

# "Vampires, phantoms lurk in every home

## Save energy dollars at work and at home

They are everywhere, just waiting. Vampires, phantoms, idlers and warts. In this case, however, we're talking about vampire power, phantom loads, idling standby current and wall warts. They all basically refer to the same thing: electronic devices with two pointy teeth that latch onto your wall sockets and suck electricity 24-7, whether they're on or off. These devices include TVs, VCRs, DVD players, answering machines, iPods, cell phones, stereos, laptops, desktops, anything with a remote, anything with a charger, anything with a

clock display. They are everywhere. Lurking.

"1-2-3-4-5-6 — six ways to get rid of vampire power! Ah-ah-ah-ah!"

It's easy and mostly free to get rid of those pesky vampires and phantoms, which according to the Department of Energy costs American consumers \$3 billion a year:

1. Unplug your devices.
2. Reduce your demand. Put away some of your electronic devices.
3. Plug your devices and chargers into a power strip. And when you're not using those devices, turn off your power strip.
4. Remove chargers from the wall when you're not charging. Chargers for your phone and batteries draw electricity even

if your device isn't charging. Pull your device as soon as it's recharged and then unplug the charger.

5. Buy Energy Star qualified electronics. Energy Star takes standby power into account and draw less than the average when in off mode.

6. Do your own energy audit with Kill-A-Watt. This device will tell you about the efficiency of your electronics. You might be surprised how much juice your electronics are using. And it will pay for itself, maybe even in one month. The P3 Kill-A-Watt ranges in price from \$17.95 to \$39.99 depending on where you buy it.

(Sources: [www.huddler.com](http://www.huddler.com), *US Sept. of Energy*, *US Environmental Protection Agency*, [www.newegg.com](http://www.newegg.com))



## USDA awards \$4.1 million to study colony collapse disorder

WASHINGTON, D.C. — Agriculture Secretary Ed Schafer announced July 17 that more than \$4 million will be awarded to the University of Georgia to study the causes of Colony Collapse Disorder (CCD) and other diseases affecting bee populations, whose pollination is valued at \$15 billion annually to U.S. agriculture.

The Protection of Managed Bees Coordinated Agricultural Project, funded through a four-year grant from USDA's Cooperative State Research, Education and Extension Service (CSREES), aims to improve the health of managed bee populations in agricul-

tural systems. The research will address genomics, breeding, pathology, immunology and applied ecology to explain the causes behind dwindling bee populations. Researchers will work closely with the extension community and other stakeholders to develop and implement mitigation strategies for CCD and other significant problems.

CCD became a matter of concern in the winter of 2006-2007 when an estimated 25 percent of the beekeepers in the United States reported major losses of adult bees from their hives. CSREES committed \$1.7 million to honeybees and pollinator research in fiscal year 2007.

## EPA develops WaterSense label for water efficient products

WASHINGTON, D.C. — Homeowners can save water by using WaterSense label products and, in the near future, new homes can have WaterSense built into them. EPA is working on a WaterSense draft specification for water-efficient single-family new homes and public comments were taken through July 21. Once the criteria are finalized, new homes that meet them can be certified and labeled under the WaterSense program.

"The WaterSense new homes specification is family friendly and climate-ready," said Assistant Administrator for Water Benjamin H. Grumbles. "Homeowners will save water, money and energy and communities will have an important new tool for sustainable growth and water efficiency."

The WaterSense label, which means both water-efficiency and performance, is on more than 160 high-efficiency toilets and over 60 bathroom sink faucets made by many different manufacturers in different styles, colors and prices. Nationwide, over 400 irrigation professionals have been trained in water-efficient design and practices and are certified as WaterSense partners. The future new homes specification will bring into the building process these products and practices, and many more water-saving tools.

The specification is designed to ensure not only sustainable, efficient water use but also a high level of performance satisfaction. WaterSense labeled new homes will combine WaterSense labeled products

with other water-efficient fixtures and practices to reduce the amount of water used by approximately 20 percent. Homes must meet criteria in three areas: indoor water use, outdoor water use and homeowner education. Indoor plumbing, plumbing fixtures, appliances, and other water-using equipment have to be water efficient.

Outdoors the landscape design and any irrigation system have to be water efficient. Additionally, homeowners will be provided information on how to maintain a water-efficient home.

Third-party inspectors will certify that homes meet all of the criteria before they will be given a WaterSense label.

For more information, visit [www.epa.gov/watersense](http://www.epa.gov/watersense).

## Easy visual key ID's trees

Need help next spring distinguishing sugar maples from red, silver or even Norway maples? Then here is the book for you.

The Arbor Day Foundation is offering a new easy to use tree identification guidebook that will help an average person identify trees in a simple, step-by-step process.

*What Tree is That?* features full-color, hand-drawn botanical illustrations of the distinctive characteristics of America's most popular trees. Its beautiful illustrations are drawn in

precise detail to depict natural color, shape and texture so users can make a positive species identification in just a few steps.

The booklet is printed on recycled paper with soy ink.

To obtain a guide, send your name and address and \$5 for each guide to *What Tree is That?*, Arbor Day Foundation, Nebraska City, NE, 68410, you can also order the book online at [www.arborday.org](http://www.arborday.org).

## 12th Annual Sugar Island Traditional Powwow

Saturday & Sunday, Aug. 30-31

Spiritual Gathering, Aug. 29, noon-?



Head Adults:

*Willy Trudeau and Marie Eshkibok-Trudeau*

Host Drum:

*Star Lodge Singers*

For information, contact Cecil Pavlat: 906-632-4719 or 906-440-7849

Pow wow grounds: Just take the Sugar Island Ferry off of Riverside Drive in Sault Ste. Marie, MI and watch for signs.

## Mary Murray Cultural Camp Calendar of Events

Dates may change. If interested in attending an event, call 632-7494.

### AUGUST

- 16-17 Hessel powwow
- 20 Berry picking
- 23-24 Rendezvous in St. Ignace powwow
- 27 Sage picking
- 30-31 Sugar Island powwow

### SEPTEMBER

- 13-14 Munising powwow

### OCTOBER

- 17-18 Smoke fish camp
- 24-25 Men's gathering

### NOVEMBER

- 1 Ghost feast
- 8-9 Veterans powwow

21-22 Rattle camp

### DECEMBER

- 5-6 Hand drum camp
- 30 Spiritual gathering
- 31 New Year's Eve powwow

### JANUARY

- 16-17 Winter survival camp

### FEBRUARY

- 13-14 Flute Camp

### MARCH

- 7 Storytelling
- 17-20 Sugar bush preparation

### MARCH-APRIL

- Sugar bush

# Let's Get Moving Kewadin! promotes healthy lifestyles, charts miles of activity

SUBMITTED BY DONNA NORKOLI, SAULT TRIBE STEPS TO A HEALTHIER ANISHINAABE COORDINATOR

The *Let's Get Moving Kewadin!* program ended Aug. 4 but we hope that the healthy lifestyle habits developed during this program last for a lifetime. Participants logged "miles" of physical activity, servings of fruits and vegetables, glasses of water, and even quitting tobacco use in order to win weekly prizes, t-shirts, water bottles and bragging rights for the "miles" their site accumulated. The chart below shows the progress of participating sites as of July 23.

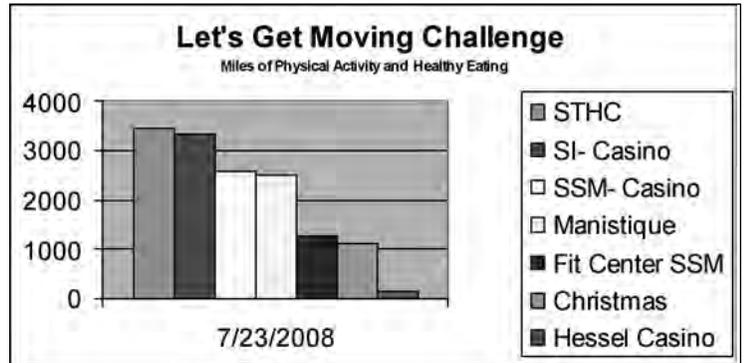
In 2007, the overall casino

winner was Manistique with 497 miles per participant. But each participant is a winner of the gift of good health and the knowledge that they set goals for themselves and stuck with the program.

I attended the National Wellness Conference recently and participated in a session on "living on purpose." During this session we were asked to choose our six most important core values in our life and, of course, health was one of mine. Then we were asked to rate the degree of satisfaction we had regarding living this value at this time in our life. I realized that although I rated health as extremely important, I was not

giving it much attention — that is, exhibiting the behaviors to "be" this value.

I have made commitments many times this year that I would go to the fitness center during my lunch hour and work out. But I always found excuses that I had things I must get done at work. I was making work take importance over my health. I had a "disconnect" in what I *said* was important to me and what I *demonstrated* was important to me. This was an eye opener for me — I urge you to take a look at what you say is important in your life and then determine if you act to make this value become a reality in your life.



So don't let the end of the *Let's Get Moving!* program be the end of your physical activity program or your healthful eating program. And don't let an addiction to tobacco stand in the way of becoming the healthy vibrant person you want to be.

For more information on

programs to help you on your path to better health, whether it is weight management, diabetes management, stress management or tobacco cessation, contact Sault Tribe Community Health at (906) 632-5210 or contact your local tribal health center.

## Keeping a promise, Ang-Gio's goes smoke free

SAULT STE. MARIE

— "I made a promise to my father that I would make Ang-Gio's smoke-free," said Bob Autore, manager of Ang-Gio's Restaurant in Sault Ste. Marie.

Autore said the decision was good business. "I have 30 tables — five were designated as the smoking section. The smoking section was located in the front of the restaurant. I began to notice that fewer people were sitting there," he added. "On a Friday night in April, I decided to make the entire restaurant smoke-free. My seats were full. The restaurant has been smoke-free ever since."

Donna Norkoli, coordinator of the steps to a Healthier Anishinaabe Program for the Sault Tribe and a member of the Chippewa County Substance Abuse Prevention Coalition, said that disease caused by tobacco use and exposure to secondhand smoke remains the top two leading causes of preventable death in Michigan. Over 17,000 people die each year and total health care costs directly related to smoking have risen to \$3.4 billion.



The Chippewa County Substance Abuse Prevention Coalition, Teens Against Tobacco Use (TATU) and other smoke-free air supporters gather at Ang-Gio's restaurant in Sault Ste. Marie to present a certificate of recognition to Ang-Gio's manager, Bob Autore, for making the establishment smoke-free. Young and old alike come together to show their support for smoke-free Ang-Gio's. Left to Right — Back Row: Anne and Will Ohman, Shana Trotter, Sean Kutzler, Mary McKay, Lee Carlson, Kayla Ball, Bob Autore, Caitlyn Synett, Laurie VanSloten, Donna Norkoli, Lauren Eveleigh. Front Row: Megan Trotter, Emily Grenfell, Julie Trotter, Amber and Evan Guerreiro, Laine Grenfell, Joey Guerreiro, and Austin Trotter.

"We've been overwhelmed with positive comments," said Bob. "We receive stories and comments from customers daily, thanking us for going smoke-free."

For more information or for tobacco cessation assistance, please call Sault Tribe Community Health at (906) 635-5210 or your local tribal health center.

## Sault Tribe weight loss clinic takes on a new look

SUBMITTED BY HEALTH EDUCATION SUPERVISOR KIM ALFORD, BS, CHES, TTS

The Sault Tribe weight loss clinic, *Moving Toward Better Health*, is a best kept secret that everyone should know about. "What do you mean?" you might ask. Well, people have been asking for a service to help them lose weight and keep it off. The weight loss clinic, *Moving Toward Better Health*, began to fulfill this request over a year ago.

Since then, we have learned a few things to help you be even more successful in your weight loss goals. We are now ready to unveil our new look and give you the keys needed to begin your journey and we won't give up. Our program is

ongoing, not a temporary 1-2 month program like most, but a program that will help you learn the skills necessary to change your lifestyle, offer support, and finally lose weight effectively.

The weight loss clinic is staffed by registered dietitian Kristy Hill and health education specialist and fitness trainer Kim (Sakis) Alford. Both Hill and Alford will help guide you and keep you motivated. All you'll need is a referral from your Sault Tribe medical provider to get started.

Hill or Alford will meet with you individually to establish your goals. Then, group meetings will be held each Monday, from 5:15-6:15 p.m., at the Sault Tribe Health Center, for further education and support.

Further individual guidance will be offered monthly. Monday sessions will be your education, support and weigh-in day to keep you posted and on track with your weight loss goals.

No points, no fluff, no crash diets. We have researched what works for weight loss from many scientific-based programs and found the tools that are proven to help you on your journey to weight loss. We provide each participant with individualized calorie and fat gram goals based on your current weight, food journal and food guide books, fitness goals, self-sabotaging solutions and tons of tools and education on important topics to give you the skills needed to succeed for

See "Weight loss," page 27

## Trans fats: just plain bad and ugly

SUBMITTED BY CHARLA J. GORDON, RD, MA, CHES, HEALTHY HEART PROJECT

I had gotten away from putting foods on the "good food" or "bad food" lists, but I have changed my mind when it comes to trans fats — these guys are just plain bad and ugly, and deserve to be on a "bad food" list. Read on if you want to know what a human-made trans fat is and why you want to take them out of your daily intake.

Trans fats are also called "partially hydrogenated fats" or "partially hydrogenated vegetable oils." In the food factory, liquid vegetable oil pressurized to make a solid fat like vegetable shortening or margarine. Some trans fats are found naturally in foods, but they do not seem to be bad for our health — only the human-made trans fats from the factory seem to have a negative health impact.

You will find human-made trans fats in cookies, crackers, desserts, doughnuts, pie crusts, French fries, frosting, snack foods, margarine, shortening, microwave popcorn, peanut butter, canned biscuits and more. Trans fats are common in our processed foods because they stay fresh on the shelf for a long time, are inexpensive and taste less greasy than foods made with vegetable oil. Trans fats can do four things in our body: 1) They increase the LDL (lousy) cholesterol and may make more of a type of LDL cholesterol that is more damaging to our blood vessels; 2) They lower the HDL (healthy) cholesterol; 3) They increase triglycerides, which are another type of fat found in your blood; 4) They cause more inflammation, which leads to fatty blockages in the blood vessels of the heart.

You may have noticed that the nutrition facts label now lists trans fats, but know that a food can contain up to .5 grams of trans fats and still be labeled as 0 grams trans fat.

You have to dig deeper and look at the ingredient list to check for the words "partially hydrogenated vegetable oil," "hydrogenated" or "shortening" to know if a food contains trans fats. Maybe a .5 grams does not sound like much, but if you eat four portions of the food over the day (like margarine) then you will have eaten two grams of trans fat.

Do be careful of products labeled "trans free" for another reason — some manufacturers took out the partially hydrogenated fats and replaced them with tropical oils — coconut, palm or palm kernel — all saturated fats that are not good for your heart, either.

How many grams of trans fat can you safely eat in a day? While some health experts say none, the American Heart Association says up to 2 grams for someone eating about 2,000 calories per day.

Here are some ideas for keeping your trans fat intake low:

- Add more fruits, vegetables, beans, whole grain breads and cereals to your meals.
- When you eat at restaurants limit the amount of fried foods you order — try the baked potato instead of the French fries or the grilled chicken sandwich in place of the fried.
- Add in healthy fats and oils — cook up onions in oil rather than butter or margarine; sprinkle walnuts or almonds on your cereal or salad; use olive oil on salads, in cooking, or on garlic bread.
- Use natural peanut butter.
- Stop using vegetable shortening and stick margarine, use softer tub or liquid margarines.
- Choose your snacks wisely — fruit, yogurt or cereals are good choices.
- Be a label reader — use your detective skills to make healthier food choices.

If you need any further information, please call one of the tribal nutritionists in your area.

# Manistique health and weight loss talking circle

A health and weight loss talking circle was held July 14 at the Manistique Tribal Community Center. Nineteen participants enjoyed sharing their stories of lifestyle change attempts, improvements to their health status, weight loss successes and the journey they have each traveled. Patty Teeples and Jeanne King led the attendees through meal planning activities and provided information on the monthly talking circle group that meets to allow everyone a chance to share and learn from others.

This was the second talking circle event held in Manistique, the first occurring in January. Events like this are a great opportunity for people to meet



**Above: Patty Teeples and Jeanne King led the attendees through meal planning activities. Right: This was the second talking circle held in Manistique.**

and share. They also are proving to be motivational for not only continuing efforts toward a healthier life, but also reinforcing

any or all efforts one has taken.

Anyone who is working on lifestyle changes and look-



ing for a social network for support is encouraged to join the monthly small group sessions, which meet one night per

month in Manistique. The next talking circle Event is slated for January. For more information, contact Gail Sulander MS RD

## How are you represented on the World Wide Web?

BY BARB SMUTEK, HUMAN RESOURCES JOB RECRUITER

If you are actively seeking employment then ask yourself that question. Many people do not think about what information is out on the Internet and how it affects them.

Social networking sites, such as MySpace, and Facebook, have become increasingly popular over the past few years. Many people utilize these sites to connect with friends, family members, and people with similar interests. The problem is that these sites are public places. Every piece of information that you place on your profile is now available for anyone in the world to see or read. You may

not care what strangers think about you but now picture that same material being viewed by your current supervisor or someone who just interviewed you for your dream job.

Would they give you the job?

Everyone has a right to express themselves but there are still ramifications for doing certain things. When you are looking for a job, you want to make the best possible impression. You design a professional resume, you practice interviewing and you say all of the right things to let the employer know that you are the perfect person for the job. Now, imagine, once you have done all that work,

that same employer that you impressed logs into MySpace and views all of your photos and information. Do those photos give the same impression of the person that just landed the perfect interview?

Let me give you some examples of things employers may not be too excited to see that seem to be becoming the norm for some profiles. Any profiles that contain nudity, vulgar language, excessive alcohol usage, drug use and violence are all red flags for the viewer. Remember that these profiles are public. Picture your profile as a public billboard in the middle of town that anyone

can pass by and view. If you are embarrassed to have certain people view it then it is time to make some changes.

Many social networking sites have security settings so that profiles cannot be viewed by the general public. Please turn these on. They not only protect you and your personal information but they can also save the reputation that you have worked hard to protect.

Another quick tip about representing yourself online is to please think about your e-mail. It is fine to have a personal e-mail but if you are using your e-mail for contact information for employment, please make

sure that it sounds and looks professional. A great resume can quickly look unprofessional if it is topped with an e-mail that references body parts, suggestive language and alcohol or drug use. Keep in mind that everything is under scrutiny while searching for employment. A recommended e-mail address for employment contact usage is one that is simple and includes your last name.

If you have any questions regarding employment with the Sault Ste. Marie Tribe of Chippewa Indians please feel free to contact us at (866) 635-7032 or e-mail [STEmployment@saulttribe.net](mailto:STEmployment@saulttribe.net).

## Eight ways to stay safe while on prescriptions

BY DEBBIE SIRK, AMERICAN INDIAN SUBSTANCE ABUSE SERVICES

More than ever, you are hearing of the untimely deaths of individuals, young and old, which is raising an important question for anyone taking multiple medications. Do you know what you're taking and how much?

People have never had so many pharmaceutical options with which to treat a host of conditions and many reap the health benefits without inci-

dent. But a growing number are unknowingly mixing drugs that prove harmful when combined or deliberately using them for purposes they weren't intended.

Accidental poisonings from prescription-drug use are on the rise, especially among middle-age adults, according to the Centers for Disease Control and Prevention (CDC). "When most people think about poisonings, they tend to think of little kids. But the highest drug-poisoning rates are in people 45 to 54 years of age," said Dr. Len

Paulozzi, a medical epidemiologist at the CDC Injury Center in Atlanta, Ga. Among unintentional poisoning deaths, 95 percent are due to drugs of all kinds, both legal and illegal, he said.

Younger adults age 20 to 29 had an 8 percent rise in total injury death rates. Unintentional poisoning accounted for more than half of the increase in each group, and it was second only to car crashes as the cause of accidental death since 2001.

As people get older they typically take more medications to manage chronic health conditions, exposing them to more

and more problems mixing medications because they don't take the time to find out if they interact. Sometimes alcohol is added, which can cause respiratory depression and this can be fatal. If you mix enough sedative-type drugs (whether they're over-the-counter or prescription) with alcohol, it is a recipe for disaster.

Tips to protect yourself:

Among the steps you can take to prevent problems if you are taking multiple medications, according to experts are:

Take only the medication(s) currently prescribed for you and take only as directed. If the instructions aren't clear or you have problems with the drug's side effects, call your doctor or pharmacist instead of improvising.

Don't underestimate the potency of nonprescription drugs and supplements. Read the labels and warnings, too! Just because medications are over-the-counter, doesn't mean they're safe. You have to treat them with the same respect as prescription drugs.

Tell your pharmacist everything you're taking, including any over-the-counter medicine, herbal supplements and alternative therapies. Also, disclose changes in your condition such as pregnancy or high blood pressure. Keep an accurate, up-to-date list of your medications and dosages to show your

pharmacist. Pharmacies' computers typically track and flag any prescriptions that may be hazardous when used together, but consumers often go to more than one drugstore to get the best prices, making it incumbent on both parties to be vigilant.

Ask or call the pharmacist if you have questions. Find someone who's willing to take the time to help you; especially if you're on several medications, this applies to over-the-counter, too.

Write down when you give your child medicine, especially if it's in the middle of the night. That may help prevent an accidental overdose in the morning.

Don't be surprised if the pharmacist questions you about your prescriptions, especially if you use different pharmacies or have prescriptions from different doctors. Pharmacists have an obligation to help screen for abuse or misuse. Pharmacists can intervene and talk to patients if they suspect a problem, and sometimes the reason turns out to be legitimate.

Don't leave medication lying around. Control access to over-the-counter and prescription drugs and dispose of them properly when finished.

If you need help with prescription drug addictions, call American Indian Substance Abuse Services at (906) 635-6075.

## Clinic helps participants to lose weight for good

From "weight loss" page 26 life. We start with assisting you in making realistic goals, including physical activity goals, and then provide fun and interactive ways to keep you moving.

Our first activity will begin in August with a walk across the entire United States, one step at a time. Every minute you walk (or do other physical activities) will count toward your journey from coast to coast, but even more so, each minute you are active will be closer to your desired weight loss goal. Many prizes and incentives will be given for your participation.

The Sault Tribe weight loss clinic, *Moving Toward Better*

*Health*, will help you lose weight in a safe, healthy and supportive environment. There will be a minimal \$10 fee for program materials, which will be refunded to you after attending just six group sessions. You must be 18, eligible for Sault Tribe clinic services, cannot be pregnant or breastfeeding and in stable health to enroll. Now don't weight....I mean *wait*.... call or visit your Sault Tribe healthcare provider for your referral into the program. You'll be headed in the right direction — toward better health and better quality of life.

Please call Sault Tribe Community Health at 632-5210 for further information.

### The Sault Tribe Weight Loss Clinic — Moving Toward Better Health

How to start:

- Call or visit your Sault Tribe healthcare provider for a referral into the program.
- You will be contacted by Community Health staff for a one-on-one appointment.
- Attend Monday group sessions every Monday (except holidays), 5:15-6:15 p.m., Sault Tribe Health Center Auditorium, Sault Ste. Marie
- Fee \$10 for program materials, refunded after attending six Monday sessions.

For more information, call Sault Tribe Community Health Center, 632-5210.

# Waabanangikwe's Journey: life in balance

BY MARY ANN STOTT, BSN

Waabanangikwe went to the women's gathering at the Sugar Island culture camp. While she was there, she met a wise woman named Joan Yother. Joan was beading barrettes for regalia. As her fingers worked steadily to create this beautiful craft she began to share her story. Waabanangikwe watched Joan's fingers moving as she listened to her speak.

She said she was 68 years old and a Sault Tribe elder. She was always proud that she had never been diagnosed with diabetes, which affects so many of our people. So she was stunned and felt like she had been hit



Joan Yother

with a sledge hammer when her provider, Rae Ann Brand, CFNP, said Joan had diabetes last fall. Her children had

watched their dad suffer with complications from Type 1 diabetes and she did not want them to have to deal with her. Joan learned that she had Type 2 diabetes, which is different from what her husband had. Even though some of the things she had to do to stay healthy were the same there was much more she needed to learn. Joan said she was determined to get control of this disease and wasn't going to let it get her down.

Joan started taking a medication called Metformin (also known as glucophage), and met with Mary Ann Stott, the diabetes nurse educator, and Betty Noland, the registered dietitian,

to learn how to take care of herself and control the disease. She increased her physical activity and changed the way she ate. Joan started eating three times a day instead of skipping meals. She started walking and doing chair exercises. Joan enrolled in the Healthy Heart Study so that she could learn how to keep her heart strong. She told Waabanangikwe that one out of every four of our people die from heart disease and most of them had diabetes.

The message Joan wants Waabanangikwe to bring to our people is that even if you feel good and haven't been diagnosed with diabetes, get a check

up every year. Joan felt fine and had this disease. It is a sneaky disease — you could be ill and not have any of the symptoms. But once you know, you can get control, and have your life in balance.

Waabanangikwe thanked Joan for her teachings and promised to continue her journey. Joan smiled and handed her the barrette she had just finished beading.

Contacts for the Sault Tribe Diabetes Program: Sarah Willey ANP BC-ACM, diabetes nurse specialist, (906) 632-5231; Linda Cook BSN, diabetes nurse educator, (906) 632-5288.

## Teens: It's a good time to get a physical

The Sault Health Adolescent Care Center (SHACC) is open through the summer and is now scheduling comprehensive physicals for students of Sault Area High School and Career Center, Sault Middle School and Malcolm School. The center promotes healthy lifestyles all year by providing primary care, immunizations and comprehensive physical examinations following the criteria of the American Academy of Pediatrics.

Psychological services are also provided throughout the summer. An important aspect

of adolescent preventative care is the identification of high-risk behaviors such as poor nutrition, sexual activity, substance abuse, anxiety, depression, suicide and violence.

The SHACC administers the Minnesota Adolescent Health Review (AHR), a computer questionnaire designed to address a variety of behaviors and psychosocial situations.

Teri Kowalski, licensed nurse practitioner, reviews the AHR with the student privately and incorporates the findings with the thorough health history and physical to develop a plan of

care. Psychological services are provided at the SHACC by Weber and Devers and Catholic Charities. Educational sessions are offered during the school year to promote healthy lifestyles and reduce health risks.

Comprehensive physical examinations also include height, weight and body mass index, immunization review, vision and hearing screening and the completion of a sport card. (A current-year physical is one given on or after April 15 of the previous school year.) Call 635-3839 ext. 5802 for an appointment.

Medicaid, MICHild and most insurances are accepted. The maximum fee for a physical not covered by insurance is \$10 for SHACC eligible clients. Parental consent is required. This summer, the center will also provide physicals to non-SHACC eligible children at the regular rate of service.

The SHACC is in room 601 of the career center wing. Summer hours are: Monday-Thursday 8 a.m. to 4:30 p.m. and Friday 7:30 a.m. to 4 p.m. (Open until 7 p.m. on July 15 and August 12.)

**The Sault Health Adolescent Care Center is now scheduling comprehensive physicals for students of Sault Area High School and Career Center, Sault Middle School and Malcolm School.**

**Call 635-3839 ext. 5802 for an appointment.**

**SHACC is located in room 601 of the career center wing.**

### Endless Summer Spa Giveaway!

**Earn Entries NOW!**  
**Grand Prize Draw:**

- August 23 - St. Ignace & Christmas at 10:15 p.m.
- August 24 - Sault & Manistique at 6:15 p.m.
- Earn Entries at all five sites!

**KEWADIN KLASSIFIEDS**

**Kewadin CASINOS**

1-800-KEWADIN  
www.kewadin.com

### 8 to Break the Bank

**08-08-08**  
**All Sites!**

### Random Cash Draws

**Win Up to \$2,000!**

**Upcoming Events**

*Light Up Your Livingroom!*

Hessel  
Earn Entries NOW!

Grand Prize Aug. 27th Home Theater Package!  
PLUS! Random Draws Wednesdays for CASH!  
6:00 - 10:00 p.m.

**Gold Wing St. Ignace**  
August 16, 2008

**Tournaments**

**Hessel**  
\$8,000 Spin To Win  
Sept. 5-7, 2008  
**St. Ignace**  
\$17,000 Keno  
Aug 22-24, 2008

**Entertainment**

**PAT BENETAR & NEIL GERALDO**  
**SUNDAY, AUGUST 24**  
SAULT STE. MARIE, MICHIGAN

**LITTLE RIVER BAND**  
**SATURDAY, SEPTEMBER 20TH**  
SAULT STE. MARIE, MICHIGAN

Promotions cannot be changed without prior approval by the Sault Ste. Marie Tribe of Chippewa Indians Gaming Commission. Promotions can be cancelled at Management's discretion.

**Weekly Events**

**Rapids Lounge Entertainment**  
Sault Ste. Marie

**Comedy starts at 8pm - Thurs.**  
Aug. 7 Mike Siscoe & Geoff Tate  
Aug. 14 Jackie Kashian & Brian Aldridge

**Live Music starts at 9pm Fri. & Sat.**  
Aug. 8 & 9 BDR  
Aug. 15 & 16 Pent

**Northern Pines Entertainment**  
St. Ignace

**Wednesday Comedy Shows start at 9pm**  
Aug 6 Mike Siscoe & Geoff Tate  
Aug. 13 Jackie Kashian & Brian Aldridge

**Live Music starts at 9pm Fri. & Sat.**  
Aug. 8 & 9 Jager 4.0  
Aug. 15 & 16 Brian Lorente

**Team Spirits Bar Entertainment**  
**MANISTIQUE**  
Karaoke-August 8th & 9th

# Our focus must be on financial priorities



**JOE MCCOY, SAULT  
TRIBE CHAIRMAN**

Aanii! I would first like to say, chi miigwech for your support in electing me as chairman of our tribe. It is an honor and privilege to be in this position. We have been very busy since taking office, trying to sort out our financial condition and make the necessary changes to sustain our tribe. I have been learning the ins and outs of our operations at a very fast pace. There has been speculation

throughout our tribe that we are in a serious financial state. Those speculations are true. You will be seeing changes over the course of the next few months while we, the board, work closely with our employees to make some very tough decisions. We have no choice at this point but to make these changes to minimize our deficit, not only for 2008, but going into the next few years. We are asking for our members and employees to be patient while we make these necessary changes to make our tribe strong.

Our (leadership) role is to set the direction of our tribe, to set the policies that our employees implement and enforce, and to ensure that our resources are protected and preserved for future generations. After holding necessary workshops with our co-executive directors and casino chief operating officer, where we reviewed and discussed in-depth their restructuring recommendations and plans, changes have begun to

take place. We are committed to minimizing any negative effects on services we provide to our members; however, we are taking a look at how we provide those services, where we provide them and developing more efficient plans to ensure continuity of the top three priorities our tribe has: health, education and our elders.

Questions have been asked of me and our board of directors regarding the land claims payment our elders receive each January. While no firm decisions have been made, we may not have the tribal support dollars in January 2009 to maintain the \$1,600 payment. We are not discussing eliminating this payment completely; however, due to financial constraints we may have to make an interest only payment. Interest only payments are 100 percent tax-free for all recipients. While the payment amounts are smaller, the net amount per elder will have no impact on your respective taxable annual income.

Many of our elders understand the condition we are in and have stressed to us that if we do have to make an interest only payment in January 2009 that we provide as much notice as possible so our elders may plan for the reduced amount. We will honor that request.

One of my goals as chairman of our tribe is to ensure that we maintain and strengthen our cultural and traditional ways and roles in our communities. It was a pleasure and an honor to provide the welcome to our guests and visitors at Saturday's activities for our annual Sault Tribe Powwow. Directly after the installation into office ceremony held July 2, 2008, my son and I went to the traditional chief's feast and were humbled by the teachings we received there.

On July 28, I, along with the board, was invited to attend the Elder Advisory Committee meeting in Newberry. I would like to say chi miigwech for this invitation, and for the

respect we received from this committee. One of the elders' major concerns was maintaining a line of communication between our elders committees and our chairman and board of directors. We are committed to improving and strengthening our communications with all of our members and employees.

Currently, our focus has to be on our financial priorities; we must concentrate on our governmental and business operations to ensure profitability and efficiencies. This includes our operations in Greektown. In the near future, I will be setting up meetings with our members and employees to discuss our tribe's future and to get your input.

I look forward to working with our tribal members, board of directors and employees to move us forward in a positive direction. If you have any questions, please feel free to contact my office at (906) 635-6050, (800) 793-0660, or e-mail me at [jmccoy@saulttribe.net](mailto:jmccoy@saulttribe.net).

## The future of our tribe: tough challenge ahead



**LANA CAUSLEY, DIRECTOR,  
UNIT II**

The election is over and we have been very busy planning for the future of our tribe. I want to personally say "miigwech" to all the members in Unit II for your support and encouragement throughout the election process and beyond to the road ahead. Many members are filled with uncertainty for our future and are very concerned about the decisions that must be made now. I can assure you that the chairman and all the members of board of directors have a priority that is the hardest we have ever dealt with; the financial health of the tribe.

Before the election, we were meeting sporadically and going over operational savings that we could sustain to keep membership services intact. Through this process we came up with approximately \$4.7 million in savings (those costs savings are available and open to the membership). As you know, that was not nearly enough because we

are still faced with a \$15 million deficit for 2008. Recently, we had to begin reviewing casinos, internal services and membership services departments to take a hard look at NON essential positions (this has not happened in the history of the tribe and should be ongoing). The co-executive directors and casino's chief operating officer were given direction and came forward with recommendations from program managers and other department directors. Together, the chairman and board of directors went through recommendations and had to make very tough decisions; this was not done in haste or without justification on all positions of elimination or lay off.

Through this process, an additional \$5 million has been cut. Over \$4 million more must be cut or financed. At this point many of us do not want to borrow more money — we need to reduce the existing debt, not create more.

Those elected to represent will face many challenges in the coming future and it is time to lead, seek our development (other than casinos) that will be beneficial to our future and get our existing businesses in order. The tribe has been under attack for many years — politically, in Detroit, from casinos up north and from our own. We fight a daily struggle to retain what we have and it gets harder every year due to our economy and nationwide decreasing casino revenue.

Outside funding has been reduced and staff and managers

feel the effect when applying for grants. Please know that the tribe's financial health is the number one priority at this time and we will seek out all savings we can identify to sustain membership services. In the next few months many changes will occur, please be patient and know that none of the decisions are easy, all staff and management are under extreme stress and the outcome of our reductions will affect families and for that I am truly sorry.

Last week, the board of directors has approved lowering the price of gas at the Midjim Stores for an initial period of 60 days. This decision was for two reasons: to give some relief to our members and to remain competitive with other local stores in the area to increase our volume of customers. The 60-day period is to see if we can sustain the market and increase revenue.

The chairman and board are also taking a hard look at our businesses. If they are not making money we need to know why and then make changes to make these businesses profitable and sustainable for the future — there are certainly no more excuses. Politics have taken a back seat with this change and that will reflect in the direction of the tribe.

We have many other responsibilities that we must get in order as well. It's been over four years since we have had official reports and communications from committees and management staff on a regular basis. The committees are in

place to assist us with the direction of the tribe and the lack in communication from them has also had a detrimental effect. Committee and management have been requesting this and it will be beneficial to our entire tribe.

Please remember the Gathering of Eagles Staffs Traditional Powwow Aug. 15-17 in Hessel.

I will be holding office hours in Hessel on Aug. 18 in the morning before the Hessel Elders Committee meeting and

a report will follow. I will be in Newberry on Aug. 22 for the Newberry Elders Committee report and a powwow meeting at 1 p.m. Naubinway office hours will be held from 1 to 6 p.m. on Aug. 27 at the snowmobile museum.

If you cannot make it to the scheduled meetings or office hours, please call and we can arrange a time to meet that is convenient for you.

Lana Causley, (906) 484-2954.

## We must tighten our belts



**BERNARD BOUSCHOR,  
UNIT I DIRECTOR**

The election eve was one of excitement, the election committee and volunteers did a great job. It is my hope that we come together as a unified tribal community, tribal board and tribal chairman. As leaders, we can offer to the membership a positive outlook of our future.

Our tribe has problems that need to be addressed including our Sault Tribe deficit and the situation with our Greektown Casino. In this article, I will discuss our deficit.

The chairman and board

have been making progress in dealing with the huge deficit we were left with. Our goal is to build a strong and financially healthy tribe. Excessive spending has depleted our reserves and it is my opinion that we will need to reduce spending if we want to turn our financial situation around.

When we are successful, we will be able to fund the self-sufficiency funds that were spent under the prior administration. We will be able to build a nest egg and replenish our coffers. We have to tighten our belts. The reality is that we need to spend less and build a surplus.

This will take a lot of work by everyone in the tribe, but if we work together, we can do it.

Also, the **6th Annual Sault Tribe Open Golf Tournament** will be held again on Sept. 12-13, 2008, at the Oaks in Kincheloe. Contact me for information.

Again, thank you for your support! Should you have any questions, please contact me at [bbouschor@yahoo.com](mailto:bbouschor@yahoo.com) or (906) 440-4407.

**The next Win Awenen Nisitotung  
deadline for Ads and Submissions is  
before 9 a.m. on Tuesday, Aug. 26.  
Call (906) 632-6398 for details.**

# Board of directors addressing financial concerns



**TOM MILLER, DIRECTOR,  
UNIT IV**

I hope everyone is enjoying the summer weather that has finally arrived. It is hard to believe that we are already halfway through the summer. This is my first unit report since the our recent elections.

I would like to welcome the newly elected and re-elected board members and the new tribal chairman. I would also like to thank the outgoing board members and chairman for their work over the past four years and wish them well in whatever they choose to do. Lastly, I thank the tribal membership for their support and confidence which led to me running unopposed. I will try my best for the membership.

With the elections done, the board of directors has settled into the ongoing task of paring down the governmental and enterprise budgets to match the available revenue. Recently, there has been the elimination of nonessential positions (67) within these areas. This is a process that should be done on a yearly basis as a matter of

routine business. When it is not, it leads to large scale reductions and general unrest and uncertainty within the workforce. I believe the new chairman is getting a firm grip on the financial situation and with the help of the board and tribal administration, will get us back on track.

The other large project that has been my point of focus is the Greektown Casino and moving us through the Chapter 11 process and the completion of the permanent expansion project. This process was required as a result of the recent downturn in the financial markets and the lending agencies tightening the lending process. We entered the Chapter 11 as a requirement to secure the additional \$150 million necessary to complete the permanent expansion of the casino. Certain

factors — a very large buyout payment to our former partners and the required expansion — led us to an extremely large debt. Greektown Casino is a profitable casino, just not enough to assume that debt in its present situation. We are now reorganizing the casino and preparing for eventual exiting of Chapter 11. The casino expansion project will be totally completed by February 2009. Once the expansion is done and Greektown is up and fully functional, we will have a clearer picture of the future of this enterprise and its ability to produce revenue that will come north to help provide services to the tribal membership. Please bear with me if I am consumed by this project over the next six to nine months, but the importance of its success as a revenue generator cannot be overstated.

Another subject that I feel I must address is that of the elders' check monies. With the tribe's present financial situation, there can be no tribal support to the amount generated by the land claims monies. My best guess at this time would be about \$800. This is not a hard and fast figure and could change. I will attempt to explain everything to the elders at their regularly scheduled meetings.

I am asking the tribal membership to have patience with the board, chairman and the tribal administration as we work our way through a difficult financial time. We are making decisions that have to be made to ensure the future success and viability of the tribe. If you have any questions, please contact me at (906) 644-3334 or (906) 322-3827.

## Moving forward and not looking back



**KEITH MASSAWAY, DIRECTOR,  
UNIT III**

Now that all the dust has settled from the election we have many obstacles to overcome.

Our budget is out of balance by more than \$8 million. We have brought it down from \$15 million just a few weeks ago. All the relatively painless cuts have been done and now we are left with the more difficult decisions. Marathon workshops and meeting are being held on these matters and the board and chairman are weighting and measuring all the possibilities so we can bring our budget back to solid footing with the least impact to our services.

Greektown has been moving ahead, but slowly. We are confronting issues such as past contracts with the City of Detroit, our lenders and the MGCB. Since we are protected by bank-

ruptcy some of the issues can be renegotiated, others we have to work together on or we can be pushed out of Greektown. We are working in good faith with all parties and we hope they are with us.

Our legislative bill to open a casino in Romulus was soundly defeated in the House of Representatives and set our progress in this issue back quite substantially. We will not give up this fight for our rights to settle this land dispute. I would like to thank all the people who supported our effort and our many friends in the U.S. government. We, with everybody's help, will continue to keep this issue in the forefront at the

national level.

The dispute with the federal government on the St. Ignace casino land is moving forward. We have a lawsuit that has been heard and are awaiting a written decision. We have also introduced legislation that would settle this problem. The legislation was approved by the U.S. House of Representatives on July 30, 2007, and is now in the Senate. The Senate is stalling this bill and if they don't pass it in this session it will die and have to be started all over again.

I would like to congratulate our new board members, Pat Rickley and Bernard Bouschor, and also our new chairman, Joe

McCoy. This new board and chairman are not dwelling in the past but are moving forward together.

I very much enjoyed the Unit III elders' meeting last month. Pat and I discussed many issues and fielded question from the elders. I have missed a few of these meetings because the Greektown board meets in Detroit on the same days but I hope to be able to attend more often.

Thank you for all the letters, phone calls and e-mails. Please feel free to call or write me: Keith Massaway, 702 Hazelton St., St. Ignace, MI 49781, (906) 643-6981, kmassaway@msn.com.

## Board of directors July 8, 2008, meeting summary

**SAULT STE. MARIE** — The Sault Tribe Board of Directors held a special meeting on Tuesday, July 8, in Sault Ste. Marie.

The following resolutions were added: US Department of Housing and

Urban Development (HUD) Fiscal Year 2008 Community Development Block Grant (1) and US Department of Housing and Urban Development (HUD) Fiscal Year 2008 Community Development Block Grant (2).

The following resolu-

tions were passed: US Department of Housing and Urban Development (HUD) Fiscal Year 2008 Community Development Block Grant (1) and US Department of Housing and Urban Development (HUD) Fiscal Year 2008 Community Development Block Grant (2).

The following resolutions were tabled: Midjim Tribal Gas Sales Tax and Re-Establish General Counsel Position.

Legislative summary: The board of directors conducted the election of officers. Unit II Representative Lana Causley was voted as the new vice chairperson. Unit I Representative Cathy Abramson will serve again as treasurer. Unit I Representative DJ Hoffman was voted as secretary.

Under new business, the board of directors heard presentations on the Status of Tribal Bid Policy, Status of HR Compliance Audit, Status of Gaming: Additional Games, Status of 8a Certification, Status of 501c(3) and Status of Chippewa Service.

The Purchasing Department drafted a new purchasing policy and will be asking for board approval in the near future.

In October 2007, Human Resources was directed to initiate a compliance audit regarding personnel policies focused on employee complaints/grievances

and whether or not Human Resources was making sound and administrative findings. A third party was to be hired to conduct the audit and a committee was created to develop the scope of the audit. \$10,000 was appropriated for the audit, however, in March 2008 the project was put on hold due to the financial status of the tribe and concerns about adequate funding. It was noted, that another board member must be appointed to the audit committee.

The work involved with additional casino games was assigned to tribal attorney James Bias, who recently resigned. A status report was not available; however, Bias was asked to provide the project file to the Legal Department staff for review.

The 8a certification application process has begun. The Small Business Association (SBA) has been contacted. A July 30 meeting has been scheduled with the Procurement Technical Assistance Center. A request was made to report to the board every two weeks on the progress of the project. The Small Business Technical Center of Escanaba was contacted for assistance pertaining to the online application. Chairman McCoy offered to provide assistance to the project.

The 501c(3) application was

initiated; however, after further review it was deemed not feasible due to various stipulations. The 501c(3) needs to be administered by a board that is not a political or government board and not part of any state or federal election. To move forward, a board would need to be appointed that consists of persons not involved with state or federal elections and any governmental/political entity. The 501c(3) committee bylaws were partially ready for board review.

In November 2007, the Accounting Department was asked to look into resurrection of Chippewa Service and Supply. In May 2006, Chippewa Service and Supply was moved from a for-profit entity to an internal governmental service. In December 2007, a committee was formed to discuss the viability of moving Chippewa Service and Supply back to an enterprise.

The Department of Interior Selection Process and Board Communication with Membership via Internet topics were moved to a workshop.

Two complementary resolutions pertaining to a previously approved housing grant application were required, stating that specific grant requirements were met regarding regulation, 24 CFR: 1003.604a.

### Board of Directors Contact Information

Please direct written correspondence to: 523 Ashmun St., Sault Ste. Marie, MI 49783

**Darwin "Joe" McCoy**, chairman, jmccoy@saulttribe.net, (office) (906) 635-6050.

**Joe Eitrem**, Unit I director, jeitrem@saulttribe.net, (C) (906) 322-3821.

**DJ Hoffman**, Unit I director/secretary, dhoffman@saulttribe.net, (C) (906) 322-3801.

**Lana Causley**, Unit II director/vice chair, lcausley@saulttribe.net (C) (906) 322-3818.

**Patrick Rickley**, Unit III director, prickle@saulttribe.net, (C) (906) 440-5149.

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

**Shirley Petosky**, Unit V director, shirlypetsoky@yahoo.com, (H) (906) 387-2101, (C) (906) 322-3803.

**Dennis McKelvie**, Unit I director, dmckelvie@saulttribe.net, (H) (906) 632-7267, (C) (906) 440-3932.

**Bernard Bouschor**, Unit I director, bbouschor@saulttribe.net (C) (906) 440-4407.

**Cathy Abramson**, Unit I director, cabramson@saulttribe.net, (H) (906) 635-3054, (C) (906) 322-3823.

**Bob LaPoint**, Unit II director, boblapoint@yahoo.com, (C) (906) 440-7741.

**Keith Massaway**, Unit III director, kmassaway@saulttribe.net, (H) (906) 643-6981, (C) (906) 322-3802.

**Tom Miller**, Unit IV director, tmiller@saulttribe.net, (C) (906) 322-3827.

# Academy of Performing Arts relocates to Chi Mukwa

The Academy of Performing Arts bids farewell to their studio location at LSSU after seven years of growth and achievement. With excitement and anticipation, they would like to welcome their students to their new location at the Chi Mukwa Community Recreation Center. The new location provides the program with two spacious studios with mirrors and ballet barres, locker and changing rooms, convenient parking, a receptionist and a large waiting area with a concession booth for families. There is also a free indoor track open to the public and for a minimal fee, a fitness center and around the clock security to ensure the safety of our students, families, and faculty.

The Academy of Performing Arts will continue to offer a variety of courses in both dance and creative drama. They have added a 2.5 hour block of time for the advanced ballet, pointe and lyrical senior level students. They have also added a kindergym for 3 -5 year olds allowing

them to fine tune their motor skills and learn balance from within their bodies. This fun, up beat class encourages technique that is geared for earlier advancement in acrobatic/gymnastics allowing them to excel in any sport or dance field.

The 2008-2009 faculty includes Karla Anderson and Erika Laitinen teaching the advanced Ballet/Pointe, Lyrical and Jazz classes. Lea Cilluffo teaching Hip Hop and Pom Poms. Courtney Bailey teaching acrobatics/gymnastics, kindergym, and senior tap. Ms. Luanna will be teaching kinderballer, kinder tap, ballet, tap, jazz and creative drama. And for all your billing questions, Shayla Mack will be heading up our accounting office.

The Academy of Performing Arts registration/open house will take place in the lobby of Chi Mukwa on Friday, Sept. 5 from 4 - 8 p.m. For additional information or to place your child on a class list, please contact Miss Luanna at (906) 253-2180.

## Body Recall this fall

**BODY RECALL:** A safe, tested program of gentle exercises possible for all people  
Fall 2008

Sept. 8-Nov. 21, Mon., Wed. and Fri.

Level I, 9-9:50 a.m.: not physically active or working on a problem area.

Level II, 10-11 a.m.  
Chi Mukwa Community Recreation Center, 2 Ice Circle, Sault Ste. Marie.

Suggested contribution: \$2



per class. Call 635-4935, ext. 51003, for more information, demonstrations or cost concerns.

## Raffle drawing held

Winners of the Golf Scholarship raffle drawing held Aug. 1 took home some amazing prizes, all for a good cause:

Sheri Wallis took the first place prize — Four Detroit Tiger Tickets and a one night stay at the Atheneum.

Bud Bullinger won the second place prize — A night's stay with dinner and show tickets at Kewadin.

Susan Kinney received the third place prize — A night's stay at the Ship Wreck Museum.

Five more gifts were drawn for a golf jacket, shirt or hat and a round of golf at various golf courses throughout Michigan.

— Thank you from the Sault Tribe Golf Scholarship Committee

## After school program registration coming soon

The Chi Mukwa Community Recreation Center's after school program will be registering participants beginning August 18. The program includes organized games, sports, arts and crafts, skating, board games and many more recreational activities. Participants must be at least five years old and enrolled in

Kindergarten and cannot be older than twelve.

The program transports children to the facility from their respective schools and operates until 5:30 p.m. Monday through Friday. For more information about Chi Mukwa's after school program, please call (906) 635-7465.



**KIDS N' KITTENS** — Left: Sault Tribe Head Start recently took a field trip to the Chippewa County Animal Shelter. They raised donations for the animal shelter and spent time with the animals. **LEARNING ABOUT THE LOCKS** — Right: Students also visited the Soo Locks. The Head Start classroom is located in the Child Care Center building and is one of the Early Childhood Education Programs for children age 0-5.

## Fall fitness classes begin

Sept. 8 - Nov. 26 in Big Bear's Fitness Center upstairs

All classes are located in the Aerobic Room, first floor Chi Mukwa Community Recreation Center, except for women's weight training class.

**Early Birds:** Mon., Wed., Fri., 5:30 - 6:30 a.m.

**Cardio Mix** - A variety of class format. Moderate to high intensity.

Instructor: Kristi Cleary - Mon.; Diane Solomon Wed. and Fri.

**Women's Strength Training** Wed. & Thu. 12:15 - 1 p.m.

Come try this new resistive training 45-minute class. Cathy will work with you through a teaching phase to designing a fun and challenging workout program.

Instructor: Cathy Edgerly.  
**Stretch and Relax**

Tue. & Thu. 12:15 - 1 p.m. A mix of stretching and relaxing.  
Instructor: Karen Kucharczyk.

**Bosu/U**  
Tue. & Thu. 6:05 - 6:50 p.m.



**Bosu 1/2 inflatable dome 1/2 solid platform - balance trainer**

Increases the challenge for core stability.

Limit 10; must come 15 minutes prior to class to get a coupon: located at upstairs monitor desk.

Instructor: Kristi Cleary  
**Step/Kick**

Sat. 10:30 - 11:30 a.m.  
Combination of Step Aerobics and Kickboxing routines. Moderate to intense level.

Instructor: Kristi Cleary.

**Pilates**  
Sat. 11:35 - 12:05 p.m.

Core workout; a floor mat workout for all levels.

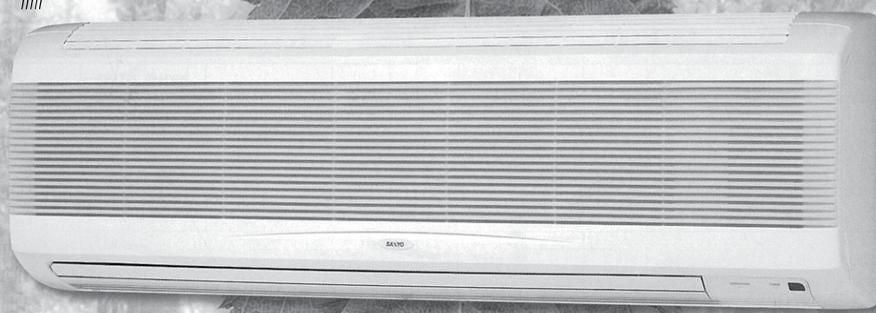
Instructor: Kristi Cleary  
**Go the Mile!**

With new fitness instructor, Miles Williams

Mon., Wed. & Fri., 5:45 - 6:45 p.m.

Challenge yourself in a circuit training, which takes you through a series of exercise stations to include cardio and strength training.

**SANYO**



## Air Conditioning



**Belongga**  
PLUMBING  
HEATING & COOLING

115 ELLIOTT, ST. IGNACE • (906) 643-9595  
Open Monday-Friday 8 a.m. to 5 p.m.

# Free Laker Athletic tickets for Sault Tribe members

SUBMITTED BY JESSICA DUMBACK, RECREATION FACILITY MANAGER

To be eligible for tickets, Tribal members must fill out the Free Laker Athletic Ticket Application and check off the games they wish to attend. **Mail the application, along with a copy of your Tribal card, to the address indicated on application by September 19, 2008.** Applications will be reviewed on a first come first serve basis until all tickets are disbursed. There are a limited number of tickets. Applications received after the deadline will be serviced last with any remaining tickets. Please call (906) 635-7770 for additional information or applications.

## FREE LAKER ATHLETIC TICKET APPLICATION FOR SAULT TRIBE MEMBERS

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE \_\_\_\_\_ EMAIL \_\_\_\_\_

NUMBER IN HOUSEHOLD \_\_\_\_\_

Circle the games you wish to attend and indicate the number of tickets needed for each game.

**Please note: you may not receive tickets for all games requested.**

### LAKER HOCKEY (Taffy Abel Arena)

10/10/08 Minnesota-Duluth  
10/11/08 Michigan Tech  
10/25/08 Windsor  
10/26/08 U.S. Under-18  
11/07/08 Bowling Green  
11/08/08 Bowling Green  
11/21/08 Robert Morris  
11/22/08 Robert Morris  
12/05/08 Northern Michigan  
12/06/08 Northern Michigan  
12/12/08 Nebraska Omaha  
12/13/08 Nebraska Omaha  
01/16/09 Notre Dame  
01/17/09 Notre Dame  
01/30/09 Michigan State  
01/31/09 Michigan State  
02/13/09 Miami (Ohio)  
02/14/09 Miami (Ohio)  
02/20/09 Western Michigan  
02/21/09 Western Michigan

### LAKER BASKETBALL (Bud Cooper Gymnasium)

11/15/08 Lewis  
11/16/08 Wisconsin-Parkside  
11/18/08 Northland Baptist (Men's Only)  
11/23/08 Marygrove (Women's Only)  
12/08/08 Finlandia (Men's Only)  
01/03/09 Saginaw Valley State  
01/08/09 Ferris State University  
01/10/09 Grand Valley State University  
01/15/09 Northwood  
01/17/09 Wayne State  
01/29/09 Findlay  
01/31/09 Hillsdale  
02/12/09 Tiffin  
02/14/09 Ashland  
02/26/08 Michigan Tech University  
02/28/08 Northern Michigan University

Mail application and copy of tribal card to:

**Chi Mukwa Community Recreation Center**  
ATTN: Jessica Dumback  
2 Ice Circle  
Sault Ste. Marie, MI 49783

**APPLICATION DEADLINE: SEPTEMBER 19, 2008**

## 2009 Home Improvement Program funding

Funds have been restored to the BIA Indian Services budget for 2009. To receive 2009 funds applications must be received by Nov. 30, 2008.

Repairs are intended for low income homes to bring the condition of the home up to standard conditions. The goal is to eliminate substandard housing for tribal members.

Examples can include but are not limited to structural such as: roof repairs, foundation, windows, exterior paint or siding; major systems such as: plumbing, heating, electrical and accessibility accommodations such as: ramps, lifts, doorways, bathrooms.

In some cases, if the home is too substandard, it is possible to be funded for a new home. Each project is evaluated on a case by case based using the following guidelines.

Homeowners meeting the following guidelines are encouraged to apply. Must have the previous year's income taxes (2007 1040's) in order to determine the guideline.

Income guidelines:

1 person-\$12,763 or less  
2 person-\$17,113 or less  
3 person-\$21,463 or less  
4 person-\$25,813 or less

Each additional person add \$4,350

Additional guidelines include:

- Applicants must live in the seven county service area (Alger, Chippewa, Delta, Luce, Schoolcraft, Mackinac, or Marquette).
- Home must be in substandard condition.
- Must be your year around residence.
- Must possess a record of deed.
- Must be an enrolled Sault Tribe member.
- Provide a copy of your Social Security Card
- Points are necessary, based on factors such as: number of children, age & disabilities. Call 800-726-0093 or 632-5250.

## Free elder and adult protection training

Elder/Adult Community Collaboration is offering a free training in two locations. The focus is to increase local knowledge for reporting abuse and making the most of area resources. There will be a summary of what was taught at a April 18 National Committee for the Prevention of Elder Abuse (NCPEA) workshop, the efforts of the Elder/Adult Protection Community Collaboration and the Elder/Adult Protection Strategic Plan. The strategic plan will be available at the training.

Professionals will gain an understanding about what to do when elder abuse occurs or where there is a risk of occurrence. There will be time reserved for networking with other service providers and resources, so please bring agency program and service materials.

Two locations and dates to choose from: Eastern Upper Peninsula, Sept. 11, 12 to 2 p.m., Sault Tribe Elder Services, 2076 Shunk Road, Sault Ste. Marie, MI 49783; and the Western Upper Peninsula, Sept. 18, 12 to 2 p.m., Manistique Tribal Community Center, 5698W Highway US-2, Manistique, MI 49862. Lunch will be provided at both workshops.

The Elder/Adult Protection Community Collaboration began in February of 2008 with a grant from NCPEA. Current representatives are from Anderson Associates Law Offices P.C., Anishnaabek Community and Family Services, Department of Human Services, Diane Pepler Resource Center, EUP Community Dispute Resolution Center, New Bridge Community Chaplaincy, Sault Tribe Behavioral Health, Sault Tribe Community Health, Sault Tribe Education and Cultural Divisions, Sault Tribe Elder Division, Sault Tribe Geriatric Team, Sault Tribe Health Division, Sault Tribe Housing Authority, Sault Tribe Law Enforcement, Sault Tribe Prosecutor's Office, Sault Tribe Tribal Court, Tendercare Sault Ste. Marie and Upper Peninsula Area Agency on Aging.

Suggested types of organizations/individuals: Adult protective services, law enforcement, agencies on aging, domestic violence advocate, victim services, mental health organizations, attorneys, courts, long term care services, medical entities, emergency response, disability services, veteran services, faith-based organizations, financial entities, public fiduciary, elected officials, real estate brokers, senior groups, media.

Contact Julie Menard at ACFs for more details and registration: (906) 632-5250 ext. 23320 or (800) 726-0093 or email jmenard@saulttribe.net. Registration is required.

# A LifeCare® Guide: Tips for a Healthy Marriage

From the Federal Occupational Health Web site pressroom

The United States government has been increasing awareness on the benefits of healthy marriages. Not only does a healthy marriage improve the lives of the couple, but children raised within a healthy marriage experience vast benefits.

The entire well being of children raised in healthy marriages is higher than those children in less fortunate circumstances. The physical, emotional, educational success, higher standard

of living, less likely to abuse drugs and alcohol, or become victims of domestic violence and more; all these factors increase for children raised in healthy families.

So what can be done?

- Educate teens, young adults and single parents with skills for parenting, healthy relationships and the value of healthy marriage
- Provide information to married couple on ways to improve and maintain a healthy marriage
- Make services available for

individuals and couples who are in unhealthy marriages, such as domestic violence, with alternative life styles

By recognizing the importance of healthy marriages we can promote changes to educate individuals and couples with skills for healthy relationships, parenting and the value of healthy marriage to improve outcomes for children.

Building and maintaining a healthy marriage takes time and effort. With the day-to-day pressures of work, children and chores it can be easy to

neglect to nurture your relationship and to take your mate for granted. This guide is designed to remind you about the importance of fostering a healthy relationship. It offers basic tips to help you build a successful marriage every day.

• Learn to communicate effectively - communication is perhaps the most important key to a strong, healthy relationship. Effective communication requires you to be an active listener—listening without judgment and focusing on what your partner is saying—as well as

expressing your own feelings in a positive, truthful way.

• Make time for each other - part of being able to communicate effectively is making time for meaningful conversations in a setting free of distractions. For example, turn off the television in the evening to make it possible to have a real conversation or order a pizza and catch up during a quiet night at home.

• Fight fair - don't expect to agree on everything. An important part of resolving conflicts is being respectful of your partner's feelings, even when you are arguing. Let your partner know you value what he or she is saying, even if you don't agree. Try to avoid criticizing, ridiculing, dismissing or rejecting your partner or what he or she is saying. If you're feeling frustrated and feel as if your anger is taking over, take a time out from the conversation and agree to resume it at a specific time later. Note--If you ever feel as if you may physically hurt your partner, walk away and seek help immediately.

• Make a commitment to your relationship - make your relationship with your partner a priority in your life. A relationship is a work in progress. It needs attention and effort to grow. No matter how busy you are, make time to spend quality time together, even if you have to schedule out specific time slots on your calendars. Celebrate each other's accomplishments together and support each other during harder times.

• Express appreciation - saying thank you can go a long way toward making your partner feel special and appreciated. Even though you may feel that your partner knows you care, it doesn't hurt to say thanks—even for every day things like cooking dinner, putting the kids to bed, or taking out the trash.

• Maintain a sense of humor - laugh often with your mate and be willing to laugh at yourself. Maintaining a sense of humor can relieve stress and tension, and help you get through a difficult time together.

• Learn to compromise - compromise is important in any relationship, but it's especially important in a marriage. If you disagree on an issue, discuss the problem calmly, allow each person to explain his or her point of view, and look for ways to meet each other in the middle.

• Practice forgiveness - there may be times when your partner makes a mistake or says or does something hurtful—whether intentionally or unintentionally. While it's okay to be angry, it's also important to then let go of the anger and move on. If you constantly bring up past hurts, it's difficult to have a mutually loving relationship.

• Keep romance alive - relationships are often romantic in the beginning, but as time passes and couples become distracted by other things—work, children, bills, the house—they often take each other for granted

—Continued on page 34.

## Free Wildcat Athletic tickets for Sault Tribe members

SUBMITTED BY JESSICA DUMBACK, RECREATION FACILITY MANAGER

To be eligible for tickets, tribal members must fill out the Free Wildcat Athletic Ticket Application and check off the games they wish to attend. **Mail the application, along with a copy of your tribal card, to the address indicated on the application by Sept. 19, 2008.** Applications will be reviewed on a first come first serve basis until all tickets are disbursed. There are a limited number of tickets. Applications received after the deadline will be serviced last with any remaining tickets. Please call (906) 635-7770 for additional information or applications.

### FREE WILDCAT ATHLETIC TICKET APPLICATION FOR SAULT TRIBE MEMBERS

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE \_\_\_\_\_ EMAIL \_\_\_\_\_

NUMBER IN HOUSEHOLD \_\_\_\_\_

Circle the games you wish to attend and indicate the number of tickets needed for each. **All games are held at the Berry Events Center. Please note that you may not receive tickets for all games indicated.**

**WILDCAT HOCKEY**

- 10/05/08 University of Toronto (Exh.)
- 10/10/08 Michigan Tech
- 10/11/08 UM-Duluth
- 10/17/08 Michigan
- 10/18/08 Michigan
- 10/31/08 Notre Dame
- 11/01/08 Notre Dame
- 11/21/08 Ohio State
- 11/22/08 Ohio State
- 11/28/08 Ferris State
- 11/29/08 Ferris State
- 12/13/08 USNTDP (Exh.)
- 12/20/08 Michigan Tech
- 01/23/09 Alaska
- 01/24/09 Alaska
- 02/06/09 Bowling Green
- 02/07/09 Bowling Green
- 02/27/09 Lake Superior State
- 02/28/09 Lake Superior State

**WILDCAT BASKETBALL**

- 11/15/08 UM-Duluth (Men's Only)
- 11/22/08 Alma (Men's Only)
- 11/22/08 Marygrove (Women's Only)
- 11/24/08 Finlandia
- 11/29/08 UW-Stevens Point (Men's Only)
- 12/01/08 St. Norbert (Women's Only)
- 12/15/08 Northland College (Men's Only)
- 12/18/08 Wayne State University
- 12/20/08 Northwood University
- 12/30/08 UM-Duluth (Women's Only)
- 01/03/09 Michigan Tech
- 01/08/09 Tiffin University
- 01/10/09 Ashland University
- 01/22/09 Lake Superior State University
- 01/24/09 Saginaw Valley State
- 01/29/09 Ferris State University
- 01/31/09 Grand Valley State
- 02/19/09 Hillsdale College
- 02/21/09 University of Findlay

Mail application and copy of tribal card to: **Chi Mukwa Community Recreation Center  
ATTN: Jessica Dumback  
2 Ice Circle  
Sault Ste. Marie, MI 49783**

**APPLICATION DEADLINE: September 19, 2008**

# Chippewa County MSU Extension 4-H program offers H.O.P.E. to special needs kids

BY BRENDA AUSTIN

SAULT STE. MARIE, Mich. — Hope for a better tomorrow, a brighter future. That is what Lisa and Amber Myers offer special needs children in Chippewa County through the program they trained for and developed three summers ago. H.O.P.E., Helping Other People Excel, is offered through the MSU Extension 4-H Proud Equestrian Program for children ages 5 to 19.

Amber Myers became interested in helping special needs youth excel during high school when she served as a lifeguard for a special needs swimming class. Her mother, Lisa, has a background in psychology and in working with children who have special needs. Combine their love of horses and their commitment to special needs kids and the marriage of both became a reality after two years of training to become therapeutic riding instructors. Lisa and Amber took the initiative and became certified by the Michigan 4-H Proud Equestrian Program and also by the North American Riding for the Handicapped Association.

"We wanted to get a program started through 4-H and we discovered it takes about two years to become certified. The only way to get the program running was to become certified as instructors ourselves; so that's what we did," Lisa said.

Today the program is in its third summer and offered its regular camp July 29 through Aug. 2 from 9 a.m. to about 12:30 p.m. daily. "It is a very volunteer intensive program and without community support it



Photo by Brenda Austin

**Niimaanakwit Memegos, 5, takes part in the H.O.P.E. program, Helping Other People Excel, which is offered through the MSU Extension 4-H Proud Equestrian Program for special needs children ages 5 to 19.**

just can't be done," Lisa said. "We have 10 children in our regular camp and we require three volunteers per child inside the riding arena. I need close to 30 volunteers daily to assist both in the arena and with other

activities. The children receive a riding lesson, nutrition education, a healthy snack and have a craft activity daily. For the first two days of camp at least, we need a horse leader and two side walkers for every child.

Experience is helpful for horse leaders but is not mandatory. We provide the training necessary to provide a fun and educational program for the children and volunteers."

Volunteer training is required and Myers said, "Volunteers have the option of choosing to work with horses or in another area, volunteers are needed in both. We also need people to do fundraising for the program and help organize next year's camp."

Therapeutic riding programs provide a safe environment for children with physical, cognitive and emotional disabilities to interact with their horse while they learn riding skills and also with volunteers and instructors as they strive to follow instructions and have fun.

Before the first day of camp Lisa and Amber meet with each child and their family to assess the child's abilities and match them with the correct horse and equipment. They have to take into consideration the horses temperament, size, gate, movement, and if a child can sit on a wider mount or if they need a narrow based mount. "We also have to screen every horse that we use for the program and in order for us to find 15 horses that we can use we screen at least 30. We have to match the child, the equipment and the horse — that is a challenge," Lisa said.

Bob and Maxine McRorie of Charlotte Ridge have donated the use of their facility for the past three years to the program. "They have been extremely supportive of the program and

allowing us to operate out of their facility. They have also donated the use of a few of their personal horses and full use of the indoor and outdoor riding arenas, tack room, barns and pasture for the camps duration. In addition they have donated hay for the horses for the week," Lisa said.

The H.O.P.E. program relies mainly on donations and has established a fundraising goal of \$35,000 for the operation of the program. All donations are tax deductible. The program has two major equipment needs, an enclosed equipment trailer for storage estimated at \$5,000 and a portable mounting ramp that is wheelchair accessible valued at \$2,500. The camps currently cannot accept children in wheelchairs because they do not have a safe way of mounting them on their horse. The portable ramp would allow these children to participate in the program.

Your sponsorship of the H.O.P.E. camps can provide: halters, lead ropes, saddle pads and blankets, helmets, stirrups and stirrup leathers, bridle and bit or reins, girth, saddle, care of a program horse including medical care, farrier, wormer, coggins, feed, supplements, sponsoring a horse and rider that will completely outfit one horse and rider or complete sponsorship of a horse for H.O.P.E. and rider that includes equipment and care.

If you wish to volunteer, make a donation or would like more information contact Lisa Myers at the MSU Extension office, (906) 635-6368 or email her at: myersli@msu.edu.

## ACFS sanitation services

Sanitation services are designed to assist tribal members in need of services pertaining to water and waste systems including newly built or purchased homes and homes with existing systems that have failed or are failing. Eligibility criteria include Sault Tribe membership, residency in the seven-county service area and home ownership with a recorder deed of property.

Applications must be submitted in advance.

Processing can take six months to a year.

There is no emergency funding.

Application criteria:

- A completed application, and copies of the following
- Tribal cards for enrolled household members
- Social Security cards for all household members
- Copy of deed or proof of

home ownership

- Proof of household income for the past 12 months (W-2 for last year)

Send award letters for SS,SSI, SSD, child support, veterans benefits, pensions, retirement, etc.

All sanitation services are provided as permitted by available funding.

Funding provided by Indian Health Services.

## Couples can seek help when needed

From "healthy marriage tips" page 33

ed. Make your partner feel special by doing something romantic, no matter how small. For example, make breakfast in bed for your partner, make a date for a special night out, take a walk on the beach, or have a picnic.

• Take time for yourself — it's normal for couples to have different hobbies, interests and friends. While it's important to spend quality time with each other, it's equally important to spend time alone or with

friends. For example, plan a girls' or guys' night out, take a kickboxing class or join a book club. By making time for yourselves, you'll appreciate each other more.

Finally, if you are having difficulty with your marriage or relationship, seek help. There are many resources available to help you including, therapists, clergy members, marriage workshops, and support groups. Additionally, you may have access to an Employee Assistance Program (EAP) through your employer. EAPs

typically provide confidential counseling services and referrals to other emotional health resources in your area. Ask your Human Resources representative to find out if your employer offers this benefit.

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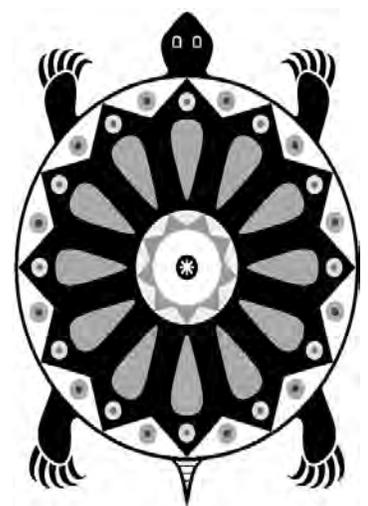
## Turtle Women Rising Ceremony in Washington, D.C.

Turtle Women Rising is a non-profit 501(c)(3)-status organization calling for a ceremony to stand for peace. This event will be held in Washington, D.C., on Oct. 10-13, 2008.

Although it is not customary for women to drum in many nations, Turtle Women Rising is a women's drum group. They are asking for women from other tribal nations who wish to participate in this event to contact their organization. Their Web site is TurtleWomenRising.org. The telephone number is (209) 385-3926.

This information is being shared with the Sault Tribe membership in case there are

any members who would like to attend or participate in the event.



**Moving ?**

**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.

**Classes**

**Jan. 2-Dec. 17: Anishinaabemowin classes**, Wednesdays, 12-1 p.m., 531 Ashmun Street, Sault Ste. Marie.

No sign up necessary. Please bring your brown bag lunch

For more information, call Nancy Debassige, language instructor at 632-6050 ext. 26143.

**Jan. 3-Dec. 18: Anishinaabemowin classes**, Thursdays, 6-8 p.m. at the Niigaanagiizhik Building, in Sault Ste. Marie.

Classes are taught through immersion in the Ojibwe language.

Classes begin with a potluck feast with our elder advisory members so bring your favorite dish.

Nancy Debassige will demonstrate different stories in life and provide language sheets for recognition of words throughout the story.

It's a great time to eat, visit and enjoy living our culture.

Call 632-7494 for more information.

**April 2-Dec. 17: Manistique language classes**, Wednesdays, 6-8 p.m., at the Manistique Health Center.

For more information, call 632-7494.

**April 7-Dec. 29: Hessel language classes**, Mondays, 5-7 p.m., at the Hessel Tribal Center.

For more information, call 632-7494.

**April 8-Dec. 30: St. Ignace language classes**, Tuesdays,

7-8 p.m., at the Kewadin Shores Casino, St. Ignace.

For more information, call 632-7494.

**Aug. 17-21: Anishnaabe future leaders camp** at Clear Lake Camp near Manistique, Mich.

For American Indian youth aged 14-18. No cost to attend. Space limited to 40 people.

For more information, call Terri Tavenner at 632-6896 or visit [www.itcml.org](http://www.itcml.org).

**Aug. 18: Birchbark picture framed with quillwork workshop**, 9 a.m. to 4 p.m., all materials provided. Bring your own lunch.

Cost is \$60. Send your check or money order for full amount payable to Ron Paquin, 1200 E. 11th Ave., Sault Ste. Marie, MI 49783. Your reservation is confirmed only upon receipt of your payment.

First come, first served.

For more information, call Ron Paquin at 635-8158 or e-mail [ramp@lighthouse.net](mailto:ramp@lighthouse.net).

**Aug. 19: Quilled birchbark wall pocket workshop**, 9 a.m. to 4 p.m., all materials provided, bring your own lunch.

Cost is \$45. To register, send your check or money order for full amount payable to Ron Paquin, 1200 E. 11th Ave., Sault Ste. Marie, MI 49783. Your reservation is confirmed only upon receipt of your payment.

For more information, call 635-8158.

**Elders' meetings**

**Aug. 18:** Unit II Hessel Elderly Committee meets after the noon meal at the Hessel Tribal Center.

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

**Aug. 21:** Unit IV Escanaba Elderly Committee meets at 5:30 p.m. at the Willow Creek Professional Building, 3500 Ludington Street.

Catered meal followed by the meeting.

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

**Aug. 22:** Unit II Newberry Elderly Committee meets 11 a.m. at the tribal center.

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

**Aug. 25:** Elderly Advisory Board meets 12:30 p.m. at the Newberry Tribal Center.

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

**Aug. 27:** Unit II Naubinway Elderly Committee meets at 6:30 p.m., Naubinway Pavilion.

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

**Sept. 1:** Unit V Munising Elderly Committee meets 4:30 p.m. at the tribal center.

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

**Sept. 3:** Unit I Sault Ste. Marie Elderly Committee meets after the noon meal at the Nokomis/Mishomis Center.

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

**Sept. 4:** Unit V Marquette Elderly Committee meets 6 p.m. at the Holiday Inn.

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

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

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

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

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

**Sept. 15:** Unit V Munising Elderly Committee dinner 5:30 p.m. at the tribal center.

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

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

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

**Sept. 18:** Unit IV Escanaba Elderly Committee meets 5:30 p.m. at the Willow Creek Professional Building, 3500 Ludington Street.

Catered meal followed by the meeting.

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

**Sept. 22:** Elderly Advisory Board meets 12:30 p.m. at the Newberry Tribal Center.

**Meetings**

**Aug. 14:** Les Cheneaux Caregivers Support Group meets 4:30 p.m. at the Les Cheneaux Community Library, 75 Hodeck Street, Cedarville, Mich.

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

**Aug. 14:** Unit V membership meeting 6 p.m. at the Munising Tribal Center.

Please use the M-28 entrance of the building.

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

**Aug. 19:** Cabin Fever Writers' Group, 6:30 p.m., Bayliss Public Library, 541 Library Drive, Sault Ste. Marie.

For more information, call 632-9331.

**Aug. 19:** Sault Tribe Board of Directors meeting, Newberry at 6 p.m.

Open community hour 5-6 p.m.

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

**Aug. 27:** Caregiver Support Group meets 2 p.m. in the second floor conference room at Avery Square Center, 510 Ashmun Street, Sault Ste. Marie, Mich.

For more information, call 632-3363.

**Aug. 27:** Unit III representatives Keith Massaway and Patrick Rickley invite you to a unit meeting 6 p.m. at 399 McCann Street, St. Ignace.

Please come and share your ideas, questions and concerns.

For questions, call Lona Stewart at 635-6050.

**Sept. 2:** Sault Tribe Board of Directors meeting, Sault Ste. Marie, 6 p.m., at Kewadin Casino Convention Center.

Open community hour is from 5-6 p.m.

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

**Sept. 3:** Culture Committee meets 6 p.m. at the Niigaanagiizhik Building in Sault Ste. Marie.

For more information, call Jackie Minton at 322-4975 cell or 495-5165.

**Sept. 11:** Unit V membership meeting 6 p.m. at the Munising Tribal Center.

Please use the M-28 entrance of the building.

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

**Sept. 16:** Sault Tribe Board of Directors meeting, Manistique at 6 p.m.

Open community hour 5-6 p.m.

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

**Oct. 7:** Sault Tribe Board of Directors meeting, Munising at 6 p.m.

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

**Announcements**

**Aug. 14-16:** Sault Tribe art exhibit and sales, 9 a.m.-7 p.m., in the Bawating Art Gallery at the Kewadin Casino and Convention Center.

For table reservations, call Aagii Clement at 632-7494.

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

**Aug. 15-17:** 16th annual Gathering of the Eagles Traditional Powwow at Three Mile Road in Hessel.

For questions, call John Causley (vendors) at 484-2921, Lana Causley at 484-2954 or Lisa Burnside at 484-2298.

**Aug. 15-17:** \$15,000 Spin to win tournament at the Sault Kewadin Casino.

For more information, please call Ina at 1-800-KEWADIN extension 53612 or go online to visit [www.kewadin.com](http://www.kewadin.com).

**Aug. 19&21:** Learn about healthful eating on a budget. Aug. 19 from 1 to 3 p.m. and Aug. 21 from 5:30 to 7:30 p.m. at the health center in Sault Ste. Marie.

Open to the public.

For questions or registration, call 632-5210.

Registering for classes is recommended so we can inform you of any changes.

**Aug. 22-24:** \$17,000 Keno tournament at Kewadin Shores Casino in St. Ignace.

For more information, call Betty at 1-800-KEWADIN extension 34002 or visit online at [www.kewadin.com](http://www.kewadin.com).

**Aug. 23-24:** Rendezvous at the Straits Powwow, New France Discovery Center, St. Ignace.

For questions, call 643-8717, (800) 338-6660 or go to [www.rendezvousatthestrains.com](http://www.rendezvousatthestrains.com).

**Aug. 24:** Pat Benatar in concert, 7 p.m. in the DreamMakers Theater, Sault Ste. Marie.

For questions, call 1-800-KEWADIN or visit [www.kewadin.com](http://www.kewadin.com).

**Aug. 30-31:** 12th annual Sugar Island Powwow. Spiritual Gathering on Aug. 29.

For more information, call Cecil Pavlat at 632-4719, 635-6050, or 440-7849.

**Sept. 5:** 6th annual scavenger challenge, 6 p.m., at the Sault Kewadin Casino.

Tickets are \$30 in advance or \$40 at the door.

Call the Advocacy Resource Center at 632-1808.

**Sept. 5-7:** Spin to win tournament at the Hessel Kewadin Casino.

For more information, call Ina at 1-800-KEWADIN extension 53612 or visit online at [www.kewadin.com](http://www.kewadin.com).

**Sept. 9&11:** Move more, feel better! Sept. 9 from 1 to 3 p.m. and Sept. 11 from 5:30 to 7:30 p.m., at the Sault health center.

For questions or registration, call 632-5210.

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

For table reservations, call Aagii Clement at 632-7494.

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

**Sept. 11-14:** Fall women's wellness gathering at the Mary Murray Culture Camp on Sugar Island.

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

**Sept. 12-14:** \$17,000 Keno tournament at the Sault Kewadin Casino.

For more information, call Ina at 1-800-KEWADIN extension 53612 or visit [www.kewadin.com](http://www.kewadin.com).

**Sept. 12-14:** \$18,000 Poker blast tournament at Kewadin Shores Casino in St. Ignace.

For more information, call DeAnn at 1-800-KEWADIN extension 34027 or visit [www.kewadin.com](http://www.kewadin.com).

**Sept. 12-14:** \$8,000 Blackjack blowout at the Manistique Kewadin Casino.

For more information, call Becky at 1-800-KEWADIN extension 29040 or visit [www.kewadin.com](http://www.kewadin.com).

**Sept. 13:** Second annual powwow at the Alger Centennial Arena, Munising, Mich.

For more information, call 635-6050.

**Sept. 16&18:** Learn about the smoke around you and how it affects your heart. Sept. 16 from 1 to 3 p.m. and Sept. 18 from 5:30 to 7:30 p.m. at the Tribal Health and Human Services Center in the Sault.

Open to the public.

For questions or registration, call 632-5210.

Registering for classes is recommended so we can inform you of any changes.

**Sept. 17:** Learn about the basics of diabetes and living a full life, 4 p.m.-8 p.m., at the Tribal Health and Human Services Center in the Sault.

For questions or registration, call 632-5210.

**Sept. 17:** Learn about the basics of diabetes and living a full life, 4 p.m.-8 p.m., at the Tribal Health and Human Services Center in the Sault.

For questions or registration, call 632-5210.

Registering for classes is recommended so we can inform you of any changes.

**Sept. 19-20:** Second annual Honoring the Waters Powwow, Newberry, Mich.

For more information, call Lois Bryant at 293-8181, Lana Causley at 484-2954 or Lisa Burnside at 484-2298.

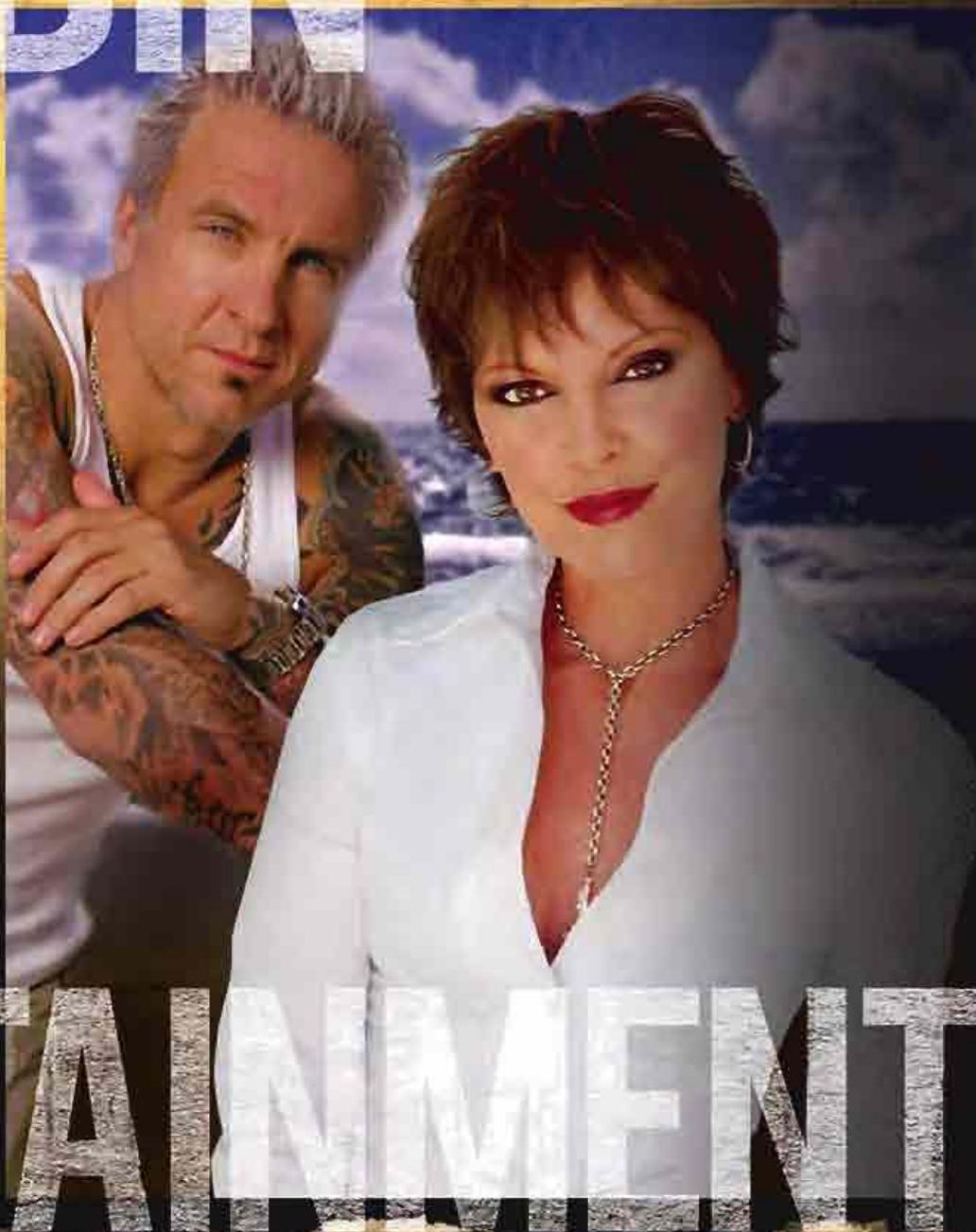
**Sept. 19-21:** \$15,000 Video poker tournament at the Sault Kewadin Casino.

For more information, call Ina at 1-800-KEWADIN extension 53612 or visit [www.kewadin.com](http://www.kewadin.com).



# KEWADIN

**Pat Benatar  
&  
Neil Geraldo**



# ENTERTAINMENT

## DreamMakers Theater Entertainment

### August

**LeAnn Rimes**

Friday 1st | 7:00 p.m. | \$48.50 | On Sale Now

**Pat Benatar and Neil Geraldo**

Sunday 24th | 7:00 p.m. | \$38.50 | On Sale Now

### September

**Little River Band**

Saturday 20th | 7:00 p.m. | \$22.50 | On Sale Now

### October

**Jeff Dunham**

Wednesday 22nd | 7:00 p.m. | \$42.50 | On Sale Now



### Box Office Hours

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

Call 1.800.KEWADIN

or purchase online at [www.kewadin.com](http://www.kewadin.com)

