planning and development. Back, from left: Board member DJ Hoffman, Latisha Willette, Sonja Eitrem-McLeod, Sue Henderlite and board member Cathy Abramson.

Northern Hospitality invites you in for shopping

BY BRENDA AUSTIN

General manager of Northern Hospitality, Jeff Behling, invites you, family and friends to come in and see his furniture and flooring showroom located in the former Heartland building at 827 Ashmun Street next to Parker's Hardware.

"Day-to-day retail business coming in off the street is as good or better than ever," Behling said. "But tough economic times have made it hard on people who are hanging onto their money a bit more now."

Tribal employees who are eligible for payroll deduction can now choose a 12-month payroll deduction option until the end of the year to help ease the money crunch. After the first of the year, payroll deduction will go back to the normal 10-pay periods plan. "It is a nice option. If someone wants to do something to their home for the holidays or New Year they can come in and stretch their payments out for a year," said Behling.

Tribal members residing inside the tribe's tax agreement area continue to pay no sales tax on purchases.

Behling said he is currently looking at purchasing new inventory for 2009 to give customers more choice. "I don't have as much room to keep excess stock in the back. This means that if I can custom order a product and give you a good price, I will sharpen up my pencil to make it worth while for you."

Northern Hospitality provides flooring and furniture at great prices for tribal employees and members in addition to the local community. In-store inventory consists of carpeting, vinyl flooring, ceramic tile, hardwood and laminate flooring and furniture for every room in



Photo by Brenda Austin

your house.

"We have a lot of clearance items currently on sale," Behling said. "During the holidays we have people looking for recliners for that special someone, gun cabinets for the men and other specific items they have in mind for gift giving."

Northern Hospitality also handles big projects for the tribe such as furnishings for its hotels and casinos in addition to commercial work for non-tribal businesses.

"I have a wonderful staff. Rhonda Black is awesome and always has clever ideas. Between Rhonda, Mike LaFaver, Tom Rapson and myself we have over 40 years experience in the floor covering and furniture business. Come

in and look — when it comes to floor covering we have as much a selection as anyone. Our furniture is reasonably priced and is a good quality product and

we have one of the best selections in town for tile," said Behling.

Custom tile work is one of Behling's specialties. He will

take the time and help design tiling around showers, whirlpool tubs and custom floor to ceiling bathrooms to meet customer expectations.

For more information, call Northern Hospitality at (906) 635-4800 or stop by the store at 827 Ashmun Street in Sault Ste. Marie, Mich.

Holiday Makeover

Only \$99.00

* Highlights or Color * Cut & Style * Full Set of Acrylics * Facial Wax * 1 Free Tan *

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Exclusive Sault Tribe discount!

15% off purchases with this coupon and tribal identification card, limited time offer.

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Sault Ste. Marie, Mich.

635-7217 or 1-800-871-0779

What was Never Told scheduled for 2009

SUBMITTED BY ELAINE YOUNG-CLEMENT, CULTURAL TRAINER

“The *What Was Never Told* series is by far the most in-depth and undiluted look at the historical, economic and cultural impact on tribes that has shaped Native life and still resonates with us today in many though somewhat different ways,” explained one tribal member.

The program is currently taking registrations at the Cultural Training Center at 531 Ashmun in the Sault.

This is a program of study to share the history of the Anishinaabek culture before and after European contact in North America. It begins with the Ojibwe story of creation and brings you on a journey through time and experiences that our people have endured up unto modern day.

The series is a 12-lesson program offered over a period of six months (January through June) with two lessons presented each month. The class times are 9 a.m. to noon.

The new series begins Jan. 7 with the Ojibwe creation story.

With this program, we are building awareness in an effort to increase the sense of family and community with a greater sense of Anishinaabek identity. The lessons cover our Dodems (clan system government), values and beliefs systems, historical impact on social, economic, and cultural ways of life, ethno-stress, self-determination, nation building and visioning for the future.

This is our sixth annual presentation. It is with great pride I highly recommend attending the series, regardless of your ancestry or blood quantum level, you won't regret it, it is so powerful. Tribal and community members welcome.

To register, please call Elaine Young-Clement, cultural training specialist, at the Sault Tribe Cultural Department at 632-7494 or 322-3961.

Feel free to stop by the office at the administration building anytime to learn more about cultural activities.

Month	Date	Day	Time	No.	Lesson
January	7	Wednesday	9-12 pm	1	Creation Story
	21	Wednesday	9-12 pm	2	Collision of Worlds
February	4	Wednesday	9-12 pm	3	Indigenous Cultures Descent into Darkness
	18	Wednesday	9-12 pm	4	Acculturation, Resistance and Revitalization
March	4	Wednesday	9-12 pm	5	What was here and what was never told
	18	Wednesday	9-12 pm	6	Acts of War and Policies of Oppression
April	1	Wednesday	9-12 pm	7	Models of Wardship and Dependence
	15	Wednesday	9-12 pm	8	Dealing with Ethnostress
May	6	Wednesday	9-12 pm	9	Living the Culture Today
	20	Wednesday	9-12 pm	10	Contemporary Acts of Self-Determination
June	3	Wednesday	9-12 pm	11	Rebuilding our way of life
	17	Wednesday	9-12 pm	12	What does the future hold
Feast	TBA				

WHAT WAS NEVER TOLD SCHEDULE FOR 2009 — Classes will be at the Cultural Learning Center 531 Ashmun St. SSM. If you have any questions about classes please contact Elaine Young-Clement at 635-6050.

Volunteerism provides cultural staff with needed resources

BY BRENDA AUSTIN

Drums pounding, sage burning and an honor song welcoming everyone into its warmth, the Niigaanagiizhik Building has become an important place in our local community for all kinds of gatherings.

From traditional funerals to fund-raisers, weddings and ghost feasts, many ceremonies have been held inside its walls since it was constructed in 1997.

According to Niigaanagiizhik Manager Cecil Pavlat, it is the volunteers who offer their time and energy that makes the tribe's cultural building an important gathering place.

Recent additions to the grounds of the cultural building include a 12-sided building that house the “sacred fires” which oftentimes accompany ceremonies. Randy Lee and Pavlat built the structure after a wind storm destroyed the 30-

foot teepee that was previously used. The structure was named by tribal resolution in honor of Randy Lee who recently walked on. “The fire building was named Mkade Maa’iingan Waanhzhiim, or Black Wolf’s Den. Black Wolf was Randy’s Anishinaabe name. In terms of volunteering he did a lot, especially as the head fire keeper for traditional funerals and at powwows and spiritual gatherings,” Pavlat said.

Also constructed was a garage for storage of equipment and a riding lawn mower. Volunteers who worked on the garage were Don Lawrence and his son Randy, Lynn Ailing and Mike “Squeak” Sylvester, Graz Shipman, Les Ailing and Cecil Pavlat. “Lynn and Squeak work all day for Sault Tribe Construction but they came over after work three times and helped until dark,” Pavlat said. “Everyone who helped made it

a lot easier to build the garage, these guys were not being paid to do this, yet they were there and committed to it. We were able to complete it in about eight days.”

Graz Shipman carved the cedar sign above the firehouse entrance. “I remember when we first started going back to the traditional funerals and having the fire burn for the whole time, which can be up to four days. There were times we had lean-tos in the middle of the winter and the firekeepers were there around the clock. The firekeepers house evolved from plastic lean-tos to a wabano lodge to a teepee and today’s firehouse,” Pavlat said.

“It is the spirit of community volunteerism that is important,” said Pavlat. “Randy is thought of whenever we do something at Niigaanagiizhik and we all remember his ‘spirit of volunteerism.’”



Students Faye Belonga (left) and Darlene Belleville from St. Ignace enjoyed the thought provoking discussions and the opportunity to learn more about their culture.

Winter's Coming

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

BON FIRE
 BUCK
 CAMP
 CASSEROLE
 DUCK
 FAMILY
 FOOD
 FOWL
 GIISOONHS
 GIVES
 GRAVY
 HUNTER
 ICING
 JELLO

LEG
 LOG
 LITTLE
 MANIDOO
 MASHED
 MIIGWECH
 MINCE MEAT
 MOON
 MOOSE
 ORANGE
 PARTRIDGE
 PUMPKIN
 REST
 ROLL

RUTABAGA
 SALAD
 SNOW
 SPIRIT
 STUFFING
 TEST
 TINS
 TOUR
 TRACKS
 TRAVEL
 TURKEY
 VENISON
 VET
 WARM

Use the numerals 0 through 9 only once in an equation that adds up to 1. Hint: There's more than one answer.

Need more help? Hint: try two fractions.

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Revised EAB quarantine strengthens, expands

BY BILL COOK
MSU EXTENSION
FORESTER/BIOLOGIST

The Michigan Department of Agriculture (MDA) revised its Emerald Ash Borer (EAB) quarantine to consolidate all 68 contiguous counties of the lower peninsula into one quarantine level effective immediately. As part of the amendment, Delta and Schoolcraft counties in the Upper Peninsula were added to the EAB interior quarantine.

The ban on moving firewood across the Mackinac Bridge remains in effect. MDA still asks travelers not to move firewood within the quarantine area to help prevent the artificial spread of other exotic and devastating insects like Gypsy Moths.

“MDA remains committed to protecting the ash resource in the U.P. from the artificial spread of EAB and this amendment simply allows us to focus our attention there,” said Ken Rauscher, MDA’s Pesticide and Plant Pest Management division director. “Although travelers are now able to freely move firewood in the lower peninsula, we are urging them not to do so as there are several other invasive insects—such as Asian Longhorned Beetle and Sirex Woodwasp—that can hitch a ride on it. Please continue to only use local sources of firewood, burn all you buy, and don’t take any unused firewood back home or to the next location.”

“Campers and hunters are reminded to purchase firewood locally when visiting state parks, recreation areas and state forest camp-

grounds,” said Ron Olson, Parks and Recreation chief for the Michigan Department of Natural Resources. “Bringing ash firewood onto state forests, state parks, recreation areas and state forest campgrounds violates state land use rules.”

Prior to this revision, MDA’s EAB interior quarantine divided the Lower Peninsula into two quarantine levels: 21 counties in Southeast Michigan were Level I and the remaining 47 counties were Level II. This revision effectively merges the two quarantines and makes the entire Lower Peninsula Level I.

“Hardwood firewood is still prohibited from leaving the Lower Peninsula as it is the leading cause of spreading EAB. Restrictions at the Mackinac Bridge remain in place and will continue to prevent hardwood firewood and other regulated ash material from entering the UP,” added Olson.

The addition of Delta and Schoolcraft Counties to the EAB interior quarantine is a result of an EAB infestation discovered in fall 2008.

The Delta County quarantine is divided into two levels; the townships of Garden, Fairbanks and Nahma are designated as Quarantine Level II, and the remaining portion of Delta County is Level III.

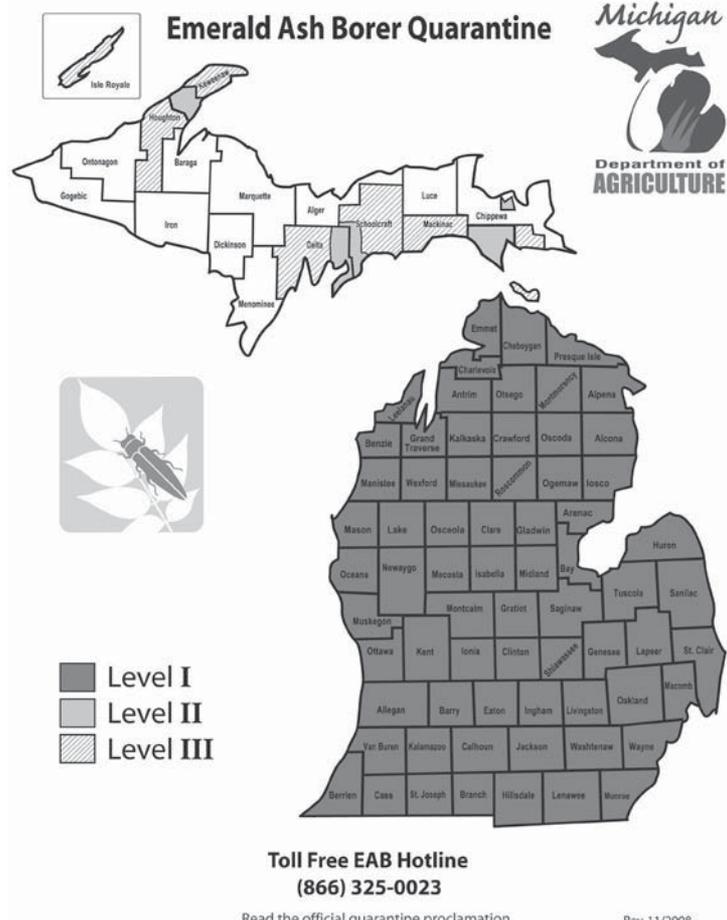
The Schoolcraft County quarantine is also divided into two levels; the townships of Inwood and Thompson are designated as Quarantine Level II, and the remaining portion of Schoolcraft is Level III. The movement of hardwood firewood and other regulated

material out of quarantine Level II and III areas is prohibited except regulated articles may move from Level III into Level II.

EAB is an exotic insect native to Asia that attacks ash trees. In its larval stage, EAB feeds undetected under the bark of ash trees, disrupting water and nutrient flow, ultimately killing the trees in three to four years. First discovered in 2002, the borer is responsible for the death or damage of approximately 35 million ash trees in Michigan’s lower peninsula.

Individuals or businesses found violating the state’s EAB quarantine are subject to fines ranging from \$1,000 to \$250,000 and jail time of up to five years for moving regulated ash materials, including firewood.

Additional information about EAB, quarantine details, and a map of the quarantine boundaries are available at: www.michigan.gov/eab or www.emeraldashborer.info.



Green Christmas gifts that keep giving

Last year, when my sister adopted a wolf family in my name for Christmas, I thought that was a great gift. Plus, I received a little wolf plush toy that I placed atop my home computer. So I adopted a pod of sea turtles in her name. Even nicer, these costs were reasonable. I love Christmas, but the glut of gifts, the frantic spending and shopping and buying and wrapping “stuff” is something I don’t feel good about.

Here are few ideas that can make everyone feel good about a gift, and might even be the solution for those notoriously-difficult-to-shop-for loved ones on your list.

For the animal lover:

Through Defenders of Wildlife you can adopt a wolf, a wolf family or a whole pack. The funds help underwrite Defenders’ wolf-saving work and the recipient gets a wolf plush toy, kids wildlife activities book, personalized certificate, photo and fact sheet. You can also adopt polar bears, sea turtles, penguins, snow leopards and sea otters. Go to www.defenders.org to see your options.

For the nature lover:

The National Parks and Federal Recreational Lands

Annual Pass admits the pass holders and passengers in a non-commercial vehicle at per vehicle fee areas and pass holder plus three adults, not to exceed four adults, at per person fee areas (children under 16 free). The pass is good across the U.S., a deal at \$80, and can be obtained by calling 1-888-ASK USGS, Ext. 1, or via the Internet at <http://store.usgs.gov/pass>. Senior passes for those 62 and older, or disabled, are available for only \$10.

For the tree lover:

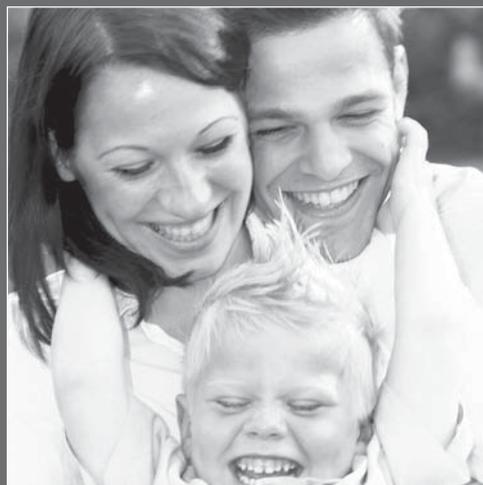
Give-A-Tree cards from the Arbor Day Foundation help replant national forests that have been devastated by wildfire, insects and disease. Every card plants a tree in honor of the recipient. These and other tree lover gifts can be had at www.arborday.org.

For the music lover:

For iPod owners, purchase a prepaid iTunes Gift Card from the Apple Online Store or thousands of retailers. You music lover can use it to download music — no CDs, tapes, plastic or vinyl involved! If you are a music lover, too, you can obtain a gift certificate from iTunes and e-mail your gift certificate immediately with a nice Christmas eCard!

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Indian composer mixes music traditions, guiding other American Indians into the art

By RICK SMITH

An internationally acclaimed Chickasaw classical music composer creates eclectic works by incorporating his people's traditional music into his classical compositions. After finding success and satisfaction in his chosen field, he's guiding other American Indians in the art.

It is safe to say Jerod Impichchaachaaha Tate was born into music. His father, a tribal and special district judge in Oklahoma, is a classically trained pianist and vocalist and was heavily involved with opera and musical theater during his college years and continues to perform. His mother was a professor of dance and a professional choreographer who spent her entire career in theater.

It was his mother who first commissioned music from Tate while he was studying piano performance and composition at the Cleveland Institute of Music. The work is an original ballet titled, *Winter Moons*, it is based on American Indian stories from the Northern Plains and Rocky Mountains. Tate says it provided his first opportunity to express himself as an American Indian through the fine arts.

The ballet score for *Winter Moons* premiered at the University of Wyoming in 1992. The Colorado Ballet subsequently performed it in 1994 and 1996. Since then,



Photo courtesy of AlanaRothstein.com

Chickasaw classical/traditional music fusion composer Jerod Impichchaachaaha Tate.

Tate has received numerous commissions and his works have been performed by many prestigious symphony orchestras across the country, including the National Symphony Orchestra and the Detroit

Symphony Orchestra.

"From an early age, I was saturated with music and theater from both of my parents," notes Tate. As a child, he listened to his father's performances of Bach and

Rachmaninoff, swaying his decision to become a pianist. Evenings and weekends were often spent at his mother's rehearsals and performances in concerts, musicals and ballets.

From those early influences, Tate studied music at universities and continued drawing on music from his Chickasaw lineage. "I began composing works based on traditional Chickasaw and other American Indian music."

Today, Tate is renowned for his particular style of classical music incorporating elements of traditional American Indian music. Lauded by critics, the venerable *New York Times* describes his works as "a new musical stream unsullied by Hollywood and tourist stereotypes." Once critic says Tate's music is "rich in sound, deep in meaning."

Among the many professional responsibilities of the award-winning composer, Tate is deeply involved in teaching music to others and passing the word to American Indians that the world of classical music composition needs them.

"As my musical path has evolved, it has become equally important to help young American Indians find a voice in classical composition," says Tate. "In fact, I believe American Indians have a natural ability to represent themselves musically and intelligently in

the classical fine arts. I am currently composer-in-residence for the Chickasaw Summer Arts Academy. I was also composer-in-residence for the Grand Canyon Music Festival's Native American Composer Apprentice Program and the American Composers Forum/Joyce Award community outreach program. All three programs provide classical composition instruction for American Indian students and feature their works in public performances."

The San Francisco Symphony Orchestra and Chorus recorded a CD of Tate's compositions released last March by Thunderbird Records. The CD was produced in cooperation with the Chickasaw Nation.

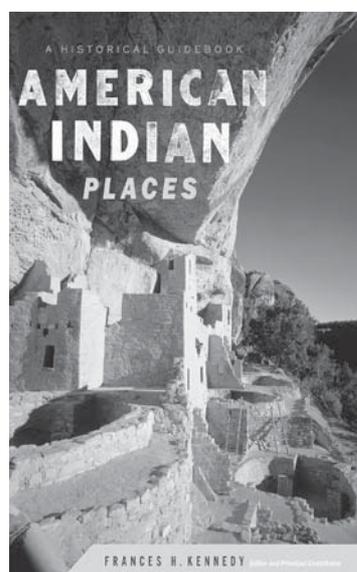
Tate can be reached through his Web site, www.jerodtate.com, e-mail at jerodtate@mac.com or call (303) 995-0590.

Samples of his powerful music, the CD, film credits and other features are available on the Web site.

To date, Tate has coached over 70 new compositions by American Indian students. Videos of live performances of student compositions can be seen at youtube.com/jerodtatestudents.

Tate's middle name, Impichchaachaaha', means "high corner" in the Chickasaw language, symbolizing prosperity.

A Historical Guidebook: American Indian places



By RICK SMITH

Touted as the "first ever all-in-one guidebook" to American Indian sites throughout the United States, Sault Tribe members who peruse *American Indian Places* are bound to question that claim. In fact, any American Indian descendants living in Michigan would do likewise.

Frances H. Kennedy is the editor and principal contributor of this reference work; it also contains contributions from American Indian authorities such as the founding director of the National Museum of the American Indian, four law school professors, five chiefs

and four other professors with doctorates, but it is a big stretch to call it an "all-in-one guidebook" on American Indian history or places.

An example in point — in the entire state of Michigan, the only places noted are the Minong Mine on Isle Royale National Park, the Marquette Mission Park and Museum of Ojibwa Culture in St. Ignace and the Mackinac State Historic Parks in Mackinaw City.

Was that a big collective gasp I just heard?

Too, there is the matter of giving the book a blanket name like *American Indian Places* when its focus is restricted to the contiguous 48 states of only one country on one of the American continents: the United States. This is the kind of thing that perpetuates the erroneous impression among some people that American Indians are found only in the United States when, in fact, they are rooted across all the Americas.

Those things aside, the book has its many merits in presenting historical information on 366 places significant to Indians across the country. The information is written in a brief but detailed fashion readers may find interesting enough to be entertaining. It could still

serve as a valuable reference or educational tool in spite of its flaws.

The book is divided into five geographic sections of the United States with each section featuring a map and corresponding roster of the sites highlighted in the section. The sites are presented more or less in order of historic importance. One will note before long that most of the sites in the book are state or federal parks or other similarly protected areas.

A listing of authoritative contributors who wrote essays included in the book contains brief biographical sketches of those who contributed.

According to the book's dust jacket, Frances H. Kennedy is also the editor and principal contributor to the best-selling book *The Civil War Battlefield Guide*. Her work in land conversation over 30 years has focused on protecting lands that are significant in American history.

Royalties from *American Indian Places* will be donated to the National Museum of the American Indian.

The book is available through the publishing house Houghton Mifflin Company, 368 pages, ISBN-13: 9780395633366, \$29.95 in hardcover.



The large scale projection of Chief Hollow Horn Bear above is one of the Smithsonian's contributions to "NightGallery DC," the capitol's first citywide exhibition of large-scale photographic projections from Nov. 13 to 22 as part of FotoWeek DC. The Smithsonian's National Museum of the American Indian presented photographs from the collections of the National Museum of the American Indian, the Smithsonian American Art Museum and the National Museum of American History at the east entrance of the museum facing the Capitol dome, 4th and Independence Ave. SW. Images included American Indian leaders, including Geronimo, Sitting Bull, and Chief Joseph; Native delegations to Washington, D.C.; classic images that document transitions in Native life during the early photographic era; and contemporary portraits of American Indians.

Patrol Officer Josh Mayer joins tribal police

BY BRENDA AUSTIN

Josh Mayer was recently brought on board as a patrol officer with the Sault Tribe Police Department.

Mayer attended LSSU and received a bachelor's degree in criminal justice and is a test away from being a certified emergency medical technician.

A Sault Tribe member, Mayer graduated a year ago from police academy training before going to work for the Chippewa County Jail as a corrections officer. He also worked for 12 years with the Sault Ste. Marie Police Department Auxiliary.

Mayer will be traveling between St. Ignace and Sault Ste. Marie as needed in his new position, and said, "I like something different every day and as a police officer you never know what to expect. You get the chance to help people out and do the right thing every day."

Born and raised in the Sault,



STPD officer Josh Mayer

Mayer said his family is a big part of who he is. His mother is Virginia Kaunisto, step-father John Kaunisto and his late father was Marshall Mayer.

"There is good teamwork and morale at the tribal police department and I am happy to be a part of that," he said.

In similar news, patrol officers Eric Rye and Jason Marshall were both recently



Left: STPD officers Jason Marshall and Eric Rye are certified taser instructors.

certified as taser instructors.

Rye works out of the Sault Ste. Marie office and Marshall is located in St. Ignace. Rye graduated from LSSU in 2007 with a bachelor's degree in criminal justice and a minor in fire science and has been with the tribal police department for eight months. He said, "There is

really no way to describe what being shot by a taser is like, but I know you don't want it done to you again. Tasers pulsate 19 times a second and put out about .0039 milliamps, which is very low amperage. A 110-volt outlet that most appliances are plugged into puts out about 16 amps. Tasers are very effective

tools. People have heard many horror stories about them but they are safe."

Marshall said it takes about six hours for someone to become certified to use a taser. "We teach officers about how a taser operates and when and how to use it. Being shot with one is very unpleasant for about five seconds. If one of our patrol officers has a problem now with a taser we will be able to help them with it. Now that we have two of us in our department we can train our own people so we don't have to pay someone else to do it," he said.

Marshall attended Grand Valley State University and also earned a bachelor's degree in criminal justice. He received police academy training from the Kirtland Regional Police Academy in Roscommon, Mich.

Marshall was born and raised in St. Ignace and is a Sault Tribe member.

Park Place City Center project receives tax credits

The Michigan State Housing Development Authority recently announced the Park Place City Center was awarded tax credits to be applied toward restoration and renovation of the old Central Savings Bank and Masonic buildings in Sault Ste. Marie. The tax credits have a face value of \$5.5 million.

As part of this project, a Signature Building Grant was awarded to the City of Sault Ste. Marie to ease the reuse of the former Central Savings Bank Building on the corner of Ashmun and Spruce streets in downtown Sault Ste. Marie. The grant request was for \$165,000 of the \$220,000 purchase price of the building. The renovation and restorations proposed for this project include: retail space and residential housing. The estimated costs for this project are \$5.7 million. The completion of this project

anticipates creating and sustaining at least 14 new jobs, eight retail and six office administrative and building maintenance positions.

The developer for the project is Gerald A. Haan of G.A. Hann Development in partnership with U.P. Engineers and Architects. This is a very positive step in maintaining the vitality of Downtown Sault Ste. Marie through the renovation and reuse of the Historic Central Savings Building and the Masonic Hall Building.

"This project is also in keeping with the communities efforts to revitalize the downtown by providing opportunities for our residents to live downtown, similar to what has already occurred with Avery Square and to preserve Sault Ste. Marie's great historic character," said Sault Mayor Tony Bosbous.



Photo courtesy of Northstar HBH

BUNDLES OF JOY — The latest Habitat for Humanity home at 802 Superior Street in Sault Ste. Marie was completed with an outpouring of community volunteers. An open house was enjoyed on Nov. 9 to celebrate with Ann Kessinger and her family. Maintaining a long-standing tradition, the Keeping the Piece Quilt Guild made quilts for the entire Kessinger family. Above, Logan and Mekayle Kessinger bundle up in their quilts as Laurie DeNeve Ewing of Keeping the Piece displays new home owner Ann Kessinger's quilt.

Bay Mills Community College Winter Registration 2009

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Tools foster science and diabetes education

Schools across the country now have free access to an innovative set of teaching tools designed to increase the understanding of science, health, and diabetes among American Indian and Alaska Native students from kindergarten through the 12th grade. The comprehensive new curriculum, called "Health is Life in Balance," was launched last month at the Smithsonian's National Museum of the American Indian in Washington, D.C.

The curriculum, a product of the Diabetes-based Science Education in Tribal Schools program, integrates science and American Indian traditions to educate students about science, diabetes and its risk factors, and the importance of nutrition and physical activity in maintaining health and balance in life. Applying an inquiry-based approach to learning, the curriculum builds research skills in observation, measurement, prediction, experimentation, and communication. The project was developed in collaboration with eight tribal colleges and universities and several Indian organizations, with funding from the National Institutes of Health, the Indian Health Service (IHS) and the Centers for Disease Control and Prevention.

Diabetes, a major cause of heart disease and stroke and the most common cause in adults of blindness, kidney failure, and amputations not related to trauma, now afflicts nearly 24 million people in the United States. Type 2 diabetes, the most common form of the disease, is linked to older age, obesity, physical inactivity, family

history of the disease, and a history of gestational diabetes. In the last 30 years, the incidence of type 2 diabetes has been steadily rising.

The rate of diagnosed diabetes in American Indians and Alaska Natives is two to three times that of non-Hispanic whites. Nearly 17 percent of the total adult population served by the IHS has been diagnosed with diabetes. After adjusting for population age differences, diabetes rates vary from 6 percent among Alaska Native adults to 29 percent among American Indian adults in southern Arizona. Once seen only in adults, type 2 diabetes is increasingly being diagnosed in youth, especially in American Indian and other minority populations.

"Many people don't know that type 2 diabetes can often be prevented by losing a modest amount of weight through diet and regular physical activity," said Griffin P. Rodgers, M.D., director of the National Institute of Diabetes and Digestive and Kidney Diseases, which contributed most of the funding for the project. "We hope that this innovative, well tested curriculum will reduce the rapidly rising incidence of type 2 diabetes in Native Americans by teaching young people about diabetes prevention."

Alvin Windy Boy, former chair of the Tribal Leaders Diabetes Committee, a group of elected tribal officials who advise the Indian Health Service on diabetes topics, voiced the need for the curriculum at a 2002 meeting of the Diabetes Mellitus Interagency Coordinating Committee, which

coordinates federal research and activities related to diabetes.

The materials were designed and extensively tested by staff in eight tribal colleges and universities, who worked with 63 teachers and 1,500 students in schools across 14 states. "This curriculum is an important step in educating American Indian and Alaska Native youth about preventing type 2 diabetes. The materials are understandable, tailored for students at different grade levels, and make the concepts relevant to our lives and families," said Windy Boy.

"We're pleased that our native youth will now be learning how to prevent type 2 diabetes early in life and in their own schools. We hope some of these students will be inspired to become health professionals to help us in the fight against diabetes and other chronic diseases," added Buford Rolin, who now chairs the Tribal Leaders Diabetes Committee.

The curriculum units provide accurate, culturally tailored materials and lesson plans for use in more than 1,000 tribal schools on reservations and in public schools that have a sizable number of Native American students. "This curriculum can change perceptions and attitudes about diabetes and empower young people to adopt healthier lifestyles," said Kelly Acton, M.D., M.P.H., director of the Division of Diabetes Treatment and Prevention of the IHS, which will oversee distribution to schools.

To order printed copies or CDs of the curriculum free of charge, see the IHS Web site www.ihs.gov/medical/programs/diabetes.



**Best Wishes
for a Merry
Christmas
and Happy
New Year!
-from Win Awenen
Nisitotung**

Letter on setting a healthful example

Kids need much more fruits and vegetables

Dear editor,

As the mother of two lean, healthy vegan children, I'm deeply concerned about the recent study from the Children's Hospital in Kansas City which showed that obese children have arteries comparable to those of 45-year-olds. Unless their parents and school officials help these children slim down, they will likely develop diabetes, heart disease and other life-threatening illnesses. Fortunately, there is an easy way to help kids lose weight: feed them wholesome vegetarian foods.

In Dr. Spock's Baby

and Child Care, the late Dr. Benjamin Spock wrote, "Children who grow up getting their nutrition from plant foods rather than meats have a tremendous health advantage. They are less likely to develop weight problems, diabetes, high blood pressure and some forms of cancer."

Let's all set a good example for children by exercising and eating tasty, cholesterol-free plant-based foods. See www.GoVeg.com for tips on how to keep your kids — and yourself — thin and healthy for life.

Sincerely,

— Christina Matthies

Office manager, Laboratory Investigations People for the Ethical Treatment of Animals Norfolk, Va.

Help senior citizens prevent brain injuries

Anyone who cares for or just cares about an older adult — a parent, grandparent, other family member, or even a close friend — will express concern about keeping a 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, 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.)

2009 Medicare Part D premiums to rise dramatically; where to turn for help

WASHINGTON, D.C.

— Over 2 million low-income Medicare beneficiaries may once again face a disruption to their prescription drug coverage as skyrocketing premium costs and a dramatic reduction in plans available will require them to switch to new Medicare Part D plans to avoid new costs next year.

Changes to the 2009 Medicare Part D plans will force low income beneficiaries to switch to new plans or face premiums they cannot afford or limit access to the medicines prescribed by their doctors, according to a report released Nov. 18 by the National Senior Citizens Law Center (NSCLC).

Open enrollment for selecting a new plan started Nov. 15 and runs until Dec. 31; new plans will take effect on Jan. 1, 2009.

The Low Income Subsidy program provides total or partial premium assistance to over 9 million low-income seniors and individuals with disabilities. These Medicare beneficia-

ries only receive the full benefit of the subsidy if they enroll in plans with premiums below an amount set yearly by Medicare. Because Medicare Part D benefits are administered through private insurance companies, premium costs change from year-to-year and so do the plans that are fully covered by the subsidy.

Approximately 25 percent of Low Income Subsidy recipients are currently enrolled in plans that are fully covered by the subsidy in 2008, but will not be in 2009. These beneficiaries will need to switch to a new plan in order to avoid a premium in 2009.

The majority of these beneficiaries will be automatically reassigned to a new plan by Medicare. But since Medicare's reassignment process does not consider the prescription drug need of the beneficiary, the new plan may not cover their drugs. And the reassignment process can be disruptive and confusing. Reassigned beneficiaries must become accustomed to a new

card, a new customer service center, a new formulary, new use management rules, a new exceptions and appeals process, a new pharmacy network, a new mail order system and more.

The remaining 620,000 impacted Low Income Subsidy recipients will need to change plans themselves in order to avoid the new premium costs starting in January 2009.

It is likely many beneficiaries will not understand the importance of changing plans. These beneficiaries will be surprised to receive premium bills in January. Those who do understand the need to change plans may have difficulty finding another plan that covers the drugs they need.

Beneficiaries seeking assistance making choices about their coverage in 2009 should contact their local State Health Insurance Assistance Program (SHIP). They can get the number for their local SHIP office at www.shipusa.org. For a copy of the full NSCLC report, go to www.nslc.org.

Member offers affordable legal counsel programs

BY RICK SMITH

About three years ago, Sault Tribe member Sheri Green found herself needing legal defense in a lawsuit brought against her by a landlord. While searching for information on Michigan landlord-tenant law, she learned about Pre-Paid Legal Services, Inc., a network marketing company for attorney services originally founded in 1972 based in Ada, Okla. The company offers legal services in a variety of plans on monthly, semi-annual or annual terms. The legal services, when needed, are provided by established law firms around the country. Think of it as something like insurance for specific legal needs.

Green knew for certain she needed help and the company offered a plan she could easily afford; she enrolled as a client member receiving representation by a long-established law firm in Troy, Mich. Afterwards, she said the tables turned in how the lawsuit against her was proceeding. She eventually prevailed in the contest, even



Sheri Green

receiving compensation from the landlord for the troubles she was put through because of the suit. Green said of her law firm, "They treated me like I was paying them \$500 an hour."

Today, Green still maintains her legal assistance arrangement through Pre-Paid Legal Services. In addition, she thinks enough of the company's way of doing business that she recently became an independent sales associate for them.

"I believe in them because they've always been there when I've needed them," said Green. "Any time I have legal ques-

tions, I can just give them a call."

According to the company, a basic service plan starts at \$26 per month and provides limited coverage on affairs such as attorney review of documents or contracts, preparation of wills, motor vehicle violations or accidents, defense in civil suits and audits by the Internal Revenue Service.

The company also offers other low-cost optional services and plans for family and business needs.

According to the company, Pre-Paid Legal Services provides legal assistance plans through a network of independent law firms across the United States and Canada. Plans are available on an individual basis or to groups as an employee benefit through payroll deduction.

Anyone interested in learning details about Pre-Paid Legal Services may call Sheri Green in Sault Ste. Marie at (906) 635-6596 or on her cell phone at 440-4679.

Community Health Access Coalition provides safety net for uninsured

SAULT STE. MARIE — Each day that staff members at Community Health Access Coalition (CHAC) in Sault Ste. Marie go to work, they know there will be an opportunity to help someone in Chippewa County with a serious need. It happens all the time.

"Community Health Access Coalition is a safety net program that makes a difference in the health and lives of our families, friends and neighbors in Chippewa County," said Paulette Sporte, CHAC administrative assistant. "It's gratifying to be able to connect them to services answering a basic human need — health care for uninsured, working-age adults of our county."

CHAC opened its doors in Sault Ste. Marie and began enrolling patients into the program in 2004. It extended services to Luce and Mackinac county residents in 2005. Its tri-county staff sees positive results from their work with program enrollees and the many medical providers and social services offices that make up that safety net.

Like Access Coalition staff members around the U.P., they connect residents' health care needs to volunteer services from area doctors, hospitals, clinics, pharmacies, and other support sources.

One uninsured middle-age Chippewa County resident enrolled in the program says she's thankful for being able to call the office and get answers to questions. She says she's

grateful to be able to get the medical care she needs, after going without medications because she couldn't afford them and waiting to see a doctor until health conditions became problematic.

"CHAC is able to provide the coordinated health care services because of the wonderful volunteers in our community," said Andrea Osborn, CHAC program manager in Sault Ste. Marie.

"The medical providers that partner with CHAC make a difference every day in the lives of the uninsured by donating their time and expertise; the local hospitals and pharmacies provide donated and discounted services, and local volunteers donate their time to enroll patients into our program as well as complete paperwork for additional services for CHAC patients."

In 2007, for example, CHAC secured more than \$1.5 million in donated care and services for 861 patients.

"I am proud to say that CHAC staff was able to provide over \$540,000 in donated pharmaceuticals for our patients in the tri-county area by completing Pharmaceutical Assistance Program (PAP) applications," Osborn said. "By assisting to bring these pharmaceuticals to our patients, we are completing the circle in the continuum of medical care, from health care provider visit to hospital services to prescription assistance," she added.

In communities across the

Upper Peninsula, local Access Coalition staff help keep medical care within reach for thousands of their fellow UP residents. Their coordination activities locate services to assist patients without health insurance — arranging for doctor or clinic appointments; coordinating laboratory tests, X-rays and specialty care; applying for medications from patient assistance programs and connecting them with other community resources and services.

Overall, in 2007, five local Access Coalitions in the UP located and coordinated more than \$3,799,000 in donated or low-cost purchased direct care services and medications for 3,014 uninsured residents. That was up substantially from \$2,665,000 in 2006. Pharmaceuticals alone accounted for \$2.1 million of the 2007 figure.

In doing so, they partnered with more than 400 physicians, 13 hospitals or health care systems, six health departments and a wide range of community service organizations that volunteer care, services and other resources.

If you, a friend or loved one are uninsured and a resident of Chippewa, Luce or Mackinac counties, perhaps CHAC can make a difference for you. Contact Paulette Sporte in Chippewa County at (906) 635-7483; Rachel Brown in Luce County at (906) 293-8355, or Rashel Morningstar in Mackinac County at (906) 643-7253.

Social Security releases plan

SUBMITTED BY SALLY GUAY

With the end of the year fast approaching, many people are already making plans for the new year and beyond. As Americans look to the future, so too is Social Security. Recently, the agency released its new strategic plan with the motto, "Social Security Benefits America."

This five-year plan identifies the challenges Social Security faces and steps needed to meet those challenges. This plan charts the course to effectively manage Social Security's core workloads and work toward enhancements of our service.

There are challenges, such as the backlog of disability claims and the increasing population of retirees due to the aging baby boomer population. To address these challenges, the plan concentrates on four specific goals:

- Eliminate the hearings backlog and prevent its recurrence;
- Improve the speed and quality of the disability process;
- Improve retiree and other core services; and
- Preserve the public's trust

in Social Security's programs.

The plan also notes the two keys to meeting our goals: Social Security's dedicated employees and advances in information technology.

Our commissioner, Michael J. Astrue, said, "Our workforce is one of our greatest strengths. The challenges we face haven't shaken our resolve to provide the vital services Americans depend on. We will need to rigorously explore and wisely employ new technology. To achieve a strong and modern infrastructure we need to invest in technology."

Abraham Lincoln once said, "The best way to predict your future is to create it." That's exactly what we're doing with this plan — creating our future. This plan charts the course we will need to take over the next five years to make our vision a reality. Working together with the president, members of the Congress and our stakeholders, we can provide world-class services for generations to come.

You can read the full text of Social Security's strategic plan at www.socialsecurity.gov/strategicplan.

Bridget Smith, RN, BSN Chippewa County Health Department



Bridget started with CCHD June 11, 2006 as a Home Health and Hospice Nurse. She graduated from LSSU in 1997 and is also certified as a Home Health Coder.

When asked what she likes most about being a Home Health/Hospice nurse Bridget stated, "Being able to provide care in an environment the patient is familiar and comfortable with and where the family is a part of the team of caregivers. Also providing the patient with more security and peace of mind."

What sets us apart

Our staff: Our dedicated nurses, social workers, counselors and home health aides form a "cocoon of care" around our patients and families.

Our expertise: Because we are one of the largest programs in the county we have specialists in many areas including a nurse certified in Wound Ostomy care. We provide foot care in the home or in a clinic, we have nurses specialized in pain management and specialized children's programs, as well as certified Hospice Nurses.

Our experience: We have been serving our communities for more than 72 years. CCHD is certified through Medicare and accredited by CHAP.

Our location: Wherever you are, we have a team of home health & hospice specialists who can help you.

Our commitment: We care for all who need and seek our care. We are available 24 hours a day, seven days a week for our patients, their families, and for admissions.

Our size: We serve nearly 250 patients and their families every day.

Chippewa County Health Department
Caring for You Since 1936
(906) 635-1568



Put yourself in our hands.
Together, we CAN make a difference!

www.chippewahd.com

May the new year bring you peace and prosperity.

From the Kitchen of Bob Flowers



Bob's Monkey Bread

SUBMITTED BY BOB FLOWERS

This recipe will look similar to the basic bread recipe published previously. The difference is this recipe takes that great bread and turns it into a delectable treat your family won't be able to resist. Enjoy.

Bread ingredients:

Six cups whole wheat or all purpose flour, or a mixture of four cups whole wheat and two cups all purpose flour.

- 2 pkgs. active dry yeast
- 3 tsp. salt
- 2/3 cup sugar
- 3/4 cups cooking oil
- 2 cups tepid water (115°F)

Coating ingredients:

- 2 cups sugar
- 3 tbs. ground cinnamon
- 2 sticks melted butter

Combine the flour, yeast, salt and sugar with a balloon whisk. Add the water and cooking oil. Mix together with your hands until the dough begins to form. If the dough is too dry and hard to work, add another eighth-cup of water. Begin kneading the dough by folding from one edge to the center and punching down. Turn the bowl a quarter-turn and repeat the folding/punching down action. Continue this process for 10

minutes. The dough should become smooth and elastic. When the dough ball is complete, rub all over with butter and cover with a clean linen cloth. Place in a warm area and let rise for a half-hour, or until the dough doubles in volume. Punch down again and begin making the monkey bread.

Combine the cinnamon and sugar. Melt the butter over low heat or in the microwave. Break off a small ball of dough, about an inch in diameter; or the size of a meatball. Roll it into a ball and dip it into the melted butter. Roll the buttered dough-ball in the sugar-cinnamon mixture. Place into a deep casserole dish. Repeat this process until the dough-balls fill the pan. Cover and let rise to double volume.

Preheat the oven to 400F. Bake the monkey-bread until lightly browned on top, approximately 25 minutes. To test, lightly thump the dough with a knuckle. It should sound hollow. Remove from the oven and let cool. Serve as snacks or for desert. Just let everyone tear off pieces.

If you desire, you can work chopped apple into the dough before rolling into balls. This is wonderful as well.

Gathering writes: bounty

BY JENNIFER DALE-BURTON

It's just about time to settle in for the winter. This is when I like to take it easy and start knitting, beadworking, sewing and reading — when I can. My husband plans to keep me busy having fun outside and cooking everything we've stored up. Later we hope to do some ice fishing.

Below is a recipe for tough venison cuts that seemed apropos for this time of year. This winter I will show you how we put our gathered foods to use, and when we get cabin fever, we can all start daydreaming about spring. Speaking of which, my husband and I attended an edible wild mushroom clinic at Bay Mills Community College this fall. It was great. BMCC instructor Mike Doyle just happens to be a real mycologist — mushroom

scientist. We learned a lot. One thing confirmed for my husband and I was the edibility and identity of witches butter, a yellow jelly fungus. It really doesn't taste like anything but it's fun to eat because it's so rubbery. Among the 20-plus who attended were enthusiasts who want to start a wild mushroom club next spring. If interested, give me call in the spring ... but if you want to join you have to eat some witches butter!

Venison Swiss Steak

This is a good choice for your tougher cuts like the shoulder. Searing and then simmering the venison in tomato sauce tenderizes the meat. I would never waste a tenderloin on this recipe. My swiss steak calls for onion and carrots and is prepared on the stove top.

One large sweet onion

- Olive oil
 - 1.5 pounds venison
 - One 32 oz. can crushed tomatoes
 - Two fresh tomatoes
 - Pepper
 - Salt
 - Flour
 - Warm mashed potatoes
- Put a skillet on medium heat. Add enough olive oil to brown a large onion. Slice onion into thin rings and add to skillet. Slice venison as thin as practical then tap chef knife up and down the length and then the width of the meet to make a crisscross pattern. Cut meat into 3-inch x 4-inch pieces, dip in flour seasoned to taste with salt and pepper, then shake off excess flour. Turn heat to medium high and add meat, browning on both sides. Add fresh tomatoes, diced and seeded. Add crushed tomatoes. Turn heat down to medium low and cook for 20 minutes. During this time clean and slice carrots, boil for 10 minutes in a separate pan then drain and rinse. Add carrots to skillet. Turn skillet to low heat and let simmer slowly for 20 more minutes while you prepare the rest of your meal. Serve over warm mashed potatoes. Good with steamed green beans, a salad of greens and a big hunk of sourdough.



At left, Dr. Doyle holds an amanita, a poisonous mushroom.

Photo by Shar Myers/Bay Mills News

Break In the New Year!
OVER \$60,000 in CASH PRIZES!
 December 31, 2008
 Kewadin Casino - ALL SITES
 6-10:50 pm Random Cash Draws off Slot, Tables & VIP
 11:15 pm GRAND PRIZE DRAW
 Earn Entry ticket by playing Slots or Table Games!

Upcoming Events

Hessel Casino's Elves at Work
 Now to December 11th \$5 in Tokens for donating a toy of \$5.00 in value or more.

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

Hall of Fame Inductee & Former Detroit Lions Tight End Charlie Sanders
Kewadin - St. Ignace
 Free Autograph Signing
 December 6th, 2008
 12:00 Noon to 2:00 pm

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Ray Stevens
 Friday, October 10th
 Sault Ste. Marie, Michigan



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



There's no place like Kewadin.

Happy Holiday from Your Friends at Kewadin Casinos



Weekly Events

Rapids Lounge Entertainment
 Sault Ste. Marie

Comedy starts at 8pm – Thurs.
 Dec. 4th Bil Benden & Todd Link

Live Music starts at 9pm Fri. & Sat.
 Dec. 5 & 6 Touch of Class

Northern Pines Entertainment
 St. Ignace

Wednesday Comedy Shows start at 9pm
 Dec. 3rd Bil Benden & Todd Link
 Live Music starts at 9pm Fri. & Sat.
 Dec. 5 & 6 Driven

Team Spirits Bar Entertainment
 Manistique

Karaoke – Dec. 5th & 6th

Lightening Strikes – Dec. 12th & 13th



Kewadin Casino Halloween bash full of creatures and features



Nick VanAlstine as Michael.



Photo courtesy of Sault CVB

The Sault Convention and Visitors Bureau (CVB) awarded Stephanie Sprecker the Shining Star recognizing her excellent customer service practices. Every employer wants an employee who practices substantially to increase productivity, efficiency, satisfaction and improve the quality of services, combining overall guest experiences. Stephanie is a great example for Kewadin Casino Hotel and Convention Center. Pictured above (L-R) is CVB's Linda Hoath with Kewadin's Sprecker and Carol Eavou.



Deb Pine at Child Care as Sarah Palin



Shirley Garrow as a witch.



Pat Enos as devil in a blue dress

TIS THE SEASON TO BE SCARY — Kewadin Casinos staff used their imaginations to create some real whopper outfits this Halloween. Pictured here are just a few of the horrors that came to life this Halloween.



Roberta Syrette as a red bat



Luke Benard as a ghost buster

Mackinac County Animal Shelter

980 Cheeseman Road, St. Ignace,

906-643-7646

Open Monday – Saturday, 9 a.m. to 1 p.m.,
Sunday 9-11 a.m. or Call for an Appointment.

Kittens! Kittens! Kittens!



Adorable baby boy has loads of purr-sonality!



A passle of pretty puddies!

Shiny-eyed little girl kitten loves to play!



— DONATIONS WELCOME —

Mackinac Animal Aid Association is a 501C3 non-profit — all donations are tax deductible.

All donations are greatly appreciated.

Send to: Mackinac Animal Aid,
P.O. Box 92, Moran, MI 49760

Honoring our Veteran's Powwow held in Kincheloe



Above left: Veteran's during grand entry. Tracy Heath, staff carrier, Gene Reid, head veteran and Gene Biron, flag carrier. Left: Lakota Captain, women's fancy dancer.

Veteran Tracy Heath received thanks from traders from Manitoulin Island.



The 2008 Honoring our Veteran's Powwow took place Nov. 8 & 9 in Kincheloe, Mich.

Photos by Brenda Austin

2008 Sobriety Powwow

Dec. 31 at Sault Tribe's Big Bear Arena.
Grand Entry at 1 and 7 p.m.
Feast at 5 p.m. All Are Welcome!

Frank Buswa-Bnaswi
Head Veteran

Bernadette & Maheengun Shawanda
Head Male & Female Dancers

To Be Announced
Junior Head Dancers

Star Lodge Bahweting Singers
Host Drum Co-Host Drum

Buck Teeple, Jody Gaskin
Emcees

Richard Lewis
Arena Director

Spiritual Gathering begins at Noon,
Dec. 30 at the Niigaanigiizhik Building

Midnight Countdown! Games! Hand Drum Exhibition! Potato Dance! Vendors!
Prizes! Free Skate! Coloring Contest! Grandprizes: Girl's Bicycle! Boy's Bicycle!

Absolutely no Drugs or Alcohol. Call Bud, Laura of Josh at 906-635-6050 for more information.



Above: George Bellant, head dancer. Below: Abe Bouschor and Cheyton Villaluz.



Birthday surprise at Sault family reunion



Photos by Rick Smith

A family reunion on Nov. 23 at the Niigaanagizhik Building in Sault Ste. Marie featured the 81st birthday celebration of Sault Tribe member Basel Willis and a reunion with his granddaughter, Tahneal Willis, whom he hadn't seen in 10 years. About 100 people attended the event with some family members coming from as far away as California. In the photo above, Willis is escorted to his birthday cake and cards, unaware his daughter, Barbara Willis, and her daughter, Tahneal, wait hidden behind a curtain next to the cake. Above right, grandfather and granddaughter join in a joyous hug with mom watching as an aunt, Marsha Willis, looks on. The trio pose below right.

With winter comes a different kind of beauty

Branches were dipped in frosting this morn and the sun cast a fairyland spell; each fragile twig looked feathered and white and beckoned a heart to swell. A winter treasure - a sight to behold - while silence augmented the scene; I wanted to walk through an open gate to find the artist, supreme. No gate could I see, but awe captured my soul; the canvas would change, as nature intended, but I'd witnessed her morning's goal. — Author unknown



Photos by Brenda Austin

A view of the International bridge to Canada from Easterday hill by LSSU.

Winter dreams, a cotton candy world greeted the Sault early one morning.



Waiting for a winters walk at the tribe's Culture Camp on Sugar Island.

A barn and dead tree stump silhouetted against a winter sky.

Mortinsen-Doerner exchange wedding vows

Amy Lynn Mortinsen and Douglas Alan Doerner of Perry, Mich., were married on July 26, 2008, at the House of Prayer in Haslett with Pastor Tom VanDyke officiating. The bride is the daughter of Jerry and Pamela (nee Maleport) Mortinsen of Perry and the groom is the son of Walter and Barbara (nee Britten) Doerner of Perry.

The bride wore a strapless satin white gown trimmed in apple red, a fingertip veil with scattered crystals and a complimenting tiara made



of crystals and pearls. She carried a cascading bouquet of red and white roses.

Her matron of honor was her sister-in-law, Melissa Mortinsen, and the best man was Walter Doerner, father of the groom.

Bridesmaids were Robin Mortinsen and Amanda Aldapa, cousins of the bride, along with Samantha Doerner, sister of the groom. The girls' dresses were apple red and they carried bouquets of white and red roses.

Groomsmen were Alex

Doerner, brother of the groom, along with Darin Mortinsen and Jason Mortinsen, brothers of the bride. The men wore black tuxedos with matching black vests and apple red ties.

The flower girl was Makenzie Doerner, daughter of the bride and groom, escorted by the ring bearer, Owen Doerner, son of the bride and groom.

Ushers were Kirk Mortinsen and Daniel Maleport, uncles of the bride, Dale Conning, cousin of the bride, and Dale Bitten, uncle of the groom.

In attendance were Rosetta Maleport, grandmother of

the bride, Myron and Delores Mortinsen, grandparents of the bride, and Nancy Doerner, grandmother of the groom, along with many friends and relatives from near and far.

A reception for 250 guests followed the ceremony at the Comstock Inn in Owosso, Mich.

The bride is a 2008 graduate of Baker College of Owosso with a bachelor of science in elementary education and is now employed with Morrice Community Schools. The groom is employed with Ameri-Construction in Lansing, Mich.

The bride and groom now reside in Perry.

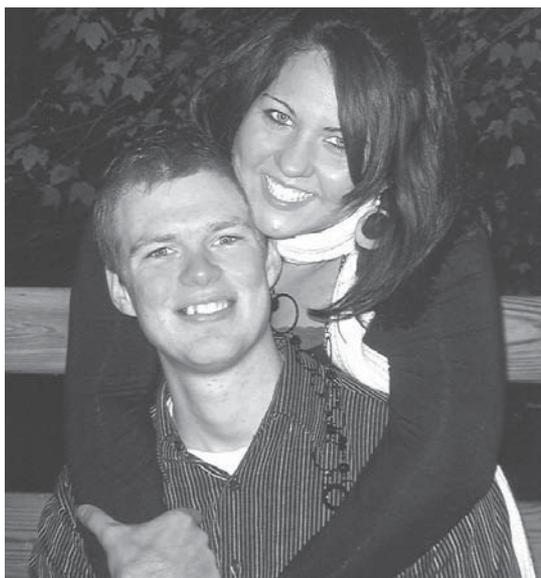
Cairns and Vandermate engaged

Jeff and Kim Cairns are pleased to announce the engagement of their daughter Jenna Cairns to RJ Vandermate, son of Randy and Carol Vandermate of Rudyard.

The bride-to-be is a 2006 graduate of Sault High School and UP North School of Cosmetology. Jenna is currently employed at Christian Freedom International as an administrative assistant and at Color Me Beautiful Salon as a hair stylist.

The groom-to-be is a 2005 graduate from Rudyard High School and a 2007 graduate from ITT in Grand Rapids. RJ is employed at Gentex as a technical manager.

An April 25, 2009, wedding is being planned. The couple will reside in Holland, Mich.



Preseau's celebrate 45th

Dean and Bonita Preseau of Cheboygan, Michigan celebrated their 45th wedding anniversary Aug. 24 in Las Vegas, Nev. Their daughter Deborah, and husband Robby W. Jarnigin and twin sons Jesse and Joshua made the trip with their parents.

This trip was also special for Deborah and Robby as they celebrated their silver (25th) wedding anniversary on Sept. 30. Dean and Bonita were married Aug. 24, 1963 in Cheboygan, Mich.

Dean and Bonita also have a son Jeff (Shelley) and children Jeffrey, Rachel and Ethan of Charleston, S.C. They also have a daughter Jennifer (Chad) Zalewski of



Mishawaka, Ind. The Jarnigins also have a son Jeremy of Flint, Mich. Dean, Deborah and sons are all members of the Sault Tribe.

Walking On

IONE MARIE MORAN

Ione M. Moran, age 86 of Walled Lake died Sept. 23, 2008.

Best friend and companion of John. Beloved mother of Linda (M.C.) Troop, Lou-Ellen (Jim)

Gandenie, Lee-Ann Sanford, Tom (Jan) Moran, Celeste Busch, Shawna (Terry) Nowak, Martin (Robin) Moran and Patrick (Laura) Moran. Also 16 grandchildren and 14 great grandchildren. Sister of Vernon Martin and Ruth Sprague. Lynch and Sons Funeral Home of Walled Lake, Mich. assisted the family with arrangements. Interment was at Highland Cemetery. Memorials may be sent to Children's Hospital of Michigan in her memory.



SALLY P. BURKE

Lifelong Newberry resident, Sally P. Burke, 70, died Nov. 4, 2008, at Helen Newberry Joy Hospital in Newberry.

Born Aug. 1, 1938, in Dollarville, daughter of the late Leslie and Pauline (nee Kelts) Eddy, Sally was a 1957 graduate of Newberry High School. On Oct. 11, 1958, Sally married Clarence Burke Sr. and made Newberry their home. She was formerly employed at the Newberry Regional Mental Health Center, the Luce County Annex and Community Action. Sally most recently was employed as a

Community Health Technician and B.C.C.C.P. coordinator with the Sault Ste. Marie Tribe of Chippewa Indians for the past 16 years, retiring in February 2008 due to her declining health. She was formerly a volunteer and E.M.T. for the Luce County Ambulance Corp., trustee of Chippewa-Luce-Mackinac Community Action Agency and also Luce County D.H.S. She was an avid hockey and football fan and her hobbies and interests included camping, traveling and reading.

Besides her parents, Sally was preceded in death by her daughter-in-law Patricia Burke.

Survivors include her loving husband, Clarence, Sr., of Newberry; children, Polly (Jim) Sevarns, Bud, Dave (Ethel) and Kevin (Linda) all of Newberry; 18 grandchildren and 20 great-grandchildren; siblings Joanne Karlson, Barbara Simmons, Marie Smith, Bob Eddy and Kim Eddy all of Newberry and Judy Stucke of Lomira, Wis. Friends called at the Beaulieu Funeral Home in Newberry on Nov. 6 and funeral services were held Nov. 7 at the River of Life Worship Center with Rev. Amos Wittenmyer officiating. Interment took place at Forest Home Cemetery.

Memorials may be directed to the Luce County Ambulance Corp. or T.A.Y.H.A. in memory of Sally P. Burke.

Condolences may be expressed online at www.beaulieufuneralhome.com.

Beaulieu Funeral Home in Newberry assisted the family.

JOSHUA D. GLASHAW

On Nov. 1, 2008, Joshua D. Glashaw died of complications from Marfan Syndrome at the Mobile Infirmary in Mobile, Ala.

He was born in Marquette, Mich., Sept. 17, 1978. He graduated high school from Whitefish Township School in Paradise, Mich.

Survivors include his wife, Jillian "Summer" Glashaw, sons Joseph and Jared "Aiden" all of Mobile; parents, April and Terry Schmidt, of Moundville, Ala., and Paul Glashaw of St. Ignace, Mich.; sisters, Samantha Glashaw and Ashley Schmidt of Moundville; brothers, Dan Schmidt of Eaton Rapids and Tyler Schmidt of Moundville; grandparents, Alice (Dutcher) Gamble of Hessel, Mich., James and Janie Gamble of St. Ignace; great grandmother, Mrs. Charles Gamble of St. Ignace; step-sisters, Tasha and Kristina of Miami, Fla.; niece and nephew, Caitlin and Daniel Schmidt of Eaton Rapids; and several aunts, uncles, cousins and friends.

Josh was preceded in death by uncles, Paul and Perry Gamble, and aunt, Melody Gamble Montcalm.

Arrangements were handled by Pine Crest Funeral Home and Cemetery of Mobile, Ala.

—Continued on page 15.



Births...

Andy Michael and Sarah Markert of Kill Devil Hills, N.C. announce the birth of their first child, a son, Weslee Anthony Michael. He was born Oct. 24 weighing 7 pounds, 4 ounces and was 19.5 inches in length.

Paternal grandparents are Ron and Wendi Willoughby of Kill Devil Hills, N.C.; maternal grandparents are Bonny Payment Blanchard of Harbinger and Ned Markert of Coinjock, N.C.



Great-grandparents are the late Merlin "Bunny" and Madeline Payment of Grandy, N.C. And a great, great grandparent – Dorothy MacDonald Hillier of Sault Ste. Marie, Mich.

In memory of Gloria "Shine" Paquin

Nov. 12, 2007

Mother dear, it's painfully clear, it's been a year, Your mother's touch I miss so much.

You straightened my hair to show you care,

You touched my collar just to say you're my daughter,

Your wonderful smile, I can only hold in my heart to desire.

You were my inspiration in any situation,

My solid rock is gone and I have to go on.

You gave me legs to walk with.

You gave me hands to work with.

You gave me eyes to see with.

You gave me ears to hear with.

You gave me my life to give to my son and then to my granddaughters.

You gave me a heart, that's been broken.

It's painfully been a year, My dear mother dear.

I can't hold you in my arms so I hold you in my heart.

I love and miss you my "Shining Star."

Until we meet again, shine on.

Love,
Your daughter,
Connie Paquin

RONALD S. LAWRENCE

Ronald Stephen "Highest Part of the Day" Lawrence walked on to be with his Lord at War Memorial Hospital on April 26, 2008. He



was born on Oct. 16, 1952. Anyone who know or met Ron also knew of his love for God's creatures. Ron gave much of his spare time to the Chippewa Animal Shelter, bringing cats and kittens to his home and nursing them to good health with his R.L.C. Ron also respected his Native American culture, serving on the Sugar Island Powwow Committee as treasurer and working from morning until evening with friends to help set up. He gave 150 percent of his heart – the Native American way. Ron was a loving and caring man who would never say no to anyone. He was a loving son, husband, brother, uncle and friend. Ron moved to Sault Ste. Marie four years ago after retiring from General Motors Corporation in Pontiac.

Surviving Mr. Ron Lawrence are his former wife, Diane, his mother, Ann "Red Sky at Dawn Woman" Austin of Vero Beach, Fla., his twin brother Donald (Pearl) Lawrence of Walled Lake, his sisters Diana (Daniel) Bonner of Vero Beach, Fla., Sharon Sparks of N.M., and also his Aunt Verna Osterhout and family. Also surviving are his nephews, Randy Lawrence Sr., Donald Lawrence Jr. and Donald Sparks; nieces, Barbara (Bonner) Markowski, Rae Ann (Sparks) Mendoza, Kathy Hollins, Debbie Quinnoes, Kim Hill, Key Ann Lawrence, as well as many great nieces and nephews; his stepmother, Norma Lawrence, step-sister Bridget (Lawrence) Miller, and step-nephews Robert, Michael and Ronald Miller.

Preceding Ron Lawrence in death are his father, Clayton Lawrence, his uncle, Slim Lawrence, and his sister, Patricia Ashcraft.

How I bore you on eagles' wings and brought you to myself. We will see you again, our dear Ron. We will miss you, along with your pets, Angel and Charles. We will give them loving care, the same care you would have given them. Now blow into the winds on Mission Hill with your preceding pets; Sylvester, Calvin and Ernie. You'll all be together now.

Visitation was at the Niigaanagizhik Ceremonial Building from April 27 until services on April 29, 2008.

Arrangements were in the care of Hovie Funeral Home.

ANN AUSTIN

Ann "Red Sky at Dawn Woman" Austin walked on to with be the Lord on Sept. 19, 2008, in Vero Beach Fla. Surviving Ann is her son, Donald Lawrence, daughters Diana (Daniel) Bonner and Sharon Sparks. She also leaves behind nine grandchildren, seven great grandchildren and three great great grandchildren.

Ann also left behind her beloved companion, "Baby."

Ann was preceded in death by her husband, Harry L. Austin, son, Ronald S. Lawrence and daughter, Patricia Ashcraft. A memorial service was held at Fort Bliss National Cemetery Sept. 30. She was laid to rest with her husband, Harry L. Austin. Ann was also interred with her loving mother, Charlett Bonno at Riverside Cemetery, Sault Ste. Marie, Mich., on Nov. 14, 2008.

Ann was born in the Sault, where she lived and raised her five children. In 1965, Ann moved to El Paso, Texas to be with her eldest child, Patricia Ashcraft, who was in poor health. Ann worked for the El Paso School District as head baker and retired from the Ysleta School District. She also was a member of the Ladies Auxiliary post 36 of El Paso where she volunteered and donated her time working the kitchen and baking her famous pies for fund-raising projects. Ann was an active member of the Red Hat Society, charter, "Red Hot Tomatoes." We will miss you dearly and you will be with us through all the wonderful family traditions you've brought to all of us and your famous recipes will be passed down for generations to come.

JOHN J. MADIGAN JR.

Address given at his funeral Bensalem United Methodist Church Bensalem, Pa.

Boozhoo (Greetings):

I am Craig Mullenbrock. John is my zhishay (uncle). With his daughter Michelle's blessing, I will give you a small glimpse of something John was very proud of — his Native American heritage.

The Sault Ste. Marie Tribe of Chippewa Indians is a modern expression of a people referred to as the Anishinaabek (original people) who have lived in the Great Lakes region for more than 500 years.

Though they would migrate based on the seasons, their descendents made their homes near the rapids of the St. Marys River — an area referred to as Bahweting (place of the rapids), the gathering place — today, the cities of Sault Ste Marie, Mich., and Ont. It was here John J. Madigan, Jr., was brought into this world by Mildred Bliss Madigan, my nokomis (grandmother) and John J. Madigan, Sr., my mishomis (grandfather). It is from John senior's lineage that the Chippewa blood flows.

The Kitchi-Gumee Anishinaabeg (the people of Great Lakes) are the end product of thousands of generations on a continuum of pre-historic and historic period evolution and change. They are of the Algonquian speaking language.

The origin of the Anishinaabeg begins in this way: "The Great Spirit once made a bird and he sent it from the skies to make its abode on Earth. The bird came and when it reached halfway down



among the clouds, it sent forth a loud and far-sounding cry, which was heard by all who resided on the Earth and even by the spirits who made their abode within its bosom. When the bird reached within sight of the Earth, it circled slowly above the great fresh water lake (Kitchi-Gumee) and again it uttered its echoing cry. Nearer and nearer it circled, looking for a resting place, pleased with the numerous whitefish that glanced and swam in the clear waters and sparkling foam of the rapids. Satisfied with its chosen seat, again the bird sent forth its loud cry and the clans of bear, catfish, loon and marten gathered at his call. A large town soon congregated and the crane, whom the Great Spirit sent, presided over all."

One way John's ancestors would honor those who have died, or "walked on," is by holding a "jiibay wiikongewin," sometimes referred to as a ghost supper or feast. This ceremony had many unique versions based on the clan or community customs. Often, a sacred fire will be lit so that food and tobacco offerings can be made. This is done prior to anyone eating. Sometimes those who were carrying drums were invited to share their sound and songs might have been sung. Usually, the area or building was smudged prior to eating. One or more of the traditional medicines were used: giizhik (cedar), weengashk (sweet grass) mshkadewashk (sage) and aseema (tobacco).

Today, people who still practice this custom prepare a feast place where a chair is left empty, but everything is placed there as though that person would sit and partake of the feast. The empty chair serves as a place for the spirit to sit. When all eat, the empty seat serves as a reminder of the goodness that person brought into our lives and gives thanks for all that we have received and will receive in the future.

John has "walked on" during bnakwe giizis—the falling leaves moon. As we gather today, far from the "gathering place" where John was born, may we remember him for the goodness he brought while he walked among us.

TRACY LYNN MCCRORY

Tracy Lynn McCrory, 28, of St. Ignace, died Oct. 17 at St. Mary's Hospital in Saginaw. She was born in Petoskey on July 31, 1980.

Her parents were Robert W. and JoAnn (nee McCrory) Rutledge.

She worked at the Budget Host Motor Lodge for eight years in housekeeping and maintenance. She was a member of the Moose Lodge in St. Ignace and the Sault Tribe.

She is survived by her mother, JoAnn Rutledge of St. Ignace; sisters Melissa "Missy" (Alex III) Lavake of St. Ignace and Carol Ann Rutledge of Jackson; several aunts, uncles, nieces and nephews.

She is predeceased by her father, Robert Rutledge and her grandparents, Very and Pat McCrory.

Funeral services were held

Oct. 21 at Dodson Funeral Home with Deacon Donald Olmstead officiating. Burial was in St. Ignatius Cemetery.

MAYBELLE MCPHERSON

Maybelle McPherson, 82, of Sault Ste. Marie, Mich., passed away Nov. 4, 2008, at War Memorial Hospital surrounded by her family. She was born on May 29, 1926, in Sault Ste. Marie.



Maybelle was a member of the VFW Ladies Auxillary Post 3676 and the Sault Tribe of Chippewa Indians. She loved playing slot machines, but was most happy spending time with her children and grandchildren.

She is survived by two daughters, Mary McPherson of Sault Ste. Marie and Diana (Pat) Compton of Georgia; two sons, Danny McPherson of Sault Ste Marie and Joseph (Evelylene) McPherson of Brimley, Mich.; a daughter-in-law, Connie McPherson of Sault Ste. Marie; a sister, Betty Fizzell of Maine; 21 grandchildren, 29 great-grandchildren and three great-great-grandchildren.

Maybelle was preceded in death by her parents, James and Mary (nee Sawasky) Lewis; two sons, Bill McPherson and Archie McPherson; two grandsons, Jamie Compton and Chuck McPherson; a great-grandson, Gerald McPherson; and several brothers and sisters.

Visitation was at C.S. Mulder Funeral Home on Nov. 7. Funeral services were on Nov. 8, at C.S. Mulder Funeral Home with Brother John Hascall officiating. Burial was at Riverside Cemetery.

Condolences may be left online at www.csmulder.com.

REPHELIA M. TAYLOR

Rephelia M. Taylor, 87, of St. Ignace, died at Mackinac Straits Hospital's Long Term Care on Oct. 22, 2008.

She was born to Oliver and Belle (nee Mang) Vallier in St. Ignace May 14, 1921, and married Chester H. Taylor April 6, 1940. He died April 3, 2002.

Mrs. Taylor loved her church and enjoyed playing bridge and painting.

She was a member of the Sault Ste. Marie Tribe of Chippewa Indians.

She is survived by her daughters and families, Brenda

and Robert Backie of Ortonville and Janice and Jerry Hooper of Prudenville, nine grandchildren and 12 great-grandchildren.

Prayer services and visitation were at Dodson Funeral Home Nov. 8 with Father Allen Mott officiating.

Graveside services followed at St. Ignatius Cemetery.

ALVIN J. WILLIAMS

Alvin "AJ" J. Williams, 86, of Sault Ste. Marie, passed away Nov. 8, 2008, at War Memorial Hospital. AJ was born on May 17, 1922, on Sugar Island, to Jane Williams and Alvin Goodreau (both deceased).

Alvin proudly served his country during WWII in the US Army as a machine gunner. He was a member of the VFW and a member of the Sault Tribe of Chippewa Indians. He retired from Chrysler Corporation as a sheet metal man. He enjoyed country music and playing his big base fiddle with area musicians, especially Rolly Mayer and Jim Parr.

He is survived by his wife, Marilyn, of Sault Ste. Marie; a son, Mark Williams, of Pontiac; a brother, Abraham Bouley, of Escanaba; and a sister-in-law, Peggy (Tom) Binkowski, of Detroit. Also surviving are many grandchildren, nieces and nephews, whom he loved dearly.

Alvin was preceded in death by his son, Raymond Williams; his daughter, Judy Williams; a grandson, Lance Williams; brothers George (Rita) Bouschor and Antoine (Maxine) Bouley; sisters, Dolly (Milton) Lewis and Georgianna (Arvil) Tucker; and his sisters-in-law, Colleen (Don) Turkiewicz and Patty Kajma.

Prayer services were Nov. 12, at Clark Bailey Newhouse Funeral Home. Graveside services followed at Oaklawn Chapel Gardens Cemetery.

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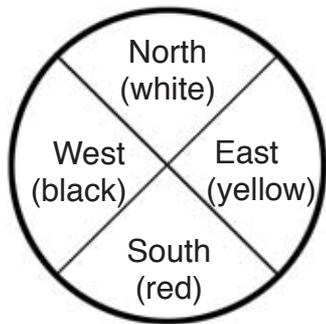
Medicine wheel a wholistic model of life

SUBMITTED BY ANGLEA ELLIS
LLMSW, CLINICAL SOCIAL
WORKER, SAULT TRIBE
BEHAVIORAL HEALTH

The medicine wheel is a recognized symbol having significance or embodying certain qualities that represents something else of greater significance through literal or figurative meaning associated with religious, cultural, political or economic standing. For example, the medicine wheel is displayed on the front page of this newspaper, on official tribal letterhead and beautifully and respectfully displayed as works of art in museums.

The greatest way to see the medicine wheel is when it comes to life in meaning as a part of a dancer's regalia.

The different teachings of the medicine wheel help individuals learn to live in balance and moderation with the Creator



and all of creation.

It is safe to say that most members in our community understand the fundamental values and principles the medicine wheel represents. Many members are able to explain thoughts about the four directions, four colors, four elements of earth, four seasons, four stages of life development and four sacred medicines. However, when we look at the medicine wheel in this fashion it is easy to slip into

an incorrect way of viewing it as flat or linear. This flat of linear way of thinking directly presents contrast to one of the main principles of this symbol. The medicine wheel represents circular, spiral, up and down motion for all of creation and development and change within an individual's life. Ojibwe teachings remind us that learning and living is never linear; rather it's like the changes of the seasons around the Great Lakes.

One piece of the medicine wheel teaches of the four aspects of the individual and self. Spirit (Jii-ba-am), our belief in a higher power and life is more than what we see with our eyes. Physical (Wii-wy-ing), means keeping our body being healthy, exercising and taking care of heart, preventing diabetes and disease, not abusing alcohol or substances.

Mind (Nen-da-mo-win) is our thoughts and understanding. Emotional (En-ma-anj-wa-ang) is our feelings.

The medicine wheel teachings offer insight for individuals concerning balance in life. For example, if for some reason one or more of the aspects of the individual lack attention, life becomes unbalanced. In order to gain balance, attention or energy must be spent in the aspect's lacking attention. In today's busy world and constant demands it is extremely simple to become unbalanced in life. Therefore, it is important to take time to look at all four aspects of the individual — spirit, physical, mind and emotional — to gain balance in life. Mental health is just one aspect of the complete self, yet it requires energy just as the other aspects do.

"Remember your history. To

forget is to not belong."

— Charlotte A. Black Elk

Our cultural teachings remind those to attend to all aspects of the individual to be a healthy.

Sault Tribe Behavioral Health Department provides treatment for mental health and substance abuse issues at the Sault Tribal Health Center. Services are offered during regular business hours including urgent care services. The team of professionals continues to practice using the most up to date interventions. Staff strives to provide the most effective treatment available to our clients. It is our hope that to provide cultural sensitive, effective and genuine treatment to any member of our community seeking assistance for mental health or substance abuse issues.

Reminder: 2009 Native American Student Artist Competition coming

We at the U.S. Department of Education, Office of Indian Education are excited that the 2009 Native American Student Artist Competition (SAC) is under way! We want to remind everyone that all artwork and essays must be postmarked by Friday, Jan. 16, 2009, and provide you with an overview of what you can find on the Web site.

Instructions for entering the SAC – Everything you need to know to enter the competition is in one convenient place. For instructions, rules and forms, check out the 2009 SAC

Instructions.

SAC Registration – All students are required to register their entry online or by calling our toll-free number (866) 259-0060. New this year: teachers can register groups of students with their own registration form, and writers can upload their essay instead of mailing it in.

Previous winners – Check out the Art Gallery and Essay Collection to view winners from the competition's previous four years.

Art and writing tips – Need some help getting started on

your essay? Ever wonder how to keep colors from bleeding when working with watercolors? Visit the art tips section of the Web site for these topics and much more.

Exhibit – The 2008 exhibit is still traveling around the country to schools, museums and galleries. To find a location near you, check out the exhibit schedule. If you are interested in hosting the 2009 exhibit, please contact us.

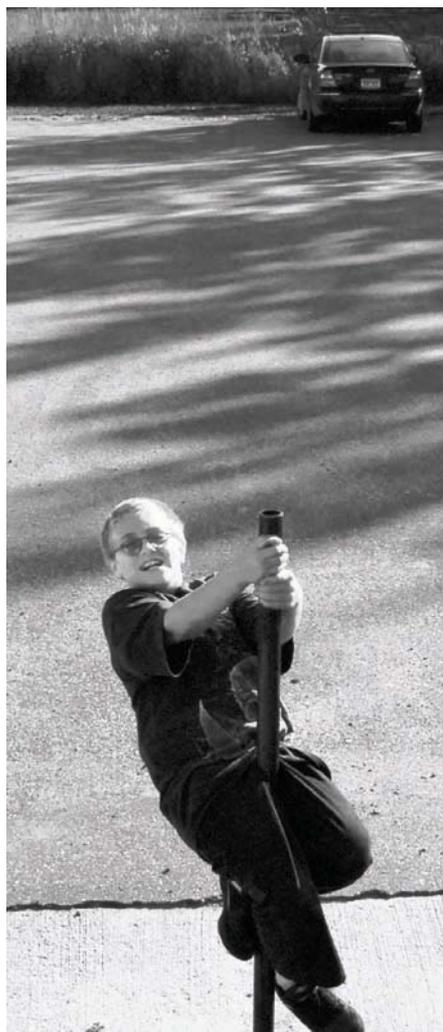
Questions – Contact Rayanne Ganuelas at rganuelas@kauffmaninc.com or (866) 259-0060.

ATTENTION SAULT TRIBE FAMILIES

The Youth Education and Activities Department needs your help! We are looking for volunteers to serve on our Parent Advisory Committee. The committee is instrumental in developing programming for our Anishnaabek 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 on the third Wednesday of each month. 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 & Activities Program at (906) 635-7010.



Jacob Cornell plays at YEA.

Check out Native American studies courses at NMU!

Northern Michigan University is offering the following classes for winter 2009 semester:

- Anishinaabek language, culture and community I
- Anishinaabek language, culture and community II
- Native American experience
- Storytelling by Native American women
- Politics of Indian gaming
- History of Indian boarding school education
- Issues in the representation of American Indians
- American Indian communities
- Indigenous environmental movements
- Native American service learning project

If you are interested in any of these classes, please contact the Center for Native American Studies at NMU, (906) 227-1397, email cnas@nmu.edu, or visit www.nmu.edu/nativeamericans.

Morris K. Udall internships and scholarships

The time is now for college students interested in a summer internship in Washington, D.C., to apply for this opportunity. The Native American Congressional Internship Program is a 10-week internship for Native American undergraduate, graduate and law school students. Students are placed in Congressional offices, committees, or select federal agencies to experience and insider's view of the federal government and learn more about the trust relationship with tribes. The foundation provides round-trip airfare, housing, per diem and a \$1,200 educational stipend. Applications are due by Jan. 30, 2009.

The scholarship program awards 80 merit-based, \$5,000 scholarships for college sophomores and juniors seeking a career in tribal health, tribal public policy or the environment. Scholarship recipients participate in a five-day orientation event in Tucson, Ariz. The application deadline is March 3, 2009.

For more information about both opportunities, visit the Udall Web site at www.udall.gov.

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906-632-6398!

Kegler Brown to award 2009 Minority Merit Scholarship

Annual scholarship continues firm's commitment to diversity

COLUMBUS, Ohio — The law firm of Kegler, Brown, Hill and Ritter is currently seeking applicants for its minority student merit scholarship. This spring, the firm will award the scholarship to a deserving first-year minority law student.

The \$5,000 Kegler, Brown, Hill and Ritter Minority Merit Scholarship includes a paid summer clerkship position with the firm's first-year summer associate class. All first-year law students of minority descent are eligible to apply for the scholarship.

Scholarship application materials are due to Kegler Brown by Jan. 2, 2009. Interested students should submit a résumé, application, undergraduate transcripts and first semester law school transcripts (when available) to Cara M. Tamaro, Kegler Brown's

human resources manager. The application, submission details and additional information about the scholarship are available at www.keglerbrown.com/careers.

2009 marks the sixth year for the Kegler Brown Minority Merit Scholarship, which is awarded annually to a minority student based on academic performance, accomplishments, activities and potential contributions to the legal community. Minority students from all law schools will be considered for the scholarship.

Kegler Brown maintains an internal diversity committee to formalize and further the firm's commitment to achieving diversity at all levels of the organization. A combined sub-group of the diversity and recruiting committees also is in place and is charged with setting and

accomplishing goals related to increasing racial diversity. As a result, the firm has increased its efforts to recruit and to actively encourage the application and selection of minority candidates in the firm's summer associate program.

The firm appreciates the importance of diversity and inclusion. Through activities such as the Kegler Brown Minority Merit Scholarship, the Columbus Bar Association's Minority Clerkship Program and our Women Lawyers' Initiative, Kegler Brown is continually promoting and developing a diverse future for the firm. Additionally, Kegler Brown is a founding member of the Columbus Bar Association's Diversity Initiative, which is designed to significantly increase the number of minority attorneys recruited and retained by Columbus law firms.

Christmas Program Dec. 9



Leslie Askwith, Jillena Rose, and Susan Askwith (L-R) will perform.

The Dec. 9 Christmas program of the Sault Naturalists will be a musical and literary holiday celebration at 7:30 p.m. at Central United Methodist Church in Sault Ste. Marie, Mich. Jillena Rose will read some of her original poetry, Leslie Askwith will read an essay on winter survival and songwriter/musician Susan Askwith will perform some of her original nature-theme songs.

Jillena is an accomplished poet who teaches writing at Lake Superior State University. She has a master's of fine arts degree from Warren Wilson College. She is a founding member of the Cabin Fever Writer's Group that meets at Bayliss Library. Her poems explore the speaker's relationship to the landscapes all humans are connected to: the natural, the emotional and the intellectual.

Writer Leslie Askwith will read an essay about the three winters she lived off the grid in a log cabin in the U.P. wilderness. She is a free-lance writer who contributes to

Traverse Magazine and other publications and publishes her own local newspaper, *Home Grown*. Recently she was named the first writer-in-residence at Porcupine Mountains Wilderness State Park.

Susan Askwith plays guitar, fiddle, banjo, and keyboard. She writes songs, performs for visitors to the historic John Johnston House and has recorded for Borderland Records. She says she's always loved music and colors and fibers and is probably a right-brain kind of person who nevertheless taught "left-brain" science courses at Sault High before she retired from teaching.

Refreshments—including hot cider and some homemade goodies—will be served. Come and enjoy the performances and the congenial company of your fellow naturalists in a relaxed atmosphere. This will be a great way to celebrate the beginning of the holiday season!

For more information, go to soonats.pbwiki.com or call program chairman John Lehman at (906) 635-5095.

How to access Sault Tribe employment listings after regular business hours

The Sault Tribe Employment Department is open weekdays (Monday-Friday) from 8 a.m. to 5 p.m. We realize that these hours may not accommodate everyone's needs so we have developed three different ways for accessing Sault Tribe job opportunities. These methods are available 24 hours a day and seven days a week.

Job hotline — Please call 635-7032 or (866) 635-7032 toll free. You can call the job hotline any time after hours to hear

all of the most recent job opportunities that are available for Kewadin Casinos, governmental and enterprise job openings.

Web site — Please visit www.saulttribe.com. You can access our Web site at any time by clicking on "Human Resources" in the column on the left-hand side of the screen. At the Web site you can view all current open positions and apply online using the online employment application.

After hours drop boxes

— Please visit Vegas Kewadin Casino, 2186 Shunk Road, Sault Ste. Marie, Mich., or Kewadin Shores Casino, 3015 Mackinac Trail, St. Ignace, Mich.

If you need to drop off a paper application, please feel free to use our after hours drop boxes situated directly outside the Human Resource Risk Management Department main entrances. If you have any questions, please contact us at Sault Tribe Employment, (906) 635-7032, STEmployment@sault-tribe.net.



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New CDC study finds community physical activity programs are money well spent

FROM SAULT TRIBE COMMUNITY HEALTH

Community-based physical activity interventions designed to promote more active lifestyles among adults are cost-effective in reducing heart disease, stroke, colorectal and breast cancers and type 2 diabetes, according to a study by the Centers for Disease Control and Prevention, with support from the Robert Wood Johnson Foundation.

Researchers found that community-based physical activity programs appeared to reduce new cases of disease by 5-15 cases per 100,000 people for colon cancer; 15-58 cases per 100,000 for breast cancer; 59-207 cases per 100,000 for type 2 diabetes and 140-476 cases per 100,000 for heart disease.

Some examples of community-based physical activity interventions include:

- Community media cam-

paigns such as TV/radio, newspapers, billboards, advertisements.

- Social support networks such as physical activity groups to encourage behavior change.

- Tailored behavior change to encourage people to set physical activity goals and monitor their individual progress.

- Enhanced access to services that support active lifestyles such as fitness centers, bike paths and walking trails.

Donna Norkoli, project director of the Strategic Alliance for Health Program said, "Sault Tribe Community Health has used these strategies through our Steps to a Healthier Anishinaabe Program and will continue to use these strategies to improve the health of our communities through our new Strategic Alliance for Health Program."

We have conducted a media campaign with monthly articles



on our Community Health page and information sent monthly to all tribal health centers, casinos and Youth Education and Activities programs," she added.

Norkoli said her program implements Let's Get Moving Kewadin in the spring, a program to the community through Kewadin Casinos and other tribal agencies in order to provide social support for increased physical activity.

Community Health also offers Honoring the Gift of Heart Health classes to encourage people to set physical activity goals and track their prog-

ress.

In the works is a plan to make the community more exercise-friendly. "We are working with the Sault Tribe transportation planner, JKL Bahweting School and several community coalitions to create more pedestrian and bike friendly communities and to create and enhance walking and biking trails," Norkoli said.

The study, *Cost Effectiveness of Community-Based Physical Activity Intervention*, found that public health strategies that promote physical activity are cost effective and, compared with other well-accepted prevention strategies such as treatment for high cholesterol or motor vehicle air bags offer good value for the money spent, according to the study's lead author, Larissa Roux, M.D., Ph.D.

"This study also shows the importance of the new physical activity guidelines issued last

month by the U.S. Department of Health and Human Services," said Norkoli.

The HHS guidelines recommend 2.5 hours each week of moderate-intensity aerobic activity, such as brisk walking or 1.25 hours each week of vigorous-intensity aerobic activity such as jogging or running.

In addition, all adults should include muscle strengthening activities that work all the major muscle groups on two or more days per week.

For more information about physical activity, visit www.cdc.gov/physicalactivity or for information about physical activity programs available locally, call Sault Tribe Community Health at (906) 632-5210.

For more information about the U.S. Department of Health and Human Services Physical Activity Guidelines visit www.health.gov/paguidelines.

Healthful eating habits helps weight loss

SUBMITTED BY CHARLA GORDON RD, HEALTHY HEART PROJECT

Interested in losing weight or keeping off extra pounds in the future? Learn how to manage your eating environment by trying some of these ideas.

When buying food:

- Make a shopping list of healthy foods you want to buy and stick to it.
- Shop after eating a meal or snack.
- Buy different kinds of good food choices, including fruits, vegetables, whole grains, lean

meats, low fat and fat-free dairy.

At home when storing food:

- Store food in containers you cannot see through in the cupboards.
- Take the large packages of snack foods and portion out into snack bags.
- Remove all candy, cookies and pastries from the kitchen countertops, bedroom and living room and put them in the cupboard.
- Place a fruit bowl on the counter and fill it with a variety of fruit.
- Clean vegetables and store

them in see-through containers on the top shelf of the refrigerator so they are the first thing you see when you open the door.

When making your meals:

- Choose low-fat cooking techniques more often – bake, boil, grill or broil foods.
 - Ignore the urge to snack or taste while cooking.
- When serving your meals:
- Serve small or medium portions. Remind yourself you can go back for more if you are still hungry.
 - Serve from the kitchen, not

at the table.

- Use smaller plates to make less food look like more.
 - Use smaller serving spoons and serving bowls – you will find you put less on your plate.
 - Fill half your plate with non-starchy vegetables, place a serving of fruit on the side and add a whole grain to the lean meat you chose for the meal.
- While eating your meals:
- Turn off the TV and shut the book. Enjoy your family or the peace and quiet if you are alone.
 - Slow down your eating.

Pay attention to how the food looks and tastes and how it feels in your belly.

- Stop eating when you start to feel full.

While cleaning up:

- Resist the urge to nibble on your children's leftovers or take another bite from the serving dish.
 - Store leftovers. Make your lunch for another day or place them in containers you cannot see through.
- For more ideas, please contact a registered dietitian in your area.

Tribal youth create radio ads

SAULT STE. MARIE -

Students from the Bahweting Anishnabek Tribal Youth Council at Sault High School recently took part in writing and recording radio commercials to help raise awareness about the dangers of commercial tobacco abuse. The group worked hard to write, practice and finally record these commercials at local radio station Rock 101.

According to recent reports from the Federal Trade Commission, the tobacco industry spends \$13.11 billion per year — or nearly \$36 million per day — to advertise and promote their products. Much of this money is spent on marketing efforts that directly reach youth. The aggressive targeting of our youth by the tobacco industry demands an equally aggressive public education campaign to prevent smoking initiation among youth (when most smokers start), to encourage smokers to quit and to change the social context of tobacco use so that pro-tobacco messages are no longer dominant.

"It's great to see youth get-



Left: Kaleb Kotsko, Angela Jackson, Travis Austin, Karen McKelvie, and James McKelvie.

ting involved and making an impact on the health of our communities" said Lauren Eveleigh, Sault Tribe health educator.

The two, 30-second advertisements aired on Rock 101 for three weeks between the end of October and mid-November. The ads focused on educating listeners about the risks associated with commercial tobacco abuse as well as raising awareness of the recent change to Chapters 36 and 71 of the Juvenile Code that prohibits underage possession of com-

mercial tobacco products on tribal property.

Funding for these paid advertisements was provided through the Mayo Clinic Community Grant project titled, "Young Spirits, Healthy Bodies, Sacred Semaa." Watch for more important messages about tobacco and your health in the local media.

For more commercial tobacco prevention information or for help quitting smoking or chewing, please call Sault Tribe Community Health Services at (906) 632-5210.

How can I help my child eat better?

BY LINDA COOK, BSN, RN
DIABETES CASE
COORDINATOR

During this wonderful season of giving, here are some simple tips to help parents make small and maybe unnoticeable changes in their child's life. Within the Sault Tribe health programs we teach people, who wish to become healthier, to make small changes that are more likely to become habits that will stick for a lifetime. After a small amount of time you will have made many small strides to have a healthier household.

These tips are courtesy of American Heart Association:

1. Introduce healthier elements into foods. For example, blueberries in pancakes adds fruit to breakfast.
2. Include your kids in the preparation of food. Teaching them about grocery shopping and food preparation gives them ownership and choices. Have healthier finger foods available.
3. Leave chips and cookies at the grocery store: out of sight-out of mind. If you must have cookies prepare your own and you will have control

of what goes in them.

4. Most kids like routine. Schedule snack time and stick to it. Cheese and whole grain crackers or apple slices with low fat yogurt or low fat cottage cheese.

6. Stay away from the "clean your plate rule." Eat until you are comfortably full and no more. Take small portions and if you are still hungry, go back for seconds.

7. 'Eat your colors' can be a game to play with the kids. Eating fruits and vegetables in a variety of colors—red, dark green, yellow, blue, purple, white, and orange—gives a wide variety of nutrients and is like having eye candy on your plate.

9. Eating as a family is a great time to catch up on the days events.

10. Be a good role model. The best gift is showing how to lead a healthy life with nutrition and physical activity.

If you have any questions please call Sault Tribe Community Health at (906) 632-5210 Monday through Friday 8 a.m. - 12 p.m. and 1-5 p.m. You may speak to a registered nurse, a registered dietitian, or health educator.

Chairman McCoy reports to the membership



Chairman Darwin "Joe" McCoy

The holidays are upon us and I'd like to take a moment to wish our tribal members, board of directors, employees and families a very merry Christmas and happy new year.

We hold board of directors meetings and workshops on a weekly basis to conduct the business of our tribe. Workshops are held to discuss the different items we are being asked to approve at our meetings. We also have a section of each meeting for our members to address us with any questions or concerns they may have.

Several requests have been made to publish a schedule for chairman's hours so our members can meet with me. Our priority has been to focus on Greektown and our northern deficit, as such I have not been able to schedule chairman's hours. Vice Chairwoman Lana Causley and I will be developing a schedule for chairman's/vice chairwoman's hours and plan to publish it sometime after the new year. I would like to note, however, that I do meet with members who call my office requesting an appointment. If you would like to meet with me to discuss issues or questions related to our tribe, please contact my office and an appointment will be scheduled.

On Nov. 12, I, along with Vice Chairwoman Causley, attended a meeting with Congressman Bart Stupak and Bay Mills tribal Chairman Jeff Parker regarding Wolverine Cooperative's proposed plans to build up to five new coal-fired power plants in Michigan. Representatives from Wolverine were present as well. This issue was addressed at the United Tribes meeting in October and the majority, if not all, of Michigan tribes are opposing this effort due to the potentially detrimental impact on the health of our people and our environment. We as Native American people are responsible for protecting and preserving our environment for future generations.

It seems our deficit has taken up a lot of space in my past reports. This issue, along with Greektown, has been our primary focus since I was sworn into office in July. These two issues had to have quick and decisive action to get the situations under control. We have almost resolved the deficit issue and we hope to publish the final resolution of 2008 and plans for 2009 by the next issue of our tribal newspaper. We have been busy ensuring that the changes to any membership services are being communicated properly and implementation has been completed or is in process.

We are still reviewing 2009 budgets for our governmental services and enterprises. We are being conservative in our projections for our enterprises due to the state of the economy and will make necessary adjustments as we go through the year. I will be attending enterprise financial reviews as well as casino management team meetings to keep up on the status of our enterprises and casinos. For our governmental and membership services

budgets, we are limited in the amount of tribal support dollars available for our programs and services. I commend our staff on seeking and receiving more grant opportunities available for services for our members.

Our health staff has been working on developing a pricing structure for non-native spouses who do not have insurance coverage. The cost per visit will depend on the services received at each visit. Please contact health staff Bonnie Culfa, Tony Abramson, Jackie McLean or Joel Lumsden at (906) 632-5200 for more information and details.

Greektown remains a challenge but we are working through issues as they arise. On Friday, Nov. 28, we held the grand opening for the newly renovated high limit room, and in just a few short months, we are scheduled to open our new hotel. We received a number of positive reviews in the press. Contrary to the negative press continuously put out by the *Detroit Free Press* on our venture, we are open for business and our construction continues on the permanent facility.

I attended the Elder Advisory Committee (EAC) meeting held on Oct. 27 and answered a number of questions from our elders related to the budget reductions we have been working on and other activities within our tribe. I'd like to say "miigwech" for inviting me. I will make every effort to attend future meetings, but there will be times when I won't be able to due to other tribal commitments.

The EAC has had an issue on their agenda for a number of months: an enrollment packet so that our members know what changes they are responsible to make should they move, get married, have children, and so forth, so they continue to

receive their tribal newspaper and maintain their status as a registered voter for tribal elections. Enrollment is working on the resolution to this issue and once we have something in place, additional information will be published in the newspaper so all of our members receive the information. If you are not receiving your newspaper, or are unsure if you are registered to vote, you can contact Enrollment staff any time to verify. Their toll free number is (800) 251-6597.

I have received a number of comments from our elders in response to the elder survey letter. I thank all of you for your input and understand some of you are frustrated and disappointed and we all appreciate your patience and understanding of the serious financial situation that all of our tribe is experiencing. We are not alone in our economic woes — you open any newspaper or watch any news channel and it seems the entire country is experiencing some level of workforce reductions and program or benefit suspensions.

Director DJ Hoffman presented a resolution in 2007 directing the development of a long and short-term strategic plan for our tribe. Upon enactment of this resolution by the board of directors, staff began the process of gathering information that is pertinent in aiding the board and administration in developing these plans.

Long-term planning is critical to sustaining our tribe for the next seven generations. An internal analysis has been completed of the different membership services we currently provide including where we provide them, how many members access each service, what the population is in the different units and counties where services are provided and so

forth.

One year goals are due in early December from all membership service divisions, based on the experience and expertise of our staff who deal with our members and these services on a day to day basis, as well as statistical data. A full update to our board of directors on the process will be scheduled in January in an open workshop.

The next steps include board members gathering information from the areas and members each represents to set priorities for our membership services.

I welcome your ideas and thoughts about the direction of our tribe and areas you would like us to focus on. We receive a wide variety of questions and comments in my office.

Based on several of your ideas, we are looking to institute an "Ask the Chairman" column in the tribal newspaper, and at the possibility of developing an e-mail notification system for our members to receive news important to you.

As you know, our paper is published only once a month and there are a lot of things going on in between. If you would like to take part in the e-mail notification system, please send your name and e-mail address to my assistant, Lona Stewart, at lstewart@saulttribe.net. These will not go into effect until some time after the new year, but we can begin preparing for it now.

As always, I look forward to hearing from our members on the positive, and negative, thoughts and opinions you have about our tribe and our direction. Please contact me at jmccoy@saulttribe.net with questions or comments.

Miigwech,
Darwin "Joe" McCoy,
Tribal Chairman

Director Hoffman makes report to Unit I



DJ HOFFMAN, DIRECTOR, UNIT I

"The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy."

— Martin Luther King Jr.

I discarded my original draft of this month's report as I felt it was not appropriate at this time. The simple reality is that we are not yet ready for

many of the items discussed. In the following paragraphs, I will be presenting my views, as well as updates.

RESTRUCTURING

It is imperative that we concentrate on correcting and streamline the tribe to provide our services more efficiently to ensure their continuity. While many have lost employment, which is truly unfortunate, the tribe's main focus is to provide services to our membership.

Employment is a positive byproduct of our businesses and governmental entities. It is not a right, it is a privilege. This in no way means that eliminating positions and restructuring has been an easy task. It is never easy to make decisions that affect people's livelihoods; however, the decisions made must be made in the interest of the tribe as a whole. The restructuring process needs to be completed immediately. The hurry up and

go nowhere approach needs to cease now.

While we are nearly complete with restructuring within our governmental opera-

tions, I believe that we have barely scratched the surface of streamlining and ensuring more effective business operations within our enterprises, as

well as our casinos. The excess management within the casino operations is absolutely inexcusable.

See Hoffman, page 22

A time to give thanks ...



BERNARD BOUSCHOR, DIRECTOR, UNIT I

Dear tribal member,
Thank you, from my family and to all of you merry

Christmas and a happy new year.

This is a time to give thanks for the help and encouragement of friends, relatives, community and tribal members, governmental and enterprise employees, and my colleagues on the tribal board and our chairman.

I believe that actions taken by the leadership of our tribe have stopped the tail spin the tribe was in. We are confident the deficit will be eliminated and the tribal budget will be balanced for 2009 and into the future.

The leadership continues to meet on issues of governance of our community, such as modification of tribal codes,

applications for federal funding, presentation by programs of services that are being provided and long term planning of departments, such as tribal housing.

We live in a great country, a democratic country and a world economic leader. Our country is dealing with the recession and has a plan for an economic recovery.

We are no different than the United States but on a much smaller scale. We are dealing with tribal government issues, our economy and plans for the future of our tribe — your tribe. We need your help and support.

Bernard Bouschor
Tribal Council Unit I

To everything there is a season . . .



Cathy Abramson, Director, Unit I

I hope you all had a wonderfully happy Thanksgiving holiday full of good times with family and friends. With the hard economic times we are facing across our nation, I hope we continue to remember we still have much to be thankful for. We had a lot of good years when we were able to grow and expand tribal services.

However, like the rest of the nation, we have been faced with making very difficult restructuring, staffing and operations reductions to meet budget constraints. None of these decisions have been easy.

For example, the Sault Tribe Health Program went through an unprecedented growth period over the past 14 years. Clinics and services were expanded at great cost to most areas of the eastern Upper Peninsula. This growth period was only possible through funding obtained from tribal business revenues. Approximately two thirds of health services are funded by Indian Health Services, third party revenue and grant sources.

In 2008, our financial picture changed dramatically. Severe financial limitations required extensive program re-structuring efforts with the goal to maintain core health services, which are accessible through

the four key clinics for our tribal members.

To achieve required tribal budget deficit reductions and assure health services, difficult choices were necessary. Pursuant to these decisions was the need to centralize core services to our four primary centers in Sault Ste. Marie, St. Ignace, Manistique and Munising. From these newer geographically situated clinics, our core health services will continue to be maintained. Due to budget constraints, we cannot staff clinics at every tribal community. Yet, through these core clinics, health services can and will be available for our tribal members.

Tribal consultation

While we have our internal struggles and issues, we must not forget that as tribal leaders it is our job to represent our tribe's interest at the federal level.

As the board of directors' liaison for the Head Start Policy Council, I continue to represent our tribe at the Office of Head Start's Tribal Consultation. At the most recent consultation, my testimony included our concerns about the federal government making requirements for tribal governments to consist of leaders with degrees in law, education or business. While we support our members attaining specialized training and knowledge, it is unacceptable that the federal government dictate the composition of our governing body.

Obviously, all other tribes shared our concerns and strongly opposed such requirements. We must not forget the federal government remains paternalistic to tribes and we need to watch out for maneuvers such as this. I also emphasized the importance of language and cultural preservation. All tribe

stressed that we strongly supported a Native American be hired for the leadership role of the American Indians, Alaskan Native Program Branch.

Our voices were heard. At this time, I would like to congratulate Ms. Nina McFadden, a Sault Tribe member, who is now the chief of the American Indians, Alaskan Native Program Branch, Office of Head Start. We are so fortunate to have our own members in positions such as this and I look forward to working with her on behalf of our Head Start program and families.

If you have any questions or concerns, please contact me at cabramson@saulttribe.net or call me on my cell phone at (906) 322-3823. I look forward to hearing from you.

To you and your family, I hope that you have a very merry Christmas and remember, Jesus is the reason for the season.

Kewadin Casinos feel economic downturn



Keith Massaway, Director, Unit III

I would like to start by saying congratulations to the St. Ignace Saints football team. They had a great season that included a playoff win at home. I would also like to thank the management and employees at the Kewadin Shores Casino in St. Ignace whom made it possible for the team to practice for two days in the temporary casino tent that was empty at the time. It helped the team because it simulated the Yooper Dome's temperature and what the car-

pet would feel like.

All the Kewadin Casinos continue to feel the impact of the current economic downturn in Michigan and the entire country. Our statistics seem to indicate that our casinos are faring better than many other casinos in the state. We continue to work very hard to keep our casinos efficient and profitable.

The board is finalizing the 2009 budgets for the casinos and the governmental services. We have worked to make sure

our services are impacted as little as possible. We have had to make many cuts, which has been explained to our membership. We also must realize some further cuts may have to be made if our projections of revenue do not come true. The projections are conservative but in these economic times anything can happen.

At Greektown, we have just reopened the high limit room. This area has been closed for construction since spring. At the opening, the area was full

of players; players who had not been seen in a long time. Everyone enjoyed the new room.

This is a huge step for the casino. The bottom line is the casino will be improved and, soon, all the gaming floor (100,000 square feet) will be open. We are on track to finish the entire complex, including the hotel, by Feb. 12, 2009.

Thank you again for all the phone calls and letters and may you all have a safe and happy holiday season.

Tribes getting help for suicide, substance abuse



Lana Causley, Director, Unit II

Many tribal communities have had the painful reality of having to endure devastating losses with family or loved ones who have been crippled by drug abuse or suicide or both. Throughout Indian County, substance abuse and suicide is increasing at alarming rates. Statistically, these rates are higher than any other ethnic group.

The hardships created by this abuse is devastating to our fami-

lies. As you may have read in past tribal newspapers, our tribe had the opportunity to have a voice at the national level by having a tribal leader involved in the planning and distribution of the funding appropriated for methamphetamine and suicide prevention.

This past month, Co-Executive Director Kristi Little and I had an opportunity to meet with other tribes in the nation at the National Tribal Advisory Committee (NTAC) on Behavioral Health. This is the national committee where we have a voice for the Bemidji area. Below is a briefing of the outcome of that meeting.

On Saturday, Nov. 15, 2008, the fourth meeting of the Indian Health Service NTAC on Behavioral Health was held in Rockville, Md. This committee was formed to develop a plan for use and distribution of the \$14 million that has been provided under amendment to the senate amendment of H.R. 2764 for a methamphetamine and suicide prevention and treat-

ment initiative. The NTAC will look at regional and national initiatives, innovations, respectful and culturally appropriate programs for tribes and Indian communities across the country.

The November meeting's goal was to prepare the committee's recommendations in letter form to IHS Director McSwain. The majority of discussion focused on reviewing and accepting a funding formula. The meeting began with a presentation by Cliff Wiggins, an IHS research analyst, on funding formulas discussed at previous meetings. Committee members in attendance presented several other options, with more than 15 options reviewed. The majority of the group came up with a formula that would include all age groups and equally distributes the health markers of alcohol abuse, homicide, suicide, injuries or accidents and methamphetamine visit data. There is a set aside for urban programs, national initiatives and administration as well as a reduction in the total funding

due to a mandatory federal directive. The distribution method will be used for fiscal year 2008 and 2009 funding. The Bemidji area will receive approximately \$628,000 each year.

We will be meeting again in the next month and I will keep you informed of the outcome. Also reported in past issues, our Education Department has been successful in receiving a three-year suicide prevention grant as well. We are in the infant planning stages of the grant and just attempting to hire appropriate staff for the project. Please call the Education Department and ask for Angeline Matson, (906) 635-6050, if you would like to become involved or have questions on how the program will be implemented in your area.

In closing, I would like invite our Unit II members to either one of our Christmas parties we will be holding for our area. As you know, the tribe as a whole made some reductions to certain areas and our Christmas parties had to be one of them. Local community members took it

upon themselves and arranged to host two parties for our area. If not for them and their initiative to become involved, the parties would have not taken place. This is the way these parties began — community members getting together to do something thoughtful and when the need was there. Some of those same people got us back to what is most important, and I say miigwetch to John Causley Jr., Betty Smith and the entire Hessel casino staff, elders Dorothy Currie, Mona Gugin and Dorothy Royer, Lisa Burnside and the DeTour Area community members who are getting involved. Both parties are set for Dec. 13. The Hessel Tribal Center party is from 1 to 4 p.m. and the DeTour party at the Sacred Heart Hall is from 12 to 2 p.m. Please feel free to bring your children ages 12 and under to either party — this is for all children in our Unit II area. Merry Christmas to you and yours. Baamaapii.

Lana Causley, (906) 484-2954, lcausley@saulttribe.net.

Get noticed! Advertise with us. Call (906) 632-6398 for information.

Communities come together for holidays



SHIRLEY PETOSKY, DIRECTOR, UNIT V

What happens next depends a lot on the City of Detroit. I feel they are not very open-minded toward our people — they seem to be very open to the other casinos in the city, so I feel it must be prejudice against Native Americans. So many times the City of Detroit threw obstacles in our way and any delays, of course, cost us money.

Our tribes, our cities, counties, our state, our country — these are very hard times and we need to be mindful of each other and not so full of ill will toward each other.

A beautiful lady spoke at the November board meeting in Hessel. She told of all the things the tribe has done for her and for all of us. She had many kind things to say about the board. She was so appreciated!

I received a wonderful e-mail from a lady in California wanting to help a child in the Munising area for Christmas — what a beautiful soul she has.

A lady called me from another state to just talk and ask me my point of view on several subjects and shared her views with me. What a nice call that was to receive — a very good heart resides in her.

Christmas is fast approaching — our Paquette family got together on the Sunday after Thanksgiving to pick a family

to share the season with. Our family is also involved in sending some packages to our soldiers in Iraq. Some of the items the soldiers requested were to pass out to the children in the region. That was a beautiful letter to read.

Our families' little kids brought toys to give to Toys for Tots.

Some of our people are fighting cancer and many other disabilities. Share the season with them — your prayers, your phone calls, your kindness, all will be appreciated.

My Unit V meetings will begin again in January, the second Thursday of the month at 6 p.m. at the Munising Medical Center. To get there, enter off

Highway M-28 across from the American Legion.

I wish I could be more eloquent, but sometimes it is so hard to write an article.

God Bless all of you, fight nice and be a blessing. Merry Christmas and happy new year.

Call (906) 387-2101, shirleypetosky@yahoo.com.

Happy holidays to all



PATRICK RICKLEY, DIRECTOR, UNIT III

Aanii all, I hope everyone enjoyed a good Thanksgiving. It seems that winter wants in fast so maybe a little ground cover will keep the pipes from freezing up this winter.

Well, Christmas is just

around the corner, a time when families come together and celebrate and give to one another. It's also a time when people reminisce of past times and maybe have lost loved ones and the holiday season just isn't the same. Often times, loneliness and depression set in and people may feel left out. If you know anyone that may be alone for the holidays, I would encourage you to make a conscious effort to include them in your holiday traditions and celebrations. That simple act of generosity, while it may not mean much to you, could mean the difference between life or death.

New Year's resolutions — I know a lot of people start these with good intentions of keeping them, but often set their goals too high, so start off small. If you reach that goal, set another small goal and if you truly want

it, it will happen.

I had so much I wanted to write but thought better of it, I just wish everyone a very safe and happy holiday season. Have a merry Christmas and happy new year.

Pat Rickley, Unit III
Representative



Tribal members!
Before you move to your new address, call tribal enrollment to let them know where you are headed! That way you won't miss one issue of your tribal paper.
Call (800) 251-6597.

FROM "HOFFMAN," PAGE 19

GREEKTOWN

Greektown Casino LLC is currently in chapter 11 bankruptcy proceedings. Many months ago, the board decided to take this route as the most efficient route to retain ownership of this operation. While I did not cast my vote for the route taken, it is the path that is now upon us. For those who are not familiar with Chapter 11:

"Chapter 11 is reorganization, as opposed to liquidation. Debtors may 'emerge' from a chapter 11 bankruptcy within a few months or within several years, depending on the size and complexity of the bankruptcy."

For many months we have been constrained by our financial advisors and legal experts to make meaningful change within the Greektown operations. In fact, Greektown management itself has not been restructured. The management board has been reduced to five members, at least three of which will be professionals. I agreed to this change and made the initial motion to commence this process truly because I saw it as the only way that meaningful management changes would be ensured of taking place. As a part of this change, board members were slated to remove themselves as the three selected professionals were licensed by the Michigan Gaming Control Board. The order that the board agreed upon voluntarily was myself, Tom Miller and then Keith Massaway. The three professionals are still in the process of licensures by the Michigan

Gaming Control Board; however, the Gaming Authority has decided to place Ted Gatzaros on the Greektown Management Board. Thus, complying with the votes cast by the board (which I did not vote for) Mr. Gatzaros was placed upon the Greektown Management Board, and thus I stepped down from the Management Board. For the record, I did not want to step down — but I had committed to the five-member process and complied accordingly.

While it has been rumored that I was removed, or that the Michigan Gaming Control Board took me off of the management board — this is not the case. Clearly the individuals taking the time to create such intriguing stories need to find a more productive use of their free time.

Greektown is going to take a lot of work, a lot of hope and a lot of luck. The tribe needs to take an extremely aggressive approach to external equity partnerships, legal remedies to cease acts of tortious interference from public governmental bodies that are hindering Greektown in this process, and restructure management.

ECONOMIC DEVELOPMENT

The need to diversify is growing exponentially on a daily basis. In the next few weeks I will be pushing to fund (whether via grant, tribal operations, or pop cans if need be) an economic development position to ensure that the process of diversification occurs and that we enter into the government

8(a) contracting business world.

The federal government is proposing to invest heavily into infrastructure within the United States. Billions of dollars in infrastructure improvements such as roads and bridges creates a demand for businesses that can provide these services. The set asides for these types of projects may well be in the hundreds of millions overall. We need to prepare so that we may qualify to provide some of these services, create new revenue streams for the tribe and, yes, create the positive byproduct of jobs.

COMMUNICATIONS

Hopefully by now the tribe's Web site will be back up and running on a daily basis. This is extremely important to provide the membership with the most up-to-date FACTUAL information. I have had this issue placed on the Dec. 2, 2008, meeting agenda. It was unfortunate that the Webmaster position was a casualty of the budget cuts.

I will also be setting up a weekly e-newsletter, Web site, and blog to address membership issues, questions and, of course, rumors. If you would like to know more about this, or be added to the initial mailing, please send an e-mail to me at djwhoffman@hotmail.com.

HOLIDAY SEASON

"'Tis the season to be jolly...."

This is a time of being thankful for what we do have and appreciative to those here, and up above, that afford us the lives that we have.

It is a time for giving and sharing. Take a few moments to think about all of the good people in your life, your parents, your children, your friends. Find a way to thank all of them, whether by words or deeds.

It is also a time of joy and hope. Enjoy your holiday with family and friends.

And for those who take joy from the degradation of others, please remember that during this time of year:

It came without ribbons! It came without tags!

It came without packages, boxes or bags!

And he puzzled three hours, 'til his puzzler was sore.

Then the Grinch thought of something he hadn't before!

Maybe Christmas," he thought. Doesn't come from a store. Maybe Christmas, perhaps, means a little bit more! And what happened then? Well, in Whoville they say that the Grinch's small heart grew three sizes that day!

I thank you all for allowing me the opportunity to serve you as a representative of the Sault Tribe of Chippewa Indians.

Sincerely,

DJ Hoffman, Unit I board representative, (906) 635-6945, (906) 322-3801 cell, djwhoffman@hotmail.com.

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In Rogers City, pushback to coal rush

MDEQ accepting written comments until Jan. 6, 2009

Hearings, co-op meeting unearth economic, environmental opposition to proposed local plant

BY JIM DULZO, GREAT LAKES BULLETIN NEWS SERVICE, NOV. 12, 2008

ROGERS CITY—Late last month, more than 600 people showed up at the public high school here to comment on a state agency's tentative approval of a coal-fired power plant a utility wants to build next to this small Lake Huron port city.

Such strong attendance at the public hearings in a city of just 3,300 people again confirmed that the proposed plant, which Wolverine Power Cooperative claims will cost \$1.2 billion to build at the bottom of a huge limestone quarry just beyond the city limits, is still the talk of the town—and of surrounding Presque Isle County—two and a-half years after it was unveiled.

From small gatherings at a senior center to coordinate distribution of pro-Wolverine lawn signs and flyers, to this summer's Wolverine-sponsored "thank-you picnic" in a lakeside park, to a recent electric co-op annual membership meeting and last month's Michigan Department of Environmental Quality (MDEQ) hearings at Rogers City High School, residents show up in impressive numbers when the subject is the power plant.

Most residents favor the project, known formally as the Wolverine Clean Energy Venture; they believe it would bring hundreds of badly needed jobs to the region, among Michigan's most economically depressed.

But the proposed 600 megawatt plant, part of a "Michigan coal rush" that could bring eight new plants to a state with flat or declining electrical demand, is also drawing more local, regional and statewide opposition than when it was first unveiled in May of 2006. The plant would generate enough power to supply about 480,000 households, more than twice the number of customers that Wolverine actually serves.

Environmental groups and some local citizens are objecting to the coal rush because burning coal accelerates global warming and harms local air and water quality. Public health groups and clinicians say that some of its emissions would harm the elderly and the very young. And smart growth groups assert that building more coal plants will delay Michigan's economic recovery by saddling thousands of families and businesses in the state with big, risky debts and higher electricity rates while creating far fewer jobs than similar investments in clean energy.

Dozens of people directed similar criticisms at the Rogers City project during the MDEQ hearings here. A week earlier, the same thing occurred at the annual membership meeting of the Presque Isle Electric and Gas Co-op (PIE&G), which partially owns Wolverine and buys all of its electricity from the firm.

Both gatherings revealed starkly different views of the proposed plant, as well as very different approaches to supporting or opposing it.

PRAISE FOR WOLVERINE, MDEQ
At the state hearings, held on Oct. 29 and 30, MDEQ hearings officer Vinson Hellwig began each session by reminding the audience that, just because his agency issued a draft permit for Wolverine's proposal on Sept. 23 "does not mean we've decided to approve the

plant."

"The draft permit is meant to be a guide and a reference for people who want to comment on the plant," he said, sitting behind a small table facing about 100 people in folding chairs and hundreds more in the gymnasium's bleachers.

Local officials, including Rogers City's mayor, city manager and planning commission members, as well as township trustees and economic development executives, were allowed to speak first each evening. Most told Mr. Hellwig that their organizations or jurisdictions had unanimously passed resolutions favoring the plant.

Once the meeting was opened to the general public, most plant supporters emphasized that they trusted MDEQ and Wolverine to do the right thing; many also criticized what they said were opponents' "fear tactics." They urged the agency to finalize Wolverine's draft "permit to install" quickly so that more jobs would quickly come to the community.

Tom Moran, owner of Moran Iron Works Inc., an Onaway company that is one of the county's largest employers, thanked Wolverine for the help he says his fabricating and installation firm received as its power needs grew.

"I love Wolverine," he said. "Let's get behind a proven leader, one that is dedicated to protecting the environment."

Steve Swan, a retired Michigan Department of Natural Resources employee who said he is "passionate" about the environment, said he hesitated when Wolverine recruited him as a consultant. But he's now convinced that the firm has a great amount of integrity.

"You can trust Wolverine!" he exclaimed.

Dan Glawe, a self-described "lumber and wood guy" in the county, said he was "totally impressed by Wolverine over the years," and added that he found the company to be "flat-out amazing" in its dedication to "really do their homework."

Like many others who spoke up for the plant, Mr. Glawe also praised MDEQ's accomplishments. He said that, over the years, the agency has managed to cut the air pollution from all sorts of fuel-burning that used to visually pollute the region.

"Now," he said, "there's no more black snow."

And Richard Vogelheim, a longtime clothing store owner, said he was frustrated by all of the delay the proposal has encountered.

"We should be begging for this plant," Mr. Vogelheim said, adding that he had more faith in MDEQ official than in what he said were the "paid experts" opposing the project.

But many of the pro-Wolverine comments may have missed their mark: At the beginning of each hearing, Mr. Hellwig told the crowd that, legally, his agency could not consider the popularity of the proposal or comments that had nothing to do with the contents of the permit.

MORE SWAY?

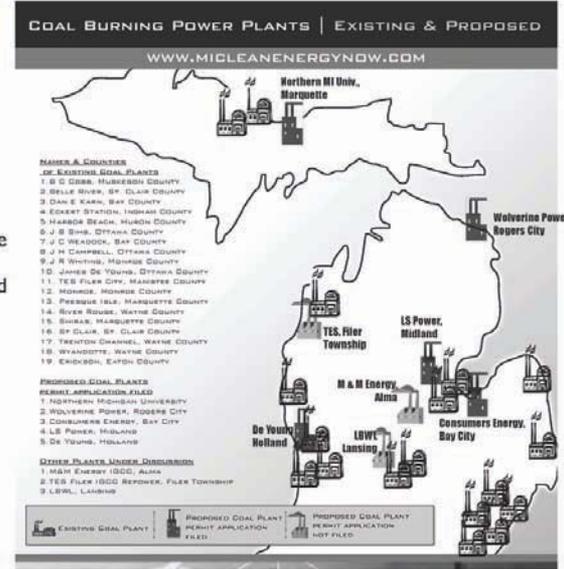
The comments of many plant critics were more focused on the permit's particulars, and could hold more sway with MDEQ.

Some critics cited medical research showing that the plant's sulfur and nitrous oxide emissions would affect local residents' lung and pulmonary health and that its mercury emissions could do neurological damage to fetuses and young children.

Kay McDaniel, a nurse, cited precise provisions of the state's environmental

Eight Coal Plant Proposals

- Northern Michigan University, Marquette
- Wolverine Power Cooperative, Rogers City
- Holland Board of Public Works, Holland
- Consumers Energy, Essexville
- Mid-Michigan Energy, Midland
- Lansing Board of Water and Light, Lansing
- M & M Energy, Alma
- Tondu Corporation, Filer Township



regulations to argue that the draft permit illegally allowed emissions that cause disease.

"I'm a nurse who's seen the damage and death done by these pollutants," she said. Ms. McDaniel added that, if the plant is built, she and her neighbors would "come to know the true meaning of 'a dying town.'"

Bay City resident Yelisa Pfeiffer, who said her area already has two coal plants and another one on the drawing boards, criticized the draft because, she said, it "fails to meet federal and Michigan Environmental Protection Act standards. It does not protect us from fine particle pollution, it fails to meet the Best Available Control Technology standard because it allows the burning of a dirtier fuel."

Ms. Pfeiffer also pointed out that, according to documents filed with MDEQ, the much larger coal plant now proposed for Bay City would emit less oxides of nitrogen, which can cause pulmonary and cardiac distress, than the Rogers City project.

"How is this possible?" she asked, and speculated that the difference is due to the Wolverine's use of petroleum coke instead of coal as its main fuel.

Several plant opponents said that, given MDEQ's decision to allow Wolverine to burn cheaper but more problematic "pet coke"—a waste product from crude oil refineries—because the company claimed an "economic hardship," it was fair to raise economic arguments about the entire draft permit.

In a letter from the Michigan Land Use Institute read at the hearing, the non-profit organization said that requiring Wolverine to use energy efficiency and renewable energy to meet electrical demand would make much more sense than building a coal plant.

"Research consistently confirms that efficiency is a much cheaper way to manage demand than increasing energy supply," Hans Voss, the Institute's executive director, wrote, adding that, "some renewable sources are now less expensive than coal and...efficiency and renewables create far more jobs...If MDEQ did a thorough, rather than a limited, economic analysis, it would discover significant economic problems with this proposal."

MDEQ's decision about the Wolverine draft permit—it can grant final approval, require the company to make operational changes, or deny a final Permit to Install—will not be known until early next year. The agency is accepting written comments until January 6, 2009, the date of the final public hearing on the plant, which will

be held in Lansing at 1 p.m. on that date.

SURPRISE QUORUM

The PIE&G annual meeting, held on Oct. 24 at Posen High School, about 15 miles from here, packed the biggest surprise. Coal plant opponents managed to conjure up an exceedingly rare quorum for the meeting, allowing them to propose and get a vote on a resolution questioning the economic and environmental wisdom of Wolverine's project.

The resolution would have required PIE&G to suspend its support of the project until members had a chance to thoroughly evaluate those concerns. But a number of factors led to the defeat of the resolution, including the afternoon's agenda, which consigned new business to the very end of the three-hour meeting.

But by the time the resolution was introduced, most attendees were eager to end the meeting and participate in the popular annual members door prize drawing. So some people already inclined to oppose the resolution complained loudly when supporters tried to discuss it.

The supporters did manage to make some of their points before a parliamentary maneuver cut them off and forced a quick vote. About 10 percent of the members favored the resolution.

Although the resolution's backers were crestfallen, Mark Kresowik, a national Sierra Club staff member advising members of local co-ops who are opposing their companies' moves toward new coal plants, said that the PIE&G meeting actually succeeded.

"If you compare a member resolution at a cooperative to a shareholder resolution at an investor-owned company, 10 to 15 percent on the first vote is excellent," Mr. Kresowik wrote in response to an emailed question. "The highest votes shareholder resolutions on climate change have received are between 30 and 40 percent, and that's after a few years of trying. First votes are usually less than 10 percent."

"With a good organizing and education effort," he added, "PIE&G members can hope to pass similar resolutions at the next annual meeting or convince management that the coal plant is not in the best interests of the cooperative."

Reprinted with permission. Jim Dulzo is the Michigan Land Use Institute's managing editor, and coordinates the Institute's New Energy Ideas program. Reach him at jimdulzo@mlui.org.

Editor's note: For more information go to mlui.org. For tips and information on submitting a comment to the Michigan DEQ, go to www.michigan.com/CleanEnergyNow/PublicComment.

Dec. 8: Regalia sewing day, 8 a.m. to 6 p.m., at the Niigaanaa-giizhik Building in Sault Ste. Marie. For more information or to sign up, call 635-6075 or (800) 726-9105.

Dec. 8: Unit V elders' holiday celebration dinner, 5:30 p.m., Woodlands Restaurant, Shingleton. For questions, call (888) 711-7356.

Dec. 8: Unit IV, Escanaba, elders' holiday celebration dinner, 8 p.m., Chip-In Island Resort and Casino, Hannahville. For questions, call (888) 711-7356.

Dec. 9: Units I, II and II elders holiday celebration dinner, begins at 11 a.m. at Kewadin Casino and Convention Center DreamMaker's Theater in Sault Ste. Marie.

For questions, call 635-4971 or (888) 711-7356.

Dec. 9: The next blood and bone marrow drives are at the Sault Tribe Health Center auditorium, 11 a.m. to 4:45 p.m.

Employees may donate during work hours with supervisors' approval.

You must be 18 years old to donate blood and present a photo identification or donor card.

You must be between the ages of 18-61 to participate in the bone marrow registry which involves just a mouth swab.

Come save a life!

Dec. 10: Unit IV Manistique Elderly Committee meets after the noon meal at the tribal center.

For questions, call (888) 711-7356.

Dec. 11: 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 (906) 484-8000.

Dec. 11: Unit V Munising membership meeting at 6 p.m. at the tribal center.

For more information, call Shirley Petosky at (906) 387-2101.

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

For more information, call 1-800-KEWADIN or visit www.kewadin.com.

Dec. 11-13: Sault Tribe arts exhibit and sales, 9 a.m. to 7 p.m., in the Bawating Art Gallery at Kewadin Casino and Convention Center.

Artists must be Sault Tribe members to use spaces for exhibits and sales.

For reservations or information, call 635-6050.

Dec. 12: The Unit III St. Ignace Elderly Committee meets after the noon meal at the McCann Building.

For questions, call (888) 711-7356.

Dec. 12: Unit IV, Manistique elder holiday celebration dinner, 6 p.m., at the tribal center.

For questions, call (888) 711-7356.

Dec. 12&13: Native American Casino Pool Tour Tournament at Kewadin Shores in St. Ignace! A singles nine-ball tournament on Dec. 12 at 7 p.m.; partners eight-ball tournament, Dec. 13 at 11 a.m.

Register on line at www.drpool.net by Monday, Dec. 8.

For more information, call 1-800-KEWADIN or visit www.kewadin.com.

[kewadin.com](http://www.kewadin.com).

Dec. 13: The Friends of Bayliss Library off season/holiday season book sale, 10 a.m.-3 p.m., in the Bayliss Public Library Community Room, 541 Library Drive in Sault Ste. Marie.

There will be an assortment of mysteries, romances and "nearly new" books, as well as videos and puzzles. And it's just in time for holiday gift giving or stocking up on winter reading or movies.

Deidre Stevens will be joining the festivities from 1-3 p.m., signing her newest book, *Sault Ste. Marie*, which will also be available for purchase.

The Chippewa County Historical Society's traveling display of Sault Ste. Marie photographs will be on view in the Community Room during the book signing and there will be Christmas refreshments, too.

Stop by for some holiday cheer and some shopping, too!

For more information call 632-9331.

Dec. 15: The Unit II Hessel Elderly Committee meets after the noon meal at the tribal center.

For questions, call (888) 711-7356.

Dec. 16: Chippewa County Genealogical Society meeting, research session, 7 p.m., Bayliss Public Library.

For more information, call 632-9331.

Dec. 18: The Unit IV Escanaba Elderly Committee meets, 5:30 p.m., location to be announced.

For questions, call (888) 711-7356.

Dec. 18: Cabin Fever Writers' Group, 6:30 p.m., Bayliss Public Library.

For more information, call 632-9331.

Dec. 18-20: Sault Tribe artists exhibit and sales, 9 a.m.-7 p.m., in the Bawating Art Gallery at Kewadin Casino in Sault Ste. Marie.

Artists must be Sault Tribe members to use spaces for exhibits and sales.

For reservations or information, call 635-6050.

Dec. 19: Snowshoe construction workshop, 10 a.m. at the Tahquamenon Falls Brewery and Restaurant (upper falls).

Contact Theresa Grattan, e-mail grattant@mich.gov or call (906) 492-3415.

Participants in this one-day workshop will make a pair of traditional white ash Michigan style snowshoes.

Take pride in making your own pair of snowshoes that will last for generations.

Snowshoes also make a great gift.

The \$160 registration fee includes all materials and equipment needed to make one pair of snowshoes.

A beginner's hike will take place immediately following the class.

Reservations are required and space is limited.

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

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

Sewing machines and material available. You are also welcome to bring your own. Lunch and refreshments will be provided.

If interested or have any questions, call Elaine Clement at 635-6050, cell 322-3961 or

[kewadin.com](http://www.kewadin.com).

Dec. 26: The Unit II Newberry Elderly Committee meets at 11 a.m. at the tribal center.

For questions, call (888) 711-7356.

Dec. 31: Annual New Year's Eve sobriety powwow at the Chi Mukwa Community Recreation Center in Sault Ste. Marie.

For more information, call (906) 635-6050.

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

The fun starts at 6 p.m.

For more information, call 1-800-KEWADIN or visit www.kewadin.com.

Dec. 31: 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.

Dec. 31: Unit II Naubinway Elderly Committee meets at 6:30 p.m. at the Naubinway Pavilion.

For questions, call (888) 711-7356.

Jan. 16-17, 2009: Winter survival camp, Mary Murray Culture Camp on Sugar Island.

Dates may change.

If interested, call 632-7494.

Feb. 7: 41st annual I-500 snowmobile race, 9 a.m., at the I-500 track in Sault Ste. Marie, Mich.

Parade lap at 9 a.m., green flag drops at 10 a.m.

All day heated beverage tent, vendors and food.

Vintage snowmobile show.

For more information, go to www.i-500.com.

Feb. 13-14: Flute camp, Mary Murray Culture Camp on Sugar Island.

Dates may change.

If interested, call 632-7494.

March 17-20: Sugar bush preparation, Mary Murray Culture Camp on Sugar Island.

Dates may change.

If interested, call 632-7494.

Announcements The Sault Tribe Youth Education and Activities Program needs your help.

We are looking for volunteers to serve on our Parent Advisory Committee. The Committee is instrumental in developing programming for our Anishnabek 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 Wednesdays.

We encourage parents, grandparents, aunts, uncles and anyone close to a child who is attending school to join us.

All meetings are open to the public and we welcome your input.

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

Blades Sports Bar now open at the Chi Mukwa Community Recreation Center.

Blades, a Kewadin Casinos venture, is located in the skybox on the second floor overlooking both the Olympic rink and the

basketball court.

For more information, call 635-RINK.

Silent Hearts, bereavement support groups, loss of a child support group meets on the first Monday of each month, 6:30 p.m.-8:30 p.m. at the Chippewa County Health Department Superior Room, 508 Ashmun Street in Sault Ste. Marie.

Infant support group meets on the second Monday of each month, 6:30 p.m.-8 p.m., at the Chippewa County Health Department Superior Room, 508 Ashmun Street in Sault Ste. Marie.

Silent Hearts is a support group for parents who have lost a child due to miscarriage, stillbirth or infant death.

Melanie Greenfield and Margaret Swedene run the group for Hospice at the Chippewa County Health Department.

The groups can become a source of emotional support and help through education and sharing.

Free of charge.

For more information or to register, please call the Hospice Office at (906) 253-3151.

Hospice of Chippewa County is a United Way Agency.

Step/kickboxing — Saturdays, 9:45-10:45 a.m. Moderate to high intensity class with 45-minute cardio workout, step aerobics and kickboxing and 15 minute cool down yoga stretch with instructor Kristi Cleary.

Hand wraps needed for boxing bag participation.

Monthly fee: \$20.

Pilates — Tuesdays and Thursdays, 5:15 – 6:15 p.m., Saturdays, 10:50 -11:50 a.m.

Elongate, stretch and strengthen your muscles in this intense yet relaxing floor mat workout with instructor Kristi Cleary.

Incorporates light weights with controlled movements. Monthly fee: \$40.

Cardio mix with weights — Mondays and Wednesdays, 5:45-6:45 p.m.

Cardio mix between kick boxing, bosu, circuit and floor/step aerobics with instructor Diane Solomon. Plus, resistance training with free weights, stretch bands and body bars.

YEA offers services Mondays through Saturdays

Youth Education and Activities in Sault Ste. Marie is starting off the school year with many new and exciting services to offer students in kindergarten through grade 12.

Computer labs open Monday through Friday, 3:30-6:30 p.m., and on Saturday, 11-4 p.m. Computer labs are available for students to come after school and get help with their homework, use the computers, socialize with friends and participate in daily activities.

Free tutoring is provided daily for every student. Students will learn how to animate objects, customize Web sites and other exciting media projects every Monday.

On Tuesdays, students will have the opportunity to participate in science experiments that concentrate in the core subject areas such as chemistry and physics. Students are likely to get messy as toy rockets launch through the air.

On Wednesdays, art lovers will be up in their elbows with googly eyes and balls of yarn creating masterpieces.

On Thursdays, the tribal youth council will be working and playing hard coordinating events that help our community members and bring culture to the Sault.

Fridays are party days where kids can come and show off their moves during Dance Dance Revolution tournaments!

Game lovers of all ages can enjoy a peaceful afternoon dueling in a fierce game of Scrabble every Saturday.

Come and visit if you want to have a good time and meet new people. Free drinks and snacks are provided daily.

We are at 2428 Shunk Road next to Enrollment.

If you have any questions, please call Rachel Mandelstamm at (906)440-4494.

DeMawating Development change in hours — Effective immediately, DeMawating Development office hours have changed.

The new office hours are Monday through Friday 8 a.m. to 12 p.m. and 1 p.m. to 5 p.m. with after-hour and weekend appointments available.

For more information or questions, call (906) 495-2800.

Artwork sale at Northern Hospitality — 25 percent off all artwork, mirrors and clocks.

Christmas is just around the corner, so come take advantage of some really great gift giving ideas.

For more information, call Northern Hospitality at (906) 635-4800 or stop in at 827 Ashmun Street.

Child Care Center (an early childhood education program) currently has full-time openings for newborns to 18 months.

We offer a safe, nurturing, educational environment.

Please call us for further information at 632-5258.

Waiting list opens

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

This is a tenant-based program where 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 rental units that meets their needs and the program's requirements.

Participants will be required to pay 25 percent of their adjusted income to the landlord, and the Housing Authority will pay the remainder up to the fair market rent for that area.

Rental unit must pass housing quality standards inspections prior to leasing.

Sault Tribe Housing Authority recognizes that many needs cannot 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 a family for a maximum of two years. During those two years, we will be able to work with a family in homeownership counseling and advocacy if they are interested.

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

New Mental Health Services Contact Information

The new Mental Health Services have moved into the area previously occupied by ACFS.

The new direct number is (906) 635-6075 and (800) 726-9105.

KEWADIN ENTERTAINMENT



MEL & PAM TILLIS

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

11th | 7:00 p.m. Thursday | \$42.50 | On Sale Now

January

Great White & Britny Fox

10th | 7:00 p.m Saturday | \$32.50 | On Sale Now

Box Office Hours

Open seven days a week from 10 a.m. to 8 p.m.

Call 1.800.KEWADIN

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