



# Win Awenen Nisitotung

June 29, 2022 • Vol. 43 No. 6  
Strawberry Moon  
Ode'imín Giizis



Bahweting Bidajimowin • Official newspaper of the Sault Ste. Marie Tribe of Chippewa Indians

## Election tied at press time

### RECOUNTS REQUESTED ON CLOSE VOTES

SAULT STE. MARIE — For some units, the 2022 Sault Tribe General Election was a close race.

Two seats were available in Unit I. Robert McRorie had a clear majority with 1,421 votes. Tied for the second seat were Nichole Causley and Isaac McKechnie, with 1,238 votes each. Coming in next only one vote behind was incumbent Kim Gravelle with 1,237 votes.

In Unit II, Kimberely Lee was the clear winner with 470 votes to Paul Barbeaux's 382.

In Unit III, Shawn Borowicz edged out incumbent Keith Massaway by two votes, 620 to 618.

Unit IV, newcomer Kimberly Hampton defeated incumbent Denise Chase, 564 to 371 votes.

In Unit V, Tyler LaPlaunt was the clear winner over

incumbent Charles Matson 399 to 152.

The Election Committee will automatically hold a recount for the tied vote in Unit I.

According to the tribe's Election Ordinance, candidates may request a recount if the vote is closer than 2 percent or 50 votes. With their unofficial results well within 2 percent of the vote, Gravelle and Massaway have both indicated they requested recounts. Recount requests must be submitted in writing to the Election Committee chairperson within three days of posting the unofficial results of the election.

The deadline for the contests relating to the vote count is June 27. After that, the results are certified and become official pending recounts, contests and complaints.

## Martha Miller turns 90

SUBMITTED BY AIMEE ANDERSON

This weekend (June 4-5) my family and I celebrated our



matriarch, Martha Miller's, 90th birthday. Grandma was on the board of the tribe for many years and was involved in establishing services for our tribal members. She has been a respected elder of our community and is well remembered by many.

Growing up grandma Martha showed me what it was to be a proud native woman. She is short in stature but she can command a room with her presence. She instilled in me the pride I have in my ancestry. Even though she is a mother of 10 children, she still accomplished many other things in her life.

I would like to thank everyone that sent birthday wishes via email or on Facebook. They remind her of her accomplishments and the good she has done for us as a tribe and family.

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

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# Tribe's Hessel Ridge "Gchi Wajiwán Makwa" Golf Course opens

BY SCOTT BRAND

HELSEL, Mich. — Officially launching the 2022 season at the former Hessel Ridge Golf Course on June 1, John Causley became the first individual to ceremoniously tee off at "Bear on the Mountain" with the Sault Tribe of Chippewa Indians as the new owners of the 18-hole facility. "I think the big thing here is this, the tribe actually bought a golf course that sits on tribal lands," said Charlie "Butch" Paquin from the Pro Shop as the COVID-19 shuttered facility returned to action.

"My crew has been working their (tails) off," said Groundskeeper Roger Rutledge on opening day. "A month of good growth and the greens will be real nice."

Established in the early 1990s, the course, which is located at 2061 N. Three Mile Road, will no longer feature dress codes and out-of-town clientele.

"We are offering season passes for the first time ever," said Paquin. "We will be catering to the locals."

Paquin added that there are already golfing events scheduled on the summer calendar and league play will be established. "Our longest hole is on the back nine," said Paquin of the 590-yard distance to the flag. The front nine features a 500-yard hole and on a clear day, Paquin



Photo by Scott Brand

**OPENING DAY** — John Causley prepares to take the first swing on Hole #1 at the "Hessel Ridge "Gchi Wajiwán Makwa" (Bear on the Mountain) Golf Course marking the official re-opening of facility since it was purchased by the Sault Tribe of Chippewa Indians earlier this year. The first foursome to officially make its way onto the newly-renamed course included family members (from L to R) Art Causley, Dalinda Brissette and Perry Causley. The 154-acre parcel, located at 2061 N. Three Mile Road, is considered by golfers to be one of the most beautiful in northern Michigan.

added, you can see the Mackinac Bridge from the course.

Paquin, Rutledge and the crew have admittedly been playing catch-up in the days leading up to the official opening. There was plenty of grass to mow throughout the 154-acre parcel, but only after fallen limbs were removed, and the battle with dandelions

and other weeds has been in full force after what essentially amounted to a two-year cease fire.

The scenic ridge sports maple, oak, pine and birch and is home to nesting turkeys and multiple deer.

"It's not an average course," concluded Rutledge. "It's a gem."



Photo by Brenda Austin

30-year Kewadin veteran Dorothy Fockler, pictured above with Board members Mike McKerchie and Kim Gravelle and HR manager Cheryl Nolan in back (L-R), celebrated her longevity at a special employee recognition luncheon May 14 at Kewadin's DreamMakers Theater. Story on page 8. Photos on pages 16 and 17.

# ***ROAD TO WELLNESS***

## **Sault Tribe Behavioral Health Clients!**

**You don't have to miss your appointment  
because you don't have transportation!**

**Please don't hesitate to call.**

**We may be able to help.**

**906-635-6075**

**The Road To Wellness Program** is in place to help Adult Tribal Members who have co-occurring disorders or severe mental illness by improving their access to healthcare services. These services include:

- Transportation to and from healthcare appointments, M-F, 8 a.m.-5 p.m.
- Help with scheduling appointments
- Help with health insurance applications

**Transporter assistance** is primarily provided within our seven-county service area, but can include transportation to services located elsewhere in the state of Michigan if staff and funding are available.

**Eligible clients** can be transported to and from healthcare services such as: Residential Substance Abuse treatment and detoxification programs, health and behavioral health appointments, and specialty care providers like physical therapy, cardiology, pain management, etc.

**For eligible RTWP clients** who lack adequate health insurance, we provide certified staff members to assist them in applying for health insurance benefits.

**We do not provide transportation** for those needing emergency care.

**Funded by a Mental Health Block Grant from the Michigan Department of Health and Human Services.**

## NOTICE FOR TRIBAL MEMBERS

### Tax exemption Certificates and Michigan Secretary of State appointments

Requests for Certificate of Exemptions require a 24-hr. notice prior to the SOS appointment.

The Tribal Tax Office staff may not be able to assist Resident Tribal Members, who are at a scheduled appointment and did not call the Tribal Tax Office in advance for the Certificate of Exemption.

The Tribal Tax Office is not responsible for a delay in obtaining the registration for vehicles, recreational vehicles, motor homes, etc., due to the Resident Tribal Member not requesting the Certificate of Exemption in a timely manner.

#### TRIBAL MEMBER REGISTRATION IN THE TAX AGREEMENT AREA

##### TRIBAL MEMBERS' RESPONSIBILITIES

(Including the Issuance of Certificates of Exemptions)

##### INITIAL REGISTRATION AND OR CHANGE OF ADDRESS

Under the Tax Agreement between the Tribe and the State, tribal members who live within the "Agreement Area" are able to claim exemption from certain state taxes. In order to take advantage of these benefits, the member must be registered with the Tribal Tax Office and must prove that they do live in the "Agreement Area."

The registration process begins with the member filling out an "Address Verification Card" and providing their name, address, and other personal information. The member must also provide a copy of their MI driver's license, MI State ID card, or voter's registration card. All of these forms of State identification MUST have the member's current address and that address must be located in the Tax Agreement Area. Members must also include a utility bill in their name and their current address as an additional proof of residency in the Tax Agreement Area.

The Tribal Tax Office cannot register a member with the MI Department of Treasury unless these documents are included with the "Address Verification Card."

##### CERTIFICATE OF EXEMPTIONS

Tribal Code 43.1103 states that Resident Tribal Members shall notify the Tribal Tax Office in writing prior to moving their principal place of residence.

If the Tribal Tax Office receives a request for a Certificate of Exemption and the address for the member on the request is not the same as the address that the Tribal Tax Office and MI Department of Treasury have on record, then no Certificate of Exemption can be issued.

We will usually attempt to contact the member to ask them to update their address by filling out the "Address Verification Card" and providing the required documents, but it is the member's responsibility to provide this information. A Certificate of Exemption cannot be issued unless the member has filed the correct information proving that they live within the Agreement Area.

## Tribal members: need assistance?

Two membership liaisons work with the chairperson's office on membership issues and concerns across the service area.

The liaisons respond to membership issues and follow up to ensure they are resolved. Sault Tribe members are encouraged to contact the liaisons when they need help with tribal issues by emailing membersconcerns@

saulttribe.net or contacting them individually at:

Clarence Hudak, Lambert Center, St. Ignace, (906) 643-2124, chudak@saulttribe.net

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

## Sault Tribe Food Distribution Program accepting new applicants

The Sault Tribe Food Distribution Program is open and accepting new applicants. Office hours are Monday through Friday 8 a.m.-4:30 p.m., and our store is open by appointment for clients to come in and shop. The program offers a variety of seasonal fresh fruit and vegetables, as well as other new items.

There has been some confusion regarding eligibility and the extra pandemic money. Our program does not use the extra \$300 pandemic unemployment compensation, the recent child tax credit payments, or any past stimulus payments to determine eligibility.

If you want to know if you or a loved one qualifies or if you have any questions about USDA and the food program, call (906) 635-6076, or (888) 448-8732. See more information on page 23.

# ARC seeking information about missing and murdered Sault Tribe members

In an effort to create an informational database for Missing and Murdered Indigenous Persons (MMIP), the Advocacy Resource Center (ARC) seeks information regarding missing and murdered individuals who belong to the Sault Ste. Marie Tribe of Chippewa Indians.

The information provided does not need to be current information. The ARC is seeking information for ALL missing or

murdered tribal members including the seven-county service area and tribal members across the world.

Please ask for community educator, Jess Gillotte-King (extension 73104), when calling the ARC.

If messaging the ARC Facebook page (www.facebook.com/saulttribeARC), please leave the following information: First/middle/last name, date of

birth, date of death, murdered/when/where, and perpetrator name, if applicable.

If missing: Nickname/alias, date last seen/went missing, physical description, distinctive physical features, and any vehicle information.

Any information would be appreciated.

Thank you for your participation in this matter. Please feel free to share this information.

## Committee vacancies posted

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

#### Elder Advisory Committee

Unit I - Sault (4-year term), one regular vacancy and one alternate vacancy

Unit II - Hessel (4-year term), one alternate vacancy

Unit II - Naubinway (4-year term), one alternate vacancy

Unit III - St. Ignace (4-year term), two alternate vacancies

Unit IV - Escanaba (4-year

term) one regular vacancy and one alternate vacancy

Unit V - Munising (4-year term), one alternate vacancy

Unit V - Marquette (4-year term), one regular vacancy and one alternate vacancy

Elder Subcommittee  
Unit I - Sault (4-year term), one alternate seat vacancy

Unit II - Hessel (4-year term), two regular seat vacancies, one alternate vacancy

Unit II - Newberry (4-year term), one regular seat vacancy, one alternate vacancy

Unit II - Naubinway (4-year term), two regular seat vacancies

Unit IV - Escanaba (4-year term), three regular seat vacancies, two alternate vacancies

Unit V - Munising (4-year

term), one regular seat vacancy, one alternate seat vacancy

Unit V - Marquette (4-year term), two regular seat vacancies, one alternate seat vacancy  
Anishinaabe Cultural Committee - Ten vacancies - four males (4-year term), four female (4-year term)

**Child Welfare Committee** - Three vacancies (4-year term)

**Election Committee** - Five vacancies (4-year term)

**Higher Education Committee** - Five vacancies (4-year term)

**Health Board** - Three vacancies (4-year term)

**Housing Commission** - No Vacancy (4-year term)

**Special Needs/Enrollment Committee** - Five vacancies (2-year term)

# Tribal program now offering funding for on-the-job training

The Sault Ste. Marie Tribe of Chippewa Indians Workforce Innovation and Opportunities Act (WIOA) Program has funding

## Ojibwe Rosetta Stone licenses via JKL School delayed

The process to distribute the Rosetta Stone licenses to the interested students and staff of the JKL School is taking longer than anticipated. Once this initial process is completed and the Fiduciary Committee determines how many licenses are remaining, an update will be published in the tribal newspaper describing the process for license session access. Please do not call until that update is published.

available for on-the-job training and short-term occupational training opportunities.

The program may be able to provide tuition assistance for skills training if it leads to an industry-recognized certification or under OJT, the program may reimburse an employer 50 percent of your wage for a specified training period.

## Indigenous two spirit elders sought

The Outwords Archive seeks Indigenous two spirit elders to interview for our LGBTQIA2S+ oral history archive project. We share the full interviews, completely free of charge, on our website at <https://theoutwardsarchive.org>. Clips of our interviews are also shared in classrooms around the world to educate younger generations about queer history. We seek to highlight the full diversity of our community, including Indigenous/people of color, transgender/ gender

non-conforming people, bisexual people, people living with disabilities, and other often marginalized groups. If you would like to recommend someone or identify as an Indigenous two spirit elder over 50-years-old yourself, please email Bliss at [info@the-outwardsarchive.org](mailto:info@the-outwardsarchive.org).

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

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Jennifer Dale-Burton.....Editor  
Sherrie Lucas.....Secretary  
Brenda Austin.....Staff Writer  
Scott Brand.....Staff Writer

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

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

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

Chippewa Indians and is published 12 times a year. Its mission is to inform tribal members and the public about the activities of the tribal government, membership programs and services and cultural, social and spiritual activities of Sault Tribe members.

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

See our full, online edition at [www.saulttribe.com](http://www.saulttribe.com).

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

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

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E-mail: [slucas@saulttribe.net](mailto:slucas@saulttribe.net) or [jdale-burton@saulttribe.net](mailto:jdale-burton@saulttribe.net).

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# Aaron Payment named director of Government Relations to the National Indian Health Board

The National Indian Health Board (NIHB) announced June 16 former Sault Tribe Chairperson Aaron Payment joined the NIHB leadership team as the Government Relations director, effective June 14. Payment served as Sault Tribe's chairperson for over 14 years.

Payment has served on the U.S. Department of Health and Human Services Secretary's Tribal Advisory Committee including as Vice Chair. He chaired the National Institutes of Health

Tribal Advisory Committee, was Tribal Health Research Advisory Chair and was on the Substance Abuse and Mental Health Services Administration Tribal Advisory Committee. Payment also served nearly a decade of service as the National Congress of American Indians Midwest Regional Vice President, including two terms as Recording Secretary, and two terms as first Vice President.

Payment will oversee congressional and federal relations and advocacy, as well as budget

and policy. This "one-stop-shop" approach will be at the heart of advancing the tribal health agenda, an NIHB press release said.

"I am humbled to transition to serve all of Indian Country," Payment said. "I feel blessed to have had long standing and widespread support among tribal nations and pledge to do my very best starting with securing congressional advanced appropriations for the Indian Health Service."

NIHB CEO Stacy A. Bohlen, also a Sault Tribe member, said, "I

have had the pleasure of advocating side by side with Dr. Payment on Capitol Hill — in congressional offices — to lawmakers — and as witnesses testifying side by side during Congressional hearings.

The Government Relations Department at NIHB brings under one department congressional and federal relations, advocacy, regulatory policy analysis and appropriations. We are so pleased that Dr. Payment joins NIHB's team."

Bohlen added, "I am confident he will bring a wealth of knowl-

edge and experience to NIHB's work as we celebrate NIHB's 50th Anniversary and envision the next 50 years. We have the opportunity to make a real impact with the Administration's historic funding to Indian Country and commitment to advanced appropriations, and I cannot think of anyone better suited to lead this effort."

For more information regarding Indian Health Service (IHS) Advanced Appropriations, please visit the NIHB website at [www.nihb.org](http://www.nihb.org).

# Sault Tribe, Inc. makes breakthrough in media production

SAULT STE MARIE, Mich. - Sault Tribe, Inc. (STI) announced early this month that NationPoint LLC is now well-positioned for rapid growth due to a multi-year U.S. Army contract to develop a combat medic virtual learning sustainment program.

According to the press release, last summer, STI's subsidiary Chippewa Government Solutions (CGS), entered a joint venture partnership with Tipping Point Solutions, Inc. to pursue virtual learning and digital media production opportunities. The contract with the U.S. Army is NationPoint's first and it is believed that it will provide the necessary business development resources to lay a

foundation for long-term success.

"With the growing demand for virtual learning programs, government agencies expect highly engaging and impactful productions," said STI's chief executive officer Joel Schultz. "With Tipping Point's creative talent capacity and CGS's ability to hire ex-generals, doctors, and actors, NationPoint delivers enhanced training curriculums with higher production quality."

STI's partner Tipping Point Solutions, Inc. is an award-winning multimedia production company and is mentoring CGS to manage large media production contracts. STI sees tremendous potential for NationPoint to scale

quickly and sustain ongoing benefits for the Sault Ste. Marie Tribe of Chippewa Indians.

"There's so much opportunity to provide high-paying jobs and skills training for the age of digital media," said Schultz. "Tipping Point's founder, Rick Schmidt, is a Sault Ste. Marie tribal member. He is passionate about building a legacy through entrepreneurship and economic development for our next seven generations of Sault Ste Marie tribal members."

"We are honored to be partnered with Chippewa Government Solutions to bring such an impactful and groundbreaking solution to the U.S. Army," said Schmidt providing a detailed description of

the services to be provided. "The Army 68W Combat Medic Course, being developed by NationPoint LLC over a 36-month period, will provide 200-hours of highly interactive, online training, supporting over 39,000 active and reserve Medics. The training requirements are the result of a paradigm shift in Army tactics that now necessitate the long-term sustainment of combat injuries by enlisted Combat Medics.

"The course provides for skill proficiency and recertification necessary for Medics to maintain their qualification status to ensure current competencies," continued Schmidt. "Using adaptive training methods, the course will offer

game-based simulations that place medics in real life situations where they can demonstrate effectiveness in addressing a multitude of first response actions."

Learn more about STI's business and economic development approach through strategic partnerships and the Anishinaabeg Seven Grandfather's teachings at [www.saulttribeinc.com](http://www.saulttribeinc.com).

Sault Tribe, Inc. is the Section 17 independent business arm of the Sault Ste. Marie Tribe of Chippewa Indians. STI pursues government contracting opportunities for rapid business growth and economic development through strategic partnerships and joint venture relationships.

**SATURDAYS IN JUNE AND JULY - ALL SITES**

# 100 GRAND GIVEAWAY



**WIN YOUR SHARE OF \$100,000 CASH**

**CASH GRAND PRIZE DRAWS**  
JUNE 25 AND JULY 30

**EARN ENTRIES EVERY SATURDAY TO WIN UP TO \$5,000 CASH**

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## JIM BEAM EARN N GET

All Sites | Thursdays in July  
All Customers Receive a Jim Beam Grill Accessory

## FORTUNES OF JULY

All Sites | July 1 & 4  
All Customers Receive \$10 Kewadin Credits

## SOO LOCKS HOTEL PACKAGE

Sault Ste. Marie  
One Night in a standard room, Two tickets to the Soo Locks Boat Tour  
\$20 Dining credit per room

## RESTAURANT SPECIAL

**DreamCatchers, Horseshoe Bay | July**  
Beef Brisket Sandwich and Potato Wedges

**Mariner's Cove | Second Friday Monthly**  
Prime Rib Dinner Special, Choice of Potato, Vegetable & Garden Salad

## TOURNAMENTS

**KEWADIN YOOPER SLOT TOURNAMENT**  
Hessel | Christmas  
Mondays & Tuesdays | July 4 - September 27 | 5 p.m. - 7 p.m.  
Manistique  
Wednesdays & Thursdays | July 6 - September 29 | 5 p.m. - 7 p.m.  
Daily Prize Pool 25,000 Bonus Points

## \$22,500 MEGA BINGO

Sault Ste. Marie  
Saturday, September 10 | 12 p.m.  
Win your share of up to \$22,500

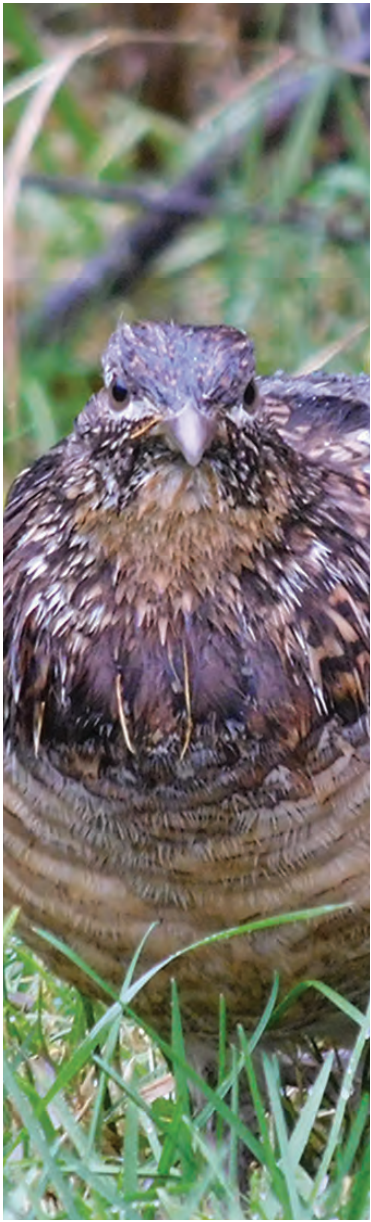
Point requirements for all promotions. See Northern Rewards Club to register and for more details.

# Partridge sighting



Photo by Scott Brand

After a long winter season, this bird was enjoying the warmer weather.



This bird, also known as the ruffed grouse in certain circles, was enjoying the rapid growth of spring following a long winter season. Partridge are non-migratory and unlike many other birds that fly south for the winter, they stick close to home as the cold and snow comes in each fall. While they may feed on various buds, berries and seeds throughout their range, research suggests that they really thrive in young forest areas primarily between 5-15 years of age with the best grouse cover coming in the form of dense aspen stands. By the time this publication arrives the newly-hatched chicks should be rapidly growing and will be nearly full-sized when Michigan's Small Game Season opens on Sept. 15. A 2019 Michigan Department of Natural Resources report indicates that hunters harvest approximately 200,000 partridge each year, although that number can fluctuate due to population swings fueled by weather and predation.

# Elder Abuse Awareness Month

Elder Abuse is a silent problem that robs our Elders of their dignity, security, and can even cost lives. Elders don't often report abuse for fear of retaliation.

## Warning Signs of Elder Abuse

- Pain that is "new" or different
- Fear or anxiety
- Depression
- Isolated or not responsive
- Torn, stains, or blood on undergarments
- Dirty, unkempt hygiene
- Poor living conditions
- Lack of medical aids; glasses, walker, wheelchair, hearing aids, medication
- Sudden change in function or mobility
- Unusual weight loss, poor nutrition, dehydration
- Change in overall mood or behavior
- Bills not paid, money missing, utilities turned off, significant changes in finances



**Report Elder Abuse to Adult Protective Services (906) 632-5250 or (855) 444-3911**



Advocacy Resource Center provides advocacy and financial services to Elders free of charge. Contact an advocate at 906-632-1808 for assistance.

# Business Idea Pitch Competition



**FRIDAY, 12 AUGUST 2022**

Pure Michigan Business Connect (PMBC) and the Sault Tribe Business Alliance (STBA) have partnered on an initiative to provide growth opportunities to small businesses looking for support to start or scale operations across the state. Awardees receive customized support services provided by third-party consultants and service providers

## AWARDEES RECEIVE CUSTOMIZED SUPPORT SERVICES, INCLUDING:

- WEB-DEVELOPMENT & E-COMMERCE
- VIDEO MARKETING
- SEARCH ENGINE OPTIMIZATION & SOCIAL MEDIA DEVELOPMENT
- BUSINESS CONSULTING
- MERCHANDISING
- PRINT SERVICES

\*Competition Held During STBA's Annual Conference at Kewadin Conference Center in Sault Ste. Marie

## ELIGIBILITY

- Sault Tribe Member
- Less than \$750k in annual revenue
- 10 employees or less
- Meet Applicable laws and standards

## KEY DATES

- Now thru July 17th: Applications open
- August 1: Virtual Pitch Coaching
- August 12: Pitch Competition
- August 16: Award Package And Support Services Introductions Emailed To Winners

## TO ENTER

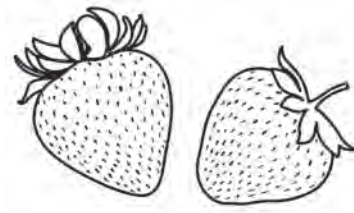
Go to: [https://bit.ly/stba\\_pitch](https://bit.ly/stba_pitch) or email [events@stballiance.org](mailto:events@stballiance.org)

# Anishinaabemowin 2022

Think?! How can you hit and think at the same time? -Yogi Berra

When you start a game, they don't say "Work ball!" They say "Play ball!" -Willie Stargell

If you don't think learning Anishinaabemowin is fun, you're more likely to give it up.

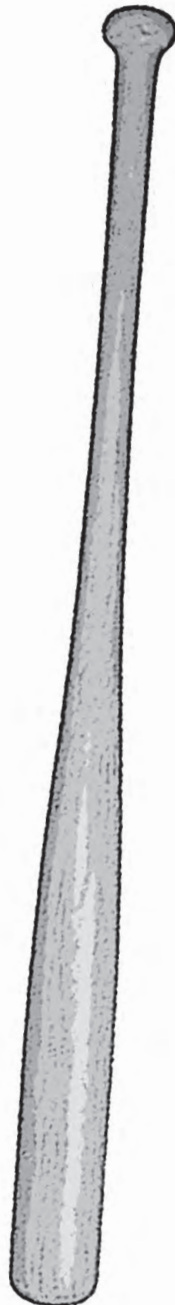


Ode'imín Giizis  
**Strawberry Moon**  
by Susan Askwith

## Bkwaakdoke-wag

*They're playing baseball!*

|  |                       |
|--|-----------------------|
| Bimaadizijig   | <i>The people</i>     |
| E-wepijiget<br>(e- <u>wep</u> -i-ji-get)                             | The batter            |
| Ketcha<br>( <u>ket</u> -cha)   | The catcher           |
| E-kandoot<br>(e-kan- <u>doot</u> )                                   | The fielder/shortstop |
| Pagijigewinini<br>(pa-gi-ji- <u>ge</u> -wi-ni- <u>ni</u> )           | The pitcher           |
| Debaamdang bkwaakod<br>(de- <u>baam</u> -dang ba- <u>kwaak</u> -kod) | The umpire            |
| E-gnowaamjigejig<br>(e-gi-no- <u>waam</u> -ji- <u>ge</u> -jig)       | The crowd             |



|   |                               |
|---|-------------------------------|
| <b>E-zhichiged</b>  | <i>What's happening</i>       |
| Pagadoon<br>pa-ga- <u>doon</u>  | S/he is throwing it           |
| Nakwebigoon<br>nak- <u>we</u> -bi-goan                                  | S/he is catching it           |
| Gzhiikaabtoo<br>gi- <u>zhiik</u> - <u>aab</u> -too                      | S/he is running fast          |
| Boogjibtoo<br><u>boo</u> -gi-ji-ba-too                                  | S/he is running while farting |
| Gmoodi<br>gi- <u>moo</u> -di  | S/he is stealing a base       |
| Zhooshkijinwe<br><u>zho</u> -sh-ki- <u>ji</u> -na- <u>we</u>            | S/he is sliding in            |
| Bgojiizi<br>ba-go- <u>ji</u> -zi  | S/he is caught between bases  |
| Gshkweyaasin aawan<br>gash- <u>kwe</u> - <u>yaa</u> -sin <u>aa</u> -wan | It's a curve ball.            |
| Wii btaakwang<br>wii ba- <u>taak</u> -wang                              | S/he will bunt.               |

**Pronunciation?** Like last month you'll find the words pronounced at this Facebook link:

[www.facebook.com/saulttribelanguageandculture](https://www.facebook.com/saulttribelanguageandculture).

The words in the calendar on the page facing this one are there too. Or you can use the guide below!

**Making our Sounds** Most letters sound like in English. Here are the exceptions.

**aa** sounds like the a in *awesome*    **a** sounds like the a in *about*  
**ii** sounds like the e in *be*            **i** sounds like the i in *dip*  
**oo** sounds like the o in *go*            **o** sounds like the oo's in *book*  
**e** sounds like the e in *Ed*            **g** sounds only like it does in *go*

*We underlined the syllables that get the emphasis.*

Pronounce all the letters. Big deal: "nh" has **NO SOUND** of its own. It's a sign to say the vowels just before it in a nasal way - as if you had a stuffed up nose from a cold.

## Enji bkwaakodokewag *The ball park*

Kandoo            The field

kan-doo

Mbes            The base

m-bes

Netmising        First base

ne-ti-mi-sing

Eko niizhing     Second base

e-ko nii-zhing

Eko nsing        Third base

e-ko n-sing

Kosjigan        The mound

kos-ji-gan

## E-kidad *What is said*

Zhi-bmibde aawan    It's a strike

zhi-bi-mib-de aa-wan

Bsin'aan aawan      It's a foul ball

bi-sin-aan aa-wan

Bmiptoan!            Run!

bi-mip-toon

Nishin!                Safe!

ni-shin

Aawtiwi!             Out!

aaw-ti-wi

Biimskokshin!      Make a home run!

biim-sko-ki-shin

Giiwebatoon!        Run home! Score!

gii-we-ba-toon

Noondaagoziwag e-gnowaamjigejig

noon-daa-go-zi-wag e-gno-waam-ji-ge-jig

The crowd is yelling/shouting

## E-nokaazod *What's used*

Wepijigan        The bat

we-pi-ji-gan

Bkwaakot        The ball

ba-kwaak-kot

Mjikaawan        The glove

m-ji-kaa-wan

Wiikwaan        The hat

wiik-waan

**Fun Fact:** We have no words for 'he' or 'she' in our language. We say 'that person.' You'll see above we've said s/he for the English.

What is the difference between a pick-pocket and an umpire? *One steals watches and one watches steals.*

What goes all the way around the baseball field but never moves? *The fence.*

Why are frogs good baseball players? *Because they're great at catching flies.*

# Sweat Lodge: *the most powerful structure in the world*

If you are on a healing journey, the sweat lodge is a good place to begin because when you are sitting in a sweat lodge, you are at the center of the four directions. The sweat lodge ceremony forms part of the ceremonial life of many first nations. Even within one territory, there may be differences in the way the ceremony is conducted.

Mother Earth. It is a sacred place.

### Doorway

The direction of the doorway that the people enter differs according to the teachings of the conductor. One conductor's teachings may specify that the doorway face east. Another conductor's teachings will require that the doorway face south because his or her medicine and what they learned came from the south. The teachings of another lodge specify that the direction of the doorway change throughout the year. This four-direction lodge would face each direction for three months of the year.

### Frame

The frame of the sweat lodge or sweat house is made of a specific number of red willow, ash, birch, maple or jack pine saplings. Some teachings refer to the frame as the ribs of Mother Earth. Tobacco is placed at the base of the hole that each pole is set into.

In the past, the frame would be covered with buffalo or deer hides. Today, canvas tarps and blankets are used. The coverings keep the light out and the heat in.

Once the lodge is constructed, a ceremony is held before the first sweat takes place.

### Inside the lodge

Inside the sweat lodge, the participants sit in a circle around the central fire pit. The sweat lodge conductor usually sits at one side of the door and may have other participants sit in the four directions of the lodge. The number of people attending the ceremony varies depending on the reason for the sweat.

### Grandmothers and Grandfathers

A firekeeper tends the sacred fire outside the lodge. At the request of the conductor, the firekeeper brings the Grandmothers and Grandfathers to the lodge door. They are then placed in the pit at the center of the lodge by the conductor's helper. Even though the firekeeper is not inside

the sweat lodge, he is very much a part of this ceremony and may receive teachings, cleansing and healing.

In some teachings, the rocks are known as the bones of Mother Earth. Women call the rocks Grandmothers and men call them Grandfathers.

In one tradition, teachings describe four-lodges-in-one where the number of rocks is specified for each type of sweat. Seven rocks are used in the cleansing sweat, 14 rocks are used in the healing sweat, 21 rocks are used in the hunting sweat and 28 rocks are used in the truth sweat.

### Drum

When you enter the sweat lodge you are seeking the help of the Creator and the spirits. The helping spirits are called into the sweat lodge by means of the prayers, songs, drums or shakers. A drum, either a little hand drum or the water drum, is an important item in the ceremony because the drum is made from all of Creation. The sound of the drum is like the heartbeat of Mother Earth.

Songs and prayers are offered during the ceremony. Sometimes a pipe is used. Each person has a chance to speak or pray within the lodge. Cedar water is poured on the Grandmothers and Grandfathers, creating a cleansing steam in the lodge.

At the end of the ceremony, the spirits are thanked and sent home.

When you come out of the sweat lodge your spirit feels new and alive. You can feel the healing energies and you are more aware of all Creation and the beauty that is there.

### Sweat Lodge Conductors

Sweat lodge conductors are men or women who have trained for many years to earn the right to conduct sweats. They have received the teachings and have gone through ceremonies to develop the gift that is given to them.

The sweat lodge conductor

knows the protocol and history of his or her lodge. They are able to explain it clearly and concisely when asked.

It is important that the sweat lodge conductor is aware of health issues you may have before you enter the lodge.

He or she is also able to assist you with your experiences in the sweat lodge.

### PREPARATIONS FOR A SWEAT

When you request a sweat, an offering of tobacco is made to the sweat conductor. Some sweat lodge conductors say you should abstain from alcohol or drugs for at least four days, others say seven days.

### REFERRALS TO HEALERS, ELDERS AND MEDICINE PEOPLE

As our awareness and knowledge of our traditions and culture increases, so does our honor and respect for these ways. This has not always been the case in our communities.

There are always those who present themselves as Healers, Elders or Medicine People who have not earned that title and may

use the teachings and medicines in the wrong way. It is important for everyone, especially young people, to be aware of this and to exercise caution when they seek healing, teachings or advice. It is advisable to consult with people whom you trust to get referrals to respected and recognized Traditional Healers, Elders and Medicine People.

To obtain a referral to a Healer, Elder or Medicine Person in your area, or to make an appointment in the seven-county service area, call Sault Tribe Traditional Medicine at (906) 632-5200, option 9.

Special acknowledgment is given to the following Healers and Elders who contributed their knowledge and understanding of the traditions and culture in the preparation of the brochures from which this article was taken: Jake Aguonia, Garnett Councillor, Harlan Downwind, Roger Jones, Rose Logan, Mary Louie, Dorothy Sam, Nelson (SugarBear) Shognosh, Geraldine Standup and Ella Waukey.

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## Sault Tribe Traditional Medicine Program's Women's Full Moon Ceremony

Wednesday, July 13

Social Hour 7 to 8 p.m.

Ceremony starts at 8 p.m.

Located at the Nigaanigiizhik Ceremonial Building (11 Ice Circle Drive)

Please bring a copper cup or drinking vessel and skirt if available to ceremony.

Women on their moon time may attend (offerings can be made on your behalf).

Please contact Lori, Bree, or Katrina with any questions.







Masks are recommended.

906-632-0236 or 906-632-5268

Chi'Miigwech

*Traditional Medicine Clinic Hours on Page 15 & 30.*

## MIIN GIIZIS - BLUEBERRY MOON - JULY 2022

| NIIZHWAASO GIIZHIGAT  | NTAM GIIZHIGAT  | NIIZHO GIIZHIGAT  | NSWO GIIZHIGAT  | NIIWO GIIZHIGAT   | NAANO GIIZHIGAT                        | NGODWAASWO GIIZHIGAT                          |
|---|---|---|---|---|--|---|
|  |  |  |   |  | 1<br>jiingtamok<br>powwow              | 2<br>enagoonhsag<br>ants                      |
| 3<br>Giizhaate<br>giizhigad.<br>It is a hot day.                                    | 4<br>Bmaawnidwak.<br>They have<br>a parade.   | 5<br>enagoonhsag<br>ants  | 6<br>waawaatesi<br>firefly/lightning<br>bug   | 7<br>Miinkedaa!<br>Let's pick<br>blueberries!   | 8<br>miinkaa<br>lots of<br>blueberries | 9<br>Niimidaa!<br>Let's dance!                |
| 10<br>Nchiiwat.<br>It is stormy<br>weather.   | 11<br>bashkwaanaajinh<br>bat  | 12<br>naanooshkeshiinh<br>hummingbird   | 13<br><br>Mooshkaneshin<br>Dibiki Giizis<br>(It is a full moon.) | 14<br>jiigbiik<br>at/to the<br>beach/shoreline  | 15<br>Chi-noodin.<br>It is very windy. | 16<br>mooshwen<br>shawl                       |
| 17<br>eshkdmoonh<br>watermelon  | 18<br>zhoonyaa<br>money   | 19<br>oboodashkwaanishiinh<br>dragonflies   | 20<br>waasnoode<br>Northern lights  | 21<br>Gojing wiisinidaa.<br>Let's have a<br>picnic/eat<br>outside.                    | 22<br>Googii.<br>S/he dives.           | 23<br>endzhi-<br>waabnda'ding<br>county fair  |
| 24<br>memengwaan<br>butterfly   | 25<br>Bigiza.<br>S/he is<br>swimming.   | 26<br>wiingaashk<br>sweetgrass  | 27<br>mkomi maagan<br>ice cream   | 28<br>dewe'gan<br>drum  | 29<br>ookaanak<br>farm animals         | 30<br>zaasagokwaan<br>bkwezhigan<br>fry bread |
| 31  |   |   |   |   |  |   |

# Sault Tribe employee recognition luncheon held

Sault Tribe's 2022 Employee Recognition Luncheon was held May 24 at the Kewadin Casino's DreamMaker's Theater in Sault Ste. Marie. Team members from the tribal government, casino and enterprises with five-year anniversaries were recognized for their years of service starting at 5 years, and every 5 years thereafter. After an opening prayer and honor song by Tribal Elder Cecil Pavlat and opening remarks from Vice Chair DJ Hoffman, team members, the Sault Tribe Board of Directors and the Employee Recognition Committee organizing the event had a buffet lunch and employees were called up to the front for presentations and a photo.

Committee members were Christine McPherson, Barbara Rider, Cheryl Nolan, Diane Sliger, Katelynn Griffin, Joanne Carr, Brenda Brigman, Tara Laitinen, Anna Lawless, Tammy Henning, Shelley Shelleby, Theresa Dalsky, Heather Weber, Jennifer Dale-Burton and Jenna K. Killips, with special thanks to Rob Martens, Lori Gambardella, Jared Lucas, Shawn Carlson, Christina McKerchie and the Banquet and Entertainment staff at Kewadin Casinos.

Photos may be found on Facebook at the Photos from Sault Tribe News Archive and on pages 16 and 17. Employees being honored that day were:

## 35 Years

Duncan, Tami  
Fox, Tel  
Gardner, Debra  
Homminga, Chris  
Kucharzyk, David  
Sprecker, Steve

## 30 Years

Carr, Joanne  
Eggert, Julius  
Erickson, Catherine  
Fockler, Dorothy  
LaCoy, Karon  
Martens, Robert

Menard, Kimberly  
Mongene, Mariea  
Pavlat, Karol  
Payment, Michelle  
Sauro, Michael  
Wallace, Jamie

## 25 Years

Bosley, Dale  
Boucha, Richard  
Bruce, Clifford Jr.  
Burnside, Lisa  
Captain, Frank  
Cook, Kathaleen  
Corbiere, Brenda  
Decker, Esther  
Eggert, Deanna  
Gardner, Daniel  
Gervais, Pamela  
Gervais, Shondra  
Graham, Tammy  
Green, Kristin  
Groulx, Norbert  
Guthrie, Sheila  
Hancock, James  
Hill, Julie  
Hutte, Rodney  
Izzard, Divina  
Johnson, Toni  
Kittle, Karen  
LaCrosse, David  
LaFaver, Linda  
Lawson, Amie  
Lumdsen, Mallinda  
McCoy, Susan  
McDonald, Francis  
Miller, Joseph  
Ostroske, Craig  
Rogers, Anthony  
Ryerse, Timothy  
Sams, William  
Shields, Brandy  
Simi, Patricia  
Snyder, Wendy  
Stahl, Connie  
Stephenson, Cynthia  
Swanson, Ann  
TenEyck, Dusty  
Topash, Todd  
VanLuven, Melissa  
Young, Clarence

## 20 Years

Boucher, Laura  
Brady, James  
Burby, Ralph  
Carr, Courtenay

Causley, Jeffery  
Clerc, Jennifer  
Dibble, Tammy  
Dill, Richard  
Eggert, Toyo  
Farley, Keith  
Germain, Theresa  
Hewitt, Joanne  
Hill, Kristy  
LaFaver, Kenneth  
LaPlaunt, Corey  
Leask, Angela  
Lehre, Mary  
Louricas, Nicholas  
Nolan, Ryan  
Odell, Erin  
Phillips, James  
Pine, Debra  
Reimer, Michael  
Sheber, Annette  
Silkworth, Kelly  
VanValkenburgh, Sandra

## 15 Years

Boda, Kenneth  
Bosanic, Angie  
Cadotte, Connie  
Cadotte, John  
Cadreau, Cheyenne  
Clement, Danyelle  
Clerc-Swan, Traci  
Cole, Linda  
Cota, Lisa  
Gillam, Carri-Lynn  
Gillotte-King, Jessica  
Gurnoe, Christopher  
Haapala, Holly  
Hagen, Melissa  
Hoffman, Roberta  
Hoffman, Wendy  
Kuemin, Cassandra  
LaForte, Rachel  
LaPonsie, Rainella  
LaPonsie, Ricci  
LaPonsie, Tracie  
Lawless, Justin  
Leavitt, Frances  
MacDonald, Marissa  
Mason Jr., Charles  
Mastaw, Sheryl  
McKechnie, Nicole  
McRorie, Brian  
Menominee, Daniel  
Montreuil, Monica  
Munro, Patrice  
Nesberg, Heidi  
Nolan, Tristan

Payment, Stephanie  
Roe, James  
Roote, Susan  
Rutledge, Karen  
Shannon, Donald  
Shannon, Tadd  
Snyder, Susan  
Starnes, Joseph  
Stoken, Kristina  
Tschirhart, Roberta  
Wendt, Dona  
Willette, Latisha  
Yiirs, Frances

## 10 Years

Aikens, Jessica  
Bourque, Joseph  
Boyd, Senove  
Davis, Delores  
Ely, Belinda  
Goetz, Rita  
Gordon, Rebecca  
Hemming, Mary-Ellen  
Henschel, Nicole  
Horn, Gerald  
Horner, Amber  
Huffman, Phyllis  
LaHaie, Penny  
Lane, Andrew  
LaPonsie, Melinda  
Lyons, Denise  
Mason, Lorraine  
McKelvie, Emery Jr.  
Mongene, Judy  
Nolan, Gary  
Sambrano, Nicole  
Sawyers, Mary  
Savola, Terri  
Sayles, Sierra  
Senkus, Mark  
Snider, Jeremy  
Strong, John  
Thompson, Margaret  
Valencic, Eileen  
Waldie, Katie  
Watson, William  
Willis, Mark

## 5 Years

Bergsma, NeTausha  
Boulley, Stephen  
Bourne, Alexander  
Burton, Jennifer  
Corbiere, Aaron  
Coullard, Alicea  
Creeden, Samantha  
Cromell, Anne

Ewart, Dorrington  
Fegan, Danielle  
Galen, Abigail  
Gibson, Haley  
Goudreau, Danielle  
Gravelle, William  
Green, William  
Griffin, Katelynn  
Guilmette, Michael  
Harjala, Donald  
Harrison, Rebecca  
Hovinga, Andrew  
Hurst, Jarrissa  
Jeffson, Kaitlyn  
Johnson, Michael  
Karr, Carol  
Kibble, Landon  
Krull, Michael  
Laaksonen II, Marty  
LaDuke, Rebecca  
Larson, Angelique  
Lee, Dawn  
Lennox, James  
Leveille, Caleb  
Litzner, Courtney  
Lucas, Jared  
McClusky, Thomas  
McKechnie, Daisy  
Moran, Michael  
Neal, Helena  
Ortago, Regina  
Pavlat, Dana  
Pavlat, Phillip  
Plis, Nina  
Quigley, Jessi  
Revord, Raymond  
Roberts, Logan  
Rosenbum, Erika  
Rye, John  
Sharp, Thomas  
Shelleby, Shannon  
Sherlund, Ashley  
Sherwood, Jayna  
Snyder, Nicholas  
St. Andrew, Charles  
St. Louis, John  
Staniewicz, Katrina  
Staznik, Steven  
Steele, Michael  
Steiner, Michael  
Tadgerson, Sarah  
Thomas, Denver  
Trombly, Adam  
Vore, Robin  
Weese, Jessica  
Willis, Timothy  
Zaragoza, Rebeckah

## Interior Secretary Haaland launches new Indian Youth Service Corps Program

ALBUQUERQUE — Secretary of the Interior Deb Haaland joined Tribal leaders, community partners and Indigenous youth on June 10 to celebrate the launch of the Indian Youth Service Corps (IYSC) and unveil the program's guidelines. The IYSC is a new partnership-based program that will provide meaningful education, employment and training opportunities to Indigenous youth through conservation projects on public and Indian lands and Hawaiian homelands — putting young people on a path to good-paying jobs while working to tackle the climate crisis.

Building on the decade-long success of the Ancestral Lands Conservation Corps, the IYSC will provide opportunities for Native Americans and Alaska Natives to support the conservation and protection of natural and cultural resources through construction, restoration or rehabilitation of natural, cultural, historic, archaeological, recreational or scenic resources. Participants will receive a mix of work experience, basic and life skills, education, training and mentoring.

"Indigenous people have a strong and abiding connection to the Earth — increasing their access to nature early and often will help lift up the next generation of stewards for this Earth," Haaland said. "In addition to completing much-needed conservation projects that will enhance landscapes and ecosystems on tribal and public lands, the Indian Youth Service Corps will have considerable focus on vocational skills training, economic empowerment and career development for Indigenous youth."

Also on June 10, the National Park Foundation (NPF) announced a new commitment to fund \$1 million in IYSC projects, in addition to its ongoing support of tribal youth service corps projects. NPF

is currently funding more than 10 projects from Maine to New Mexico that engage tribal youth in a wide range of conservation and preservation activities, providing invaluable skills development, personal and professional mentoring and career preparation.

Tribal leaders, community partners and several current and former Indigenous members of the Conservation Legacy Ancestral Lands Conservation Corps and Rocky Mountain Youth Corps joined a virtual roundtable with Haaland and Shafroth to share their experiences in conservation.

The IYSC guidelines provide a framework for tribal and partner organizations' participation in the program. Goals of the program

include creating awareness of Indigenous culture and history, and conserving and protecting

their landscapes, stories and shared experiences for current and future generations.



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Foster care is seen as a short-term solution to an emergency situation. ACFS needs committed individuals who are:

- Willing to work with the child's birth parents,
- Supportive of efforts to return the child home, and
- Able to encourage teens toward independent living.

You are not required to own your own home, be married or give up your job and stay home full time in order to foster children. You may be renting an apartment or be single. You may apply for day care payments for the time that you are working or continuing your education.

For information on becoming a foster parent contact ACFS at (906) 632-5250, toll free at (800) 726-0093, or by email at acfs-fosterhomes@saulttribe.net.

# Cherokee Anderson and Kyle Erickson engaged



Aimee (Miller) Anderson would like to announce the engagement of her eldest daughter, Cherokee Anderson. Cherokee Anderson and Kyle Erickson were engaged on June 8, 2022. Kyle proposed at Disney World in Florida while on vacation with their four children, Lauren Erickson, Nicco Strange, Sophia Erickson, and Caroline Erickson. Cherokee is the great granddaughter of Art and Martha Miller, and the granddaughter of Richard Miller. Aimee is proud to announce this joyous occasion and the addition of wonderful man to her family.

# William Anthony Verdone born

Sault Tribe member Joseph Verdone and his wife, Dr. Jennifer Ganzhorn, of Kingston, Ohio, welcomed their first child, William Anthony Verdone, on Feb. 17. William weighed 7 pounds, 13 ounces and was 21.5 inches in length. Grandparents are Jeffrey and Roberta Verdone of Sault Ste. Marie, Mich., and Dr. Richard and Doris Ganzhorn of Jacksonville, Fla. Congratulations! The family celebration continued with Joseph's graduation on April 30 from Wright State University with a bachelor's degree in mechanical engineering. Joseph will pursue his masters in engineering this fall.



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# Credit report: Summary of your major rights under the Federal Fair Credit Reporting Act

BY BRENDA LONG, MICHIGAN STATE UNIVERSITY EXTENSION

The Federal Fair Credit Reporting Act (FCRA) promotes the accuracy, fairness and privacy of information in the files of consumer reporting agencies. There are many types of consumer reporting agencies including credit bureaus and specialty agencies such as agencies that sell information about check writing histories, medical records, and rental history records.

For more information, including information about additional rights, go to [www.ftc.gov/credit](http://www.ftc.gov/credit).

Below is a summary of your major rights under the FCRA:

You must be told if information in your file has been used against you. Anyone who uses a credit report or other type of consumer reporting agency to deny your application for credit, insurance or employment – or to take another adverse action against you – must tell you, and must give you the name, address, and phone number of the agency that provided the information.

You have the right to know what is in your file. You may request and obtain all the information about you in the files of a consumer reporting agency (your “file disclosure”). You will be required to provide proper identification which may include your social security number. In many

cases, the disclosure will be free.

You are entitled to a free file disclosure if:

- A person has taken adverse action against you because of information in your credit report.
- You are a victim of identity theft.
- Your file contains inaccurate information as a result of fraud.
- You are on public assistance.
- You are unemployed but expect to apply for employment within 60 days.

All consumers are entitled to one free credit report disclosure every 12 months upon request from each nationwide credit bureau. Through April

2021, Equifax, Experian, and TransUnion are allowing consumers to request free reports weekly due to the COVID-19 pandemic. You can order your free annual credit report online at: [annualcreditreport.com](http://annualcreditreport.com), by calling (877) 322-8228, or by completing the Annual Credit Report Request Form and mailing it to: Annual Credit Report Request Service, P.O. Box 105281, Atlanta, GA 30348-5281.

For the most part, Michigan has left consumer credit reporting laws to the federal government. However, Michigan’s legislature did enact the Michigan Consumer Protection Act in 1976. Realizing that identity

theft was quickly becoming a major problem, Michigan legislators addressed the crime in 2004 through the Identity Theft Protection Act. A portion of the act explains the rules and regulations for destroying records. Another law, the Social Security Number Privacy Act of 2004, prohibits the public display of a consumer’s complete social security number. The Michigan Attorney General’s office is the enforcer of the Federal Fair Credit Reporting Act within Michigan.

For information, visit <https://extension.msu.edu>. To contact an expert, visit <https://extension.msu.edu/experts>, or call 888-MSUE4MI (888-678-3464).

## Resolutions passed by tribal board of directors

### May 17 Meeting

A regular meeting of the Sault Tribe Board of Directors was held May 17, 2022, in Sault Ste. Marie at the Kewadin Casino Hotel and Convention Center. The board discussed and passed 10 resolutions, nine by unanimous vote.

Resolution #2022-148: Hessel Ridge Ojibwe renaming — The tribe now owns and operates the golf course in Hessel, Mich., known as the Hessel Ridge Golf Course. The board approved the renaming of the Hessel Ridge Golf Course to Hessel Ridge Gchi Wajiwian Makwa, meaning “Bear on the Mountain.” A new sign will be installed immediately from existing project funds identified by the CFO for this project.

#149: Partial waiver of convictions — Approved.

#150: GLRI aquatic invasive species, establishment of FY 2022 budget and GLRI invasive species FY 2023 budget modification — The board approved the establishment of a FY 2022 budget for GLRI Aquatic Invasive Species with Federal U.S. Fish and Wildlife Revenue of \$51,061.41. The board also approved the FY 2023 budget modification to GLRI Invasive Species for a decrease in Federal U.S. Fish and Wildlife of \$74,378.01.

#151: Tribal Intergovernmental Advisory Committee appointment — The Department of Housing and Urban Development published a notice of intent to establish a tribal Intergovernmental Advisory Committee (TIAC); Structure and Request for nominations; and the purpose and role of the TIAC is to further facilitate intergovernmental communication between HUD and tribal leaders of federally recognized tribes on all HUD programs; to make recommendations to HUD regarding current program regulations that may require revision, as well as suggest rule-making methods to develop such changes; and advise in the development of HUD’s

American Indian Alaskan Native housing priorities. Generally, only elected officers of a tribal government acting in their official capacities with authority to act on behalf of the tribal government may serve as TIAC representatives or alternates of the TIAC; board member Bridgett Sorenson is the nominated representative and board member Denise Chase is nominated to serve as the alternate for three-year terms.

#152: Approve contract award, and use of CRRSAA funds for Sault Tribe Manistique Health HVAC project — The tribe desires to use available Coronavirus Response and Relief Supplemental Appropriations Act (CRRSAA) funds to improve the air quality and safety for the Manistique Health Facility as a means to help mitigate the risks of COVID-19; and bids were solicited for this work, and the matter was reviewed by Tribal Purchasing, Facilities, and the Health Project Team. The board approves the Sault Tribe Health Division Manistique Health HVAC Project contract, involving installation and construction of the Manistique HV AC system, and its related expenditures.

#153: ARPA fund appropriation, Unit I displaced tribal member housing — The National Alliance to End Homelessness considers Native Americans to have the second highest rates of homelessness for all ethnic groups; and unemployment is an indicator for homelessness, which is elevated in Chippewa County (6.7 percent) compared to the national average (3.6 percent), according to unemployment data from March 2022; and the closest homeless shelter to the west of Sault Ste. Marie is in Marquette (164 miles away) and in Petoskey to the south (93 miles away); and 148 tribal members received emergency housing assistance in Unit I in 2021 due to homelessness; and the Sault Ste. Marie Tribe of Chippewa Indians Board of Directors appropriated \$20 million of ARPA

funds for housing and culture within Unit 1, with \$1.5 million remaining unallocated. The board authorized these remaining funds for displaced tribal member housing and authorized that Real Estate will assist Unit I in identifying opportunities to be brought back to the board for final approval.

#154: ARPA fund appropriation, Unit II housing — The board has appropriated \$4 million of Unit II approved ARPA funds for new home purchases within Unit II. Due to COVID-19, Unit II members have been forced to quarantine and overcrowd existing homes, resulting in increased infection rates due to the lack of ability to socially distance when members within the home test positive for COVID-19. The board authorized the tribe’s Purchasing Department to create and execute a bidding process to facilitate Unit II home purchases and authorized the construction and facilitation of Unit II home purchases, including budgeting allocations for external construction management and design services as authorized by the Chief Financial Officer, for completion of the project.

#155: ARPA Fund appropriation – Unit II cultural and recreation project/renovation: The board appropriated \$3.4 million of Unit II approved ARPA funds for the Unit II Cultural and Recreation Renovation Project. The Renovation Project will consist of bidding, design, construction and renovation necessary to update and expand the existing facilities. The tribe’s Purchasing Department has been authorized to create and execute a bidding process for the hiring of an external contractor to construct and facilitate the project.

#156: Recruitment and retention of health provider positions — The tribe’s board of directors has identified health provider positions as essential to the health and welfare of the tribe and tribal members; and the recruitment and retention of the tribe’s health provider positions

as a current priority. All tribal health provider positions, as determined by the tribe’s health director, shall be budgeted at the maximum of the applicable minimum to maximum compensation range for that position(s). The board also approved the use of all applicable health funds, including ARPA, to facilitate the recruitment and retention of positions.

#157: Authorizing certain tribal personnel to approve expenditures of tribal funds — In order to streamline the process for approving budgeted expenditures, the following individuals are authorized to approve expenditures of funds within the amount and purpose of their board approved budgets, appropriations, or allocations: Executive director, assistant executive director, division directors, chief financial officer and the EDC director. Any expenditures of tribal funds over \$50,000 will be reported by the CFO on a monthly basis.

### June 6 Meeting

A regular meeting of the Sault Tribe Board of Directors was held June 6, 2022, in Sault Ste. Marie at the Kewadin Casino Hotel and Convention Center. The board discussed and passed seven resolutions, all of them by unanimous vote.

#158: ARPA Fund Appropriation, Facilities — The board authorized \$1 million of remaining ARPA funds from resolution 2021-165 for facility upgrades for the following tribal facilities: Tribal Court, elderly building, and the Shedawin Building.

#159: Tribal Award Contract to Arrow Construction for Health Center Parking Lot — The board approved Tribal Facilities request for authorization to award Arrow Construction the contract for the tribe’s Health Center Parking Lot Project.

#160: Conservation Management and Public Safety Enforcement FY 2022 Budget Modifications and School Fiduciary Committee FY 2023 Budget Modification — The board approved the budget

modification to Conservation Management to change the personnel sheet and increase Federal BIA monies \$26,728.98.

The board also approved the budget modification to Public Safety Enforcement to change the personnel sheet, decrease Federal BIA monies \$23,610.21, and increase Other Revenue monies \$49,998; and the budget modification to the School Fiduciary Committee to increase expenses with Federal BIA monies \$100,000.

#161: MDOT Permit, Michigan Department of Transportation — Approved for signature and execution.

#162: Authorizing a Limited Waiver of Sovereign Immunity and Consent to Jurisdiction as Required to Obtain a Liquor License from the Michigan Liquor Control Commission — The tribe waives its sovereign immunity and consents to the Michigan Liquor Control Commission’s jurisdiction allowing the Commission to enforce the terms and requirements of the Michigan Liquor Control Code for the tribe’s operation, management, and business activities at the Tanglewood Marsh Golf Course involving the purchase, sale, transportation, and/or dispensing of liquor, beer, and/or wine, and its liquor license.

#163: U.S. Department of the Treasury FY 2021 Emergency Rental Assistance Program Online Submission (Additional Funding) — The board authorized the Sault Tribe Housing Authority to complete the online submission to apply for additional U.S. Treasury Emergency Rental Assistance funding.

#164: Accounting FY 2022 Budget Modification — Approved for a change to the personnel sheet.

To view approved resolutions in their entirety, visit [www.sault-tribe.com](http://www.sault-tribe.com) under “government,” “board of directors,” “the download” tab in the sidebar, and finally, “board meeting votes and approved resolutions.”

# Adrienne and Emily Spranger graduate with degrees in chemistry and civil engineering

Adrienne Spranger, daughter of Richard and Melissa Spranger of Clio, Mich., graduated from Adrian College on Dec. 10, 2021, with a Bachelor of Arts in chemistry. Her great-grandmother, Bonnie Bright, presented her degree during the graduation commencement. She has recently earned a certificate in dental assisting from Mid-Michigan College and plans on attending dental school in 2023.

Emily Spranger, also from Clio, Mich., graduated in May 2022 with a bachelor's degree in civil engineering with a focus in structures. Spranger was a member of MSU's North American Indigenous Student Organization and was secretary and treasurer for three years of her undergraduate studies. Spranger took a new position as a remote engineering intern at RailPros, a national provider of rail, transit engineering and construction services to Class 1 and commuter rail carriers and currently works on a client account spanning 23 states.



Emily Spranger graduated with a bachelor's degree in civil engineering.



Adrienne Spranger graduated from Adrian College with a Bachelor of Arts in chemistry. Her great-grandmother, Bonnie Bright (left), presented her degree during the graduation commencement.

## Robin Clark earns Ph.D., hired as professor at LSSU

BY BRENDA AUSTIN

Sault Tribe member Robin Clark was hired recently by Lake Superior State University (LSSU) as assistant professor of terrestrial ecology. She will be teaching biology, forest ecology, soils, field methods, and other related courses.

Clark graduated from Michigan Tech in December 2021 with a doctorate in forest science. She worked for the Inter-Tribal Council of Michigan (ITCMI) for most of her career, including while she was working on her doctorate. At ITCMI, she worked first as an environmental specialist, then as a program manager, and finally as an ecologist, as well as interim environmental services director. She is currently working as a postdoctoral scholar at Michigan Tech, continuing to do research with giizhik (northern white cedar) across the state and working on an Anishinaabe governance project with the Keweenaw Bay Indian Community.

Clark said, "My research focuses on Giizhik, or northern white cedar (*Thuja occidentalis*) and Anishinaabe relations with Giizhik in the EUP, using Anishinaabe and western scientific research methods. The Sault Tribe Wildlife Program, Bay Mills Indian Community Biological Services, and Inter-Tribal Council of Michigan Environmental Services all partnered on the research. We worked with 25 Anishinaabeg from Bahweting (here at the rapids of the St. Mary's River) and Gnoozhekaaning (place of the pike – Bay Mills Indian Community) to better understand good Anishinaabe relations with giizhik, change in our forested wetland communities over time, and to make recommendations for cross-jurisdictional and inter-cultural forest relations."

She said she spent two summers with a Sault Tribe undergraduate, Kate Bentgen, in cedar swamps



Robin Clark

doing quantitative fieldwork. "With that info, I identified different wetland cedar community types and modeled relationships among seedling and sapling densities with different ecological gradients (soils, hydrology, etc). The tribes and tribal members have all helped guide the research questions, methods, and sharing of findings. Josh Hudson from Bay Mills, Colleen Medicine, Laura Downwind, and Nick Reo from Sault Tribe, and I worked together on an article sharing some of our findings and recommendations for good forest relations. We're hoping to hear back from the journal Ecology and Society on that any day now," Clark said.

Clark was drawn to the field of ecology since she was a child. "I feel most at home in the woods and I love forest ecology - thinking about, learning from, and working with forest plant communities, in particular. I ended up getting my bachelors and master's degrees in interdisciplinary natural resource management, which spans ecology and policy. My masters research focused on natural resource management and planning with Anishinaabe knowledges and

ways, for the Grand Traverse Band of Ottawa and Chippewa Indians. I spent the next decade working for and with Michigan tribes on environmental and ecological projects. I also did some adjunct teaching at Lake State. Connecting and working with students was exciting, challenging, and fulfilling. I decided to get my doctorate and focus the rest of my career on research and teaching."

Clark is looking forward to working with students at Lake State and better engaging Indigenous sciences and frameworks in their education. "It's important to use our Anishinaabe ways and knowledges in understanding and relating to forest communities - including in research, management, and in teaching. I'm excited to support students in learning about and caring for forests and other communities on the land, as well as learning about Indigenous rights and responsibilities in intergovernmental management."

"We Anishinaabeg have our science, our ways of observing and learning from creation. We can rely on this science, as well as the tools of western science, to fulfill our responsibilities as Anishinaabeg and live good lives," she said.

## Michigan Education Trust \$1.5 million giveaway, enter for a child!

LANSING, Mich. — The Michigan Education Trust (MET) has announced more than 36,000 Michiganders have signed up for the MET 35th Anniversary \$1.5 Million Giveaway, a random, state-wide drawing that families and friends can enter on behalf of a child for a chance to win one of 100 \$15,000 prepaid tuition

prizes.

MET Executive Director Diane Brewer said, "This giveaway can provide a child with a \$15,000 head start toward their future."

Go to [www.METgiveaway.com](http://www.METgiveaway.com) to enter.

Information about MET is available at [www.michigan.gov/setwithmet](http://www.michigan.gov/setwithmet), or 800-MET-4-KID.

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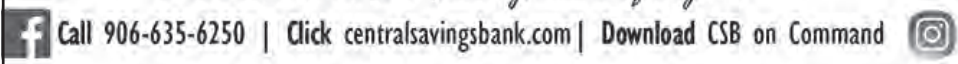

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# S. Joyce Olson-Burpee graduates summa cum laude

S. Joyce Olson-Burpee, daughter of tribal elder Darlene Olson and deceased dad, Theodore Olson, graduated summa cum laude, from Baker College with her bachelor's degree in information technology and security, and was recognized for her graduation in 2021, also summa cum laude, with an associate's degree in information technology.

These degrees were attained while working fulltime as a network administrator at a CPA firm, The DBS Companies, in Bay City, Mich., where Joyce resides.

Joyce graduated from high school on Mackinac Island in 1978 and has both an associate's degree in office administration (August 1999) from Great Lakes College and a bachelor's degree in general management from Davenport University (May 2003).

Education has been an important part of her life, all her life instilled in her by her mom, who always supported her education efforts. And no one gets a degree alone, as her husband Robert Burpee has been very supportive of all her education decisions and has been the rock she leaned on when the going got tough. Thanks to her husband for always being there for her.

Joyce has many family members that are important to her and it starts with brother Ed and sister De'Ann as well as many in-laws, five children, 10 grandchildren, and eight great grandchildren.

She only hopes that her

grandchildren and great grandchildren will look at education to be an important part of life and never give up on a dream to attain more than a high school diploma.

Dream big and never let the

little obstacles get in the way of completing a degree.

She says she once read if you are seeing the obstacles, you have taken your eyes off your goal. Keep your eyes on the goal.



S. Joyce Olson-Burpee

# Sprecker graduates Summa Cum Laude with MPA

Sault Tribe member Stephanie Dawn Sprecker graduated Summa Cum Laude May 3, 2022, from Northern Michigan University with a Master of Public Administration (MPA) degree. Sprecker also has an Associates of Arts in business administration and a Bachelor's of Science in business administration-management. Prior to attending graduate school, she worked within the executive office at Sault Tribe for almost eight years as administrative manager and then COVID-19 Task Force Manager. Currently employed by Sault Tribe's EDC division as a business management assistant, her future career plans are to work within governmental operations, specifically tribal government, in a management or director level capacity to help expand and enhance services to members. Sprecker is the daughter of Steven and Stephanie Agnes Sprecker of Brimley, Mich., and Debra Schell, of Indian River, Mich. She resides in Sault Ste. Marie with her two children, LeeAnn Sprecker, 10, and Bryson Michaels, 4.



Stephanie Dawn Sprecker with son Bryson and daughter, LeeAnn.

## Sault Tribe Early Childhood Education Programs now accepting applications for 2022-2023 School Year

**EARLY HEAD START**  
Children 0-3 years old

**HEAD START**  
Must be 3 years old by Dec. 1, 2022  
Preference given to members of federally recognized tribes  
Must meet Federal Income Guidelines

**CHILD CARE**  
Children 0-5 years old  
Preference given to members of federally recognized tribes and families needing full-time care

For more information or an application please call 906-635-7722 or email [kmcleod1@saulttribe.net](mailto:kmcleod1@saulttribe.net).

## You might be eligible for a fostering futures scholarship

LANSING, Mich. – The Michigan Department of Treasury reminds young adults who have experienced foster care on or after their 13th birthday that they are eligible to apply for a scholarship from the Fostering Futures Scholarship Trust Fund.

The priority deadline for the Fostering Futures Scholarship application for academic year 2022-23 is Aug. 1, 2022. Eligible students enrolled at a Michigan degree-granting college or university may now apply to receive scholarship funds for tuition, fees, room, board, books and supplies. Applications received after Aug. 1, 2022, may be placed on a wait list.

Applications are online at [www.michigan.gov/mistudentaid/programs/fostering-futures-scholarship](http://www.michigan.gov/mistudentaid/programs/fostering-futures-scholarship).

"This scholarship can make a difference in the lives of our foster care youth who aspire to attend college," said Robin Lott, director of the Office of Post-secondary Financial Planning. "Those who have experienced foster care typically don't have the support systems in place to

assist with college costs. Every dollar helps create opportunities for our youth who have experienced foster care."

Since 2012, fundraising efforts have totaled more than \$1.3 million. This money has been raised through individual donations, group donations, sponsorships, ticket sales, auctions and many volunteer-based fundraising events.

Most of the funds raised have been awarded as scholarships, with a small portion being designated to an education endowment that supplies investment income for scholarships. To learn more about the Fostering Futures Scholarship, go to [www.fosteringfutures-mi.com](http://www.fosteringfutures-mi.com).

Fostering Future Scholarship applicants with questions should contact the state Treasury Department's Student Scholarships and Grants area at [mistudentaid@michigan.gov](mailto:mistudentaid@michigan.gov) or call toll-free at (888) 4-GRANTS (888-447-2687).

Find it online at: <https://www.michigan.gov/mistudentaid/programs/fostering-futures-scholarship>.

## McCoy selected for Native journalism fellowship

NORMAN, Okla. — The Native American Journalists Association has selected seven students - including Lindsay McCoy of Michigan State University and a member of the Sault Tribe of Chippewa Indians - for the Native American Journalism Fellowship (NAJF) class of 2022.

The 2022 class of fellows will participate in a virtual curriculum with selected mentors representing broadcast, radio, print, and digital media. This innovative experience will be designed to leverage the advantages of a digital newsroom while allowing fellows to strengthen reporting skills, pitch stories to news outlets, participate in the National Native Media Conference, and network with other Indigenous journal-



Lindsay McCoy

ists. Fellows will be eligible to receive three hours of college credit at the undergraduate or graduate level through their respective universities.

# Escanaba graduating Native American seniors

FROM JANINE ADAMS, TITLE VI INDIAN EDUCATION COORDINATOR, ESCANABA AREA PUBLIC SCHOOLS

Congratulations Escanaba graduates! Three Sault Tribe members enrolled with Indian Education graduated from Escanaba High School this spring - Cody Jack, Zackery Johnson, and Mya Zimmer. Cody will be taking advantage of Bay's Early Middle College Program, and Zackery will also be attending Bay College. Mya has been dual-enrolled in Bay's nursing program and is about to start her second year. She plans to work at Bishop Noa Nursing Home soon.

The Escanaba Schools Indian Education

Feast was held April 12 and the school was proud to honor its students, including senior scholarship recipient Abby Hill (Hannahville Potawatomi), who will be studying medicine at Alma College. Students-of-the-year were junior Alexandra Adcock, and eighth grader Emma Frye (Potawatomi).

The youth drum circle has been practicing for all of February and March during a series of deweigan workshops, which offered teachings from Noc Bay Singers Craig Woerpel and Skip Blanc. Twelve Indian Ed students participated regularly with the youth circle. At the feast, they presented traditional songs they had learned.



Mya Zimmer with her mother Anglee Bittner.



Mya Zimmer



Zackery Johnson



Cody Jack



Alexandra Adcock, 2022 Student-of-the-Year.



Escanaba Schools Indian Education Feast was held April 12, and the youth drum played traditional songs.



Senior Scholarship recipient Abby Hill (Hannahville Potawatomi) with Parent Committee Chairperson, Tara Duchene.

## Overview of hunting, fishing, gathering licenses

BY ROBERT MARCHAND, CHIEF OF POLICE

Sault Tribe Law Enforcement (STLE) issues treaty hunting and fishing licenses to Sault Tribe members to be utilized within the boundaries of the 1836 Treaty Area. If members have any questions regarding these licenses, the criteria for obtaining them, or the regulations governing their use, please contact our office at (906) 635-6065.

### Inland Hunting, Fishing, and Gathering

The bear and elk lottery drawing will have been conducted by the time this paper reaches tribal member households. If you would like to know if you were drawn for bear, please contact STLE at (906) 635-6065; if you were drawn for an elk tag, Sault Tribe's Natural Resources Department will contact you directly. Please remember that if you are drawn, but have not yet renewed your Inland Hunting and Fishing licenses, you will be

required to renew those prior to receiving your bear or elk tag. Please remember that the application period to be put in the drawing for bear and elk tags is May 1-31 each year. STLE makes adjustments if the 31st falls on a weekend or holiday, but sticks very strictly with these deadlines. Any applications received after the deadline are returned to the applicant.

We would like to remind our members that if you held a 2021 Inland non-hunting harvest license or an Inland Hunting license, you are required to submit the annual harvest report prior to obtaining your 2022 licenses. These reports are required to be submitted regardless of activity during the 2021 hunting and fishing seasons.

STLE continues to periodically receive harvest reports with a check or money order for the licenses. Please note that you are required to complete and submit an application each year for your

licenses. We have also received cash with applications; STLE does not take cash and these will always be sent back to the member with those sections of the application highlighted.

STLE issues camping vouchers for national forest campgrounds within Sault Tribe's treaty area. You are required to have an Inland hunting or non-hunting license to obtain a camping voucher. These vouchers are issued for the purpose of exercising treaty rights within those national forests. Camping voucher applications provide more detail on requirements and are available online or at STLE headquarters in the Sault. If you have any questions, please contact STLE.

If you are requesting this license for the first time, you are required to provide a copy of your tribal card along with proof of hunter safety if you want to engage in treaty hunting rights. STLE does administer a Youth Mentoring program that members under the age of 10 are able to participate in for a maximum period of two years; please note, however, that once the youth turn 10, they are not eligible for this program and will be required to provide proof of hunter safety. STLE recommends that they begin participation at 8 years of age so there is no lapse in licensing. Please contact our office for more information as there are other requirements to participate.

If you participate in trapping activities, please remember that you have 14 days after the specific species season ends to get your animal sealed. Please contact Sault Tribe Natural Resources Department at (906) 632-6132 for more information.

Chapter 21 of the Tribal Code regulates inland licenses. Please remember that if you are using this license for fishing purposes, you are only authorized to fish inland lakes and streams within the boundaries of the 1836 Treaty Area. There are some exceptions on specific bodies of water that you can find more information about in the Tribal Code. All tribal codes may be found online at saulttribe.com, select "Government" at the top, select "Tribal Code" from the drop down list and choose "Chapter 21" for Inland rules and regulations.

### Great Lakes Fishing – Subsistence/Netting and Commercial

If you have not yet renewed your Subsistence or Subsistence and Gillnet license for 2022, please make sure you are not engaging in any of the authorized activities for each license. Until you do renew, you are not required to submit monthly catch reports. Whatever month you obtain your subsistence or subsistence gillnet license, your reporting requirement begins.

Commercial licenses – captains and helpers – still have the requirement to schedule an appointment with STLE in order to renew each year. It is important that helpers and captains call to schedule their own appointments. STLE has to obtain specific personal information each year that only the member themselves can provide.

If you hold a subsistence license or subsistence and netting licenses, please remember that you are required to turn in a monthly catch report by the 10th of each month. These reports are required whether you catch any

fish or get out to fish. Please remember that these licenses are valid only on the Great Lakes within the boundaries of Sault Tribe's 1836 Treaty Area. Chapter 20 of the Tribal Code and CORA code regulate both subsistence and netting licenses. Both sets of regulations may be found online at saulttribe.com, select "Government" at the top, select "tribal code" from the drop down list, and choose either "Chapter 20" or "CORA code" for Great Lakes rules and regulations.

If you are not fishing with your subsistence or subsistence and netting license and do not want to have to turn in the required monthly reports, you are able to turn in your license(s) with a final catch report at any time. If during that licensing year you want to start fishing again, you can either pick up your license at STLE or call and we can mail it to you. If you choose to turn in your license for a period of time, during that time you are not authorized to fish under the licenses rules until you have your license in your possession.

As a reminder, you are authorized to fish recreationally in the Great Lakes within the boundaries of our 1836 Treaty Area with just your tribal membership card as long as you follow state of Michigan rules for the activity. Members are encouraged to educate themselves on the various rules governing our Treaty rights; however, STLE is here to help members wade through the sometimes complex rules. If you cannot find the information you are looking for in Tribal or CORA Code, please contact our office and ask to speak with a conservation officer.

### Tribally Owned Offering Gas and Cigarette Discounts

Mid Jim Convenience Store, 2205 Shunk Rd, Sault Ste Marie  
Mid Jim Convenience Store II, 3045 Mackinac Trail, St Ignace

### Tribally Owned Offering Gas Discount Only

White Pine Lodge, 7889 E. W. M-28, Christmas

### Non Tribal owned Stations Offering Gas Discount Only

Newberry BP Express Mart, 13975 M-28, Newberry  
Freedom Value Center, 501 W. Washington St. Marquette  
Manistique Oil company, 216 Deer St. Manistique  
Carnes BP, 2300 Ludington St Escanaba  
Kinross BP Local Express, 4440 tone Rd, Kincheloe  
Cedar Pantry, 159 W M-134, Cedarville

# Proposed bill would make manoomin Michigan's official grain, culturally significant to tribes

BY BRENDA AUSTIN

Manoomin, also known as wild rice (*Zizania palustris* and *Zizania aquatica*), could become the official state grain thanks to a bill making its way through state legislature, and could be afforded additional protections as a result. Wild rice has been an important part of the Anishinaabe culture and traditional diet for centuries.

Senate Bill 802 was introduced in January by state Sen. Adam Hollier, D-Detroit. Hollier said the legislation is an opportunity to prioritize Michigan's rich agriculture and

Indigenous tribes.

Manoomin faces threats from habitat loss, poor water quality, improper harvesting and climate change. Michigan's Indigenous tribes are working hard to mitigate those threats by implementing their own wild rice stewardship plans.

The legislation would have to pass the Senate, House and be signed by the governor in order to become law. Senate Bill 802 can be viewed here: <http://legislature.mi.gov/doc.aspx?2022-SB-0802>. In related news, a \$100,000 state grant is currently being used to

support the creation of a wild rice stewardship plan by the Michigan Wild Rice Initiative team designed to protect and foster wild rice across the state.

Environmental Justice and Tribal Liaison for the Michigan Department of Environment, Great Lakes and Energy Katie Lambeth, said tribes will work with the state to elevate the recognition, protection and restoration of native wild rice stands throughout the state.

Biologist with the Bay Mills Indian Community, Frank Zomer, said goals of the stewardship plan

will be to protect what remains of native wild rice in Michigan, and fortify efforts to return wild rice to places it once flourished.

Sault Tribe Assessment Biologist Danielle Fegan, who is also co-chair of the Initiative with Lambeth, said the Michigan Wild Rice Initiative team is working with the University of Michigan's Water Center to create a stewardship plan that acknowledges manoomin as an important member of aquatic communities across the Great Lakes region.

The team includes representatives from each of the 12 federal-

ly recognized tribes in Michigan, and both state and federal agency officials.

As part of Michigan's Indigenous culture, knowledge of how to harvest wild rice has been passed down each generation among communities. Wild rice is a sensitive plant that can fail to re-seed if it's disturbed during any part of its life cycle. In order to protect the plant's roots, Native ricers use poles to push canoes through the rice beds – in place of paddles that can tear the plants away from lake bottoms.

## DNR cautions U.P. motorists to be on the lookout for moose

Motorists traveling in the Upper Peninsula (U.P.) are being urged to keep an eye out for moose and to exercise extra caution when driving after dark.

So far this summer, five bull moose have been struck and killed by vehicles along portions of M-95 and U.S. Highways 141 and 41 West in Marquette and Baraga counties.

"All of the moose killed were struck after darkness fell, when moose, especially the darker colored bulls, are more difficult

for motorists to see," said John Pepin, Michigan Department of Natural Resources deputy public information officer. "Each of these accidents occurred in areas marked with 'moose crossing' signs."

Specifically, three crashes occurred on June 10, two in Baraga County and one in Marquette County. The incidents in Baraga County were located a mile west of Nestoria on U.S. Highway 41 and 1.5 miles south of Covington on U.S. Highway

141. The mishap in Marquette County happened on M-95, a half-mile south of its intersection with U.S. Highway 41.

On June 13, two additional vehicle-moose accidents happened. One was in Baraga County on U.S. Highway 41 at the crossing of Tioga Creek, while the second occurred in Marquette County on M-95, 1.5 miles south of its intersection with U.S. Highway 41.

On May 27, a sixth bull moose was killed along U.S. Highway

41 in Baraga County, 1.5 miles east of Alberta.

"Many people driving in the U.P. see moose and many people stop to look and take pictures, especially during the summer travel season," Pepin said. "Folks doing this need to remember to pull safely off onto the shoulder of the road, watch for passing traffic and keep a safe distance from these wild animals."

DNR wildlife biologist Brian Roell said autumn, when moose are mating, is more commonly a

time for moose to be traveling.

The most recent DNR moose survey, conducted prior to the coronavirus pandemic in February 2019, estimated 509 moose in the western U.P. The next survey is planned for 2024.

The moose population is estimated to grow at an average of about two percent each year. The western U.P. moose range covers about 1,400 square miles.

For more information on moose in Michigan, visit [Michigan.gov/Moose](https://Michigan.gov/Moose).

## Mackinac County creeks continue the battle on sea lamprey

BY SCOTT BRAND

The U.S. Fish and Wildlife Service (USFWS) continues its ongoing battle with the invasive sea lamprey with an assessment crew conducting work on Crow River, Hudson Creek, Nunns Creek, Seiners Creek and Swan Creek in Mackinac County through June 29.

According to a USFWS press release, fishery biologists and technicians perform surveys for sea lamprey larvae in hundreds of Great Lakes streams each year. Most of these surveys are done by electrofishing, but in deep waters the crews employ Bayluscide 3.2 percent Granular Sea Lamprey Larvicide — a lampricide that is formulated onto sand granules and covered with a time-release coating — which has been approved by the U.S. Environmental Protection Agency.

The surveys serve as a critical tool in locating the presence of larvae and the information gleaned from these efforts determines where additional sea lamprey control should be applied.

The Great Lakes Fishery Commission (GLFC) was estab-



Photo by Scott Brand

**Invasive sea lamprey.**

lished in 1955 and coordinates fisheries research, controls the invasive sea lamprey and facilitates cooperative fishery management among state, provincial, tribal and federal agencies. Sea lamprey are native to the Atlantic Ocean, according to the GLFC, but were first observed in the Great Lakes in 1835 in Lake Ontario. With the completion of the Welland Canal, designed to facilitate shipping traffic, the sea lamprey were able to bypass the natural barrier formed by Niagara Falls. By 1938, invasive eels were found in all of the Great

Lakes and with their parasitic feeding habits, attaching themselves to native fish such as lake trout, whitefish, walleye and burbot, they had a devastating impact on the Great Lakes fishery.

Historical data from the GLFC reveals that before the sea lamprey arrived, the United States and Canada combined to harvest approximately 15 million pounds of lake trout. With sea lamprey numbers rapidly expanding throughout the 1940s, fish harvest plummeted and by the 1960s it was down to just 300,000 pounds, about 2 percent of the former

total as each eel could consume about 40 pounds of fish utilizing its suction-cup mouth to bore through the skin and scales to feed.

The most recent calculations released by the GLFC, posted in Sept. of 2021, show that various control measures have had a major impact in curtailing the number of sea lampreys in the Great Lakes.

In Lake Superior, it is estimated that 780,000 sea lampreys were swimming in the world's largest lake before controls were implemented. The latest three-year average projects there are now less than 100,000 lampreys a reduction of 88 percent. While ideally, lampreys would be totally eliminated from the waterway, the projected target is to cap that number at 48,000.

Lake Huron has the second largest sea lamprey population, partially due to the massive spawning grounds comprised by the St. Marys River. Before controls were implemented there were an estimated 700,000 sea lampreys, but that has been cut by 81 percent down to 130,000.

The Lake Huron target

has been set at 90,000. Lake Michigan has shown a huge decrease, down 95 percent from approximately 600,000 in pre-control days to a mere 31,000 for the three-year average.

Lake Erie and Lake Ontario have also seen tremendous reductions of 97 percent and 96 percent, respectively. There are an estimated 1,400 sea lampreys in Lake Erie and 16,000 in Lake Ontario with the GLFC categorizing lamprey control efforts as meeting the target on both of these bodies of water.

In addition to the Bayluscide Granular treatments, fisheries biologists have a number of other weapons in their arsenal to limit the numbers of sea lampreys. Barriers have been employed in numerous creeks and rivers that the unacrobatic sea lampreys are unable to jump over. Other effective tactics include trapping adult eels at specific locations on the St. Marys River and sterilizing the males before releasing the full-grown lampreys back into the waterway where they unsuccessfully attempt to spawn with the females further reducing the numbers.

## Rusty crayfish — invasive species in your Cajun jambalaya?

PAIGE FILICE, MICHIGAN STATE UNIVERSITY EXTENSION

Cajun food lovers may be happy to learn the invasive rusty crayfish has been "demoted" from Michigan's list of prohibited species to the restricted species list. But what does this regulation change mean for home cooks?

Licensed Michigan anglers can now legally harvest invasive rusty crayfish – but for culinary purposes only. Use of rusty crayfish for bait is strictly prohibited.

Crayfish, often referred to as

crowdads, have been a traditional favorite of Cajun cooks for a long time. For those with a Michigan fishing license, it is now legal to collect or trap the invasive rusty crayfish for home use. The Michigan Department of Natural Resources (MDNR) now allows for the limited harvest and possession of this invasive species for consumption purposes only – a move considered to be a win-win by many.

According to a November 2014 news release from the

MDNR, classification of the rusty crayfish has been changed from "prohibited" to "restricted." This follows the sad conclusion that this invasive crustacean is now considered widespread and naturalized in Michigan. As a result, the Michigan Natural Resources Commission recently approved the revision of state fishing regulations to include the harvest of rusty crayfish.

The MDNR website provides the following information about this aquatic invasive species:

"A native of the Ohio River Basin, it is considered a threat to Michigan's native crayfish population, and could have environmental and economic impacts on local areas. The major threat is the reduction of aquatic plant beds and the species that live in these communities. Many fish may lose nesting areas and shelter when aquatic plant beds are reduced."

Rusty crayfish can grow up to five inches in length and are voracious eaters – mowing down

aquatic plant beds with their large pinchers.

It is still illegal to sell or offer to sell rusty crayfish, release them into the environment or use them for bait. The movement and utilization of rusty crayfish for bait has been identified as the main vector by which this invader entered Michigan waters.

For more information, visit <https://extension.msu.edu>. To contact an expert in your area, visit <https://extension.msu.edu/experts>, or call (888) 678-3464.

# Fishing With Fathers event held at Rotary Park

A *Fishing With Fathers* event was held June 17 from 6-8 p.m. at Sault Ste. Marie's Rotary Park. Sault Tribe Law

Enforcement and the Fish and Wildlife Department were available to offer their help. Early Childhood Education

Programs Family Services Coordinator Heidi Dragan, said the Sault Tribe Early Childhood Education Programs coordinated

the event for families. There were 28 family participants who attended and 13 staff members that volunteered their time.

Despite a windy evening, the families seemed to enjoy spending time together and getting to meet other families.



Eleanor Grace Gustafson, 4, with her mother Cheyenne Bowen, and Justin Reed.



Sylas Roberts, 8, fishing with his dad Logan Roberts and his sister, Amira Roberts, 4.



Karson Maleport, 2, fishing with his dad Kyle Maleport.



Brittany Jarrell, with her 5-month-old baby Laiklynn McClure, Graysen McClure, 4, Braelynn McClure, 2, Ayden McClure (back right), 5, and father Taylor McClure.



Shelby McDonald, Anthony Jones, 4, Colson Jones, 1, and father Justin Jones.

Sault Tribe Traditional Medicine Program

## GERARD SAGASSIGE

2022 July Clinic Hours

Traditional Medicine hours are

July 6, 11, 13, 18, 20, 25, 29  
Sault Ste. Marie Health Center  
(906)632-0236 Lori Gambardella

July 5th  
St. Ignace Health Center  
(906)643-8689 or (877)256-0135

July 12th  
Manistique Health Center  
(906)341-8469 or (866) 401-0043

July 19th  
Munising Health Center  
(906)387-4721 or (800)236-4705

Any Questions, Please Call Traditional Medicine Program at  
906-632-0236 or 906-632-0220

# Employee recognition luncheon and ceremonies held May 24 at DreamMakers Theater



Tami Duncan - 35 years



Tel Fox - 35 years



Debra Gardner - 35 years



Chris Homminga - 35 years



David Kucharczyk - 35 years



Steve Sprecker - 35 years



Joanne Carr (center) - 30 years



Julis "Jay" Eggert - 30 years



Catherine Erickson - 30 years



Robert Martens - 30 years



Kimberly Menard - 30 years



Mariae Mongene - 30 years



Karol Pavlat - 30 years



Michelle Payment - 30 years



Michael Sauro - 30 years



Jamie Wallace - 30 years



# Algoma Steel releases up to 5,300 gallons of oil into St. Mary's River

By SCOTT BRAND

SAULT STE. MARIE, Mich. — The U.S. Coast Guard reports responding to a June 9, 2022 oil spill that released up to 5,300 gallons of gear oil into the St. Mary's River.

The original report, issued in the immediate wake of the spill, revealed that a sheen covered the waterway from Algoma Steel, the source of the leak, all the way to the north side of Sugar Island.

“We’re working in lock-step with our Canadian, American, and tribal partners to ensure the sanctity of our river,” said Captain Anthony Jones, Commander, Sector Sault Ste. Marie on the day of the accident.

The spill caused the temporary closure of all shipping traffic in the Soo Locks.

“It lasted about three hours,” said Lt. Tyler Carlsgaard of U.S. Coast Guard Sector Sault regarding the closure. The delay was

designed to prevent vessel traffic from steaming through the sheen.

While it only caused temporary delays for the bigger vessels, it did have additional local impacts, forcing the Famous Soo Locks Boat Tours to cancel the final two trips of the day sending the crew home early and derailing approximately 60 or so visitors from their scheduled travel plans.

The Chippewa County Health Department issued a “No Body

Contact Advisory” for the north shore of Sugar Island discouraging wading and swimming for both humans and pets following the spill. That was subsequently lifted after the sheen had dissipated allowing for a safe return.

The U.S. Coast Guard pollution responders continued to monitor the situation throughout the day of the spill and beyond.

“There was no shoreline impact,” said Carlsgaard. “And there were no reports of wildlife

(birds or animals) affected.”

Carlsgaard added the 5,300 gallon estimate was a worst-case spill scenario based on what could have leaked into the river, but the subsequent assessment led him to believe there was nowhere near that much released into the waterway.

“From Thursday to Friday we saw a huge decrease,” said Carlsgaard and by June 10. “The sheen in the water had dissipated.”



Photo by Brenda Austin

With a massive amount of water, more than one million gallons per minute passing through the St. Mary's River at any given time, the oil spill from Algoma Steel was quickly flushed away leaving clean, blue water in front of the plant less than 72 hours after the accidental discharge. Most of the escaped oil is believed to have traveled down the Canadian hydroelectric canal and stayed along their shoreline dissipating as it made its way downriver.



Photos by Scott Brand

Absorbent booms remained along the Canadian shoreline in the days following the spill hoping to soak up any residual oil.



Photo by Brenda Austin

The Famous Soo Locks Boat Tours provided an ideal platform for photographing the St. Mary's River both above and below the Soo Locks a few days after the spill. The crew was sent home early on June 9 missing the final two runs of the day as the river was closed to all shipping traffic.

# Walking on...

## RUSSELL VIZINA

Russell Vizina, 82 of Baraga, Mich., passed away peacefully with family by his side on June 4, 2022. Russell was born February 26, 1940 in Baraga to the late Lawrence and Virginia (Cadeau) Vizina.



Russell graduated from Baraga High School in 1958 and enlisted in the Army in 1959. Honorably discharged in 1961, he was later recalled to the Berlin Crisis serving until 1962.

Russell attended Ferris State College, met his wife, and graduated with a BS in Environmental Health in 1969. He later earned an MS in Environmental Health Science from the University of Alaska – Fairbanks in 1973. He began his career as a Sanitarian for the State of Michigan. Later he served as a commissioned officer in the United States Public Health Service (USPHS) from 1972, retiring in 1996 with the rank as a captain. During his time with the USPHS, he worked within the Indian Health Service (IHS) in Tishomingo, Okla.; Mobridge, SD; and Sault Ste. Marie, Mich.

For the majority of his career, Russell served as the director of the Sault Ste. Marie Tribal Health Clinic, receiving recognition for leadership and advocacy from the Sault Tribe and the Grand Traverse Band of Ottawa and Chippewa Indians. His colleagues remember him for strong leadership and tenacity towards improving tribal health. With his kind heart and willingness to help others, Russell was a fervent believer in holistic health.

One of Russell's biggest achievements was being inducted into the Sault Tribe of Chippewa Indians as a lifetime honorary member in 1996, being named Niigaanii Maa'ingan meaning "The Leader Wolf" or "Leading the Wolf." He respected the rarity of this honorary membership and remained close to tribal members throughout retirement.

In addition to spending time with family, Russ enjoyed running, hiking, fishing, hunting and camping. Family and friends recall his excitement of annual camping trips to "The Bush," an isolated island north of Wawa Canada with nature on full display. He thoroughly loved being outdoors while sharing laughs with friends and family. The biggest love of his life was his grandchildren. He was lovingly referred to as "The Baby Hog" as he loved holding and cuddling his grandchildren.

He was preceded in death by his parents; his brothers, Leonard and Donald; and brother-in-law, Paul Clisch.

Russell is survived by his wife of 54 years Kathleen of Roscommon, Mich.; daughters, Heidi (Andrew) Jarmuz of Minneapolis, Minn., and Janet (Lewis) Vizina-Roubal of

Traverse City, Mich.; his grandchildren, Lewis Roubal, III, Ainsley Roubal, Felicity Jarmuz, and Faith Jarmuz; his brother, Raymond (Ethel) Vizina; his sisters, Mary Lou (Arvin) Prebelski; Helen Clisch; his sisters-in-law, Karen and Delores.

Visitation was held from 5-7 p.m. on Wednesday, June 29, 2022, at Jacobson Funeral Home in L'Anse, Mich. His funeral mass was held at 1 p.m. on Thursday, June 30, 2022, with the family greeting friends at 12 p.m. at St. Ann's Catholic Church in Baraga, Mich. A graveside service was at 2 p.m. with a luncheon following at the church hall.

In lieu of flowers the family is asking for donations to the Baraga County Community Foundation or the Ferris State University Vizina-Roubal Endowed Family Scholarship.

## GARY W. O'NEIL

Gary William O'Neil, 77, of Carp Lake, Mich., passed away peacefully June 10, 2022, at his home surrounded by loved ones.



Gary was born on April 18, 1945, to Frank and Evelyn (Corey) O'Neil. He was raised in Gilchrist, Mich., and graduated from Engadine High school with the Class of 1963. After his graduation Gary worked briefly for GM in Flint, Mich., and then enlisted in the U.S. Army. He was stationed overseas in Germany during the Vietnam Conflict. During his service, he was trained as a Heavy Diesel Mechanic, which would become his lifetime profession.

Gary married Judy Sampson on Oct. 4, 1969, and settled in Saginaw, Mich., where he went to work for Peninsular Diesel. Together they had three children, Kara, Shannon and Ryan. Judy passed away in 1984 after a brief illness.

On Sept. 30, 1988, Gary married the love of his life, Kathy Wideman. With this union, Gary and Kathy created a blended family and he gained two additional daughters, Amy and Cheryl. In 1991, Gary and Kathy made the move to Northern Michigan, settling in Carp Lake. Gary went to work for Shepler's Marina in Mackinaw City, Mich., where he kept the boats running until his retirement.

Gary was a proud member and Tribal Elder of the Sault Ste. Marie Tribe of Chippewa Indians and was an avid outdoorsman and hunter. One of his favorite pastimes was hopping on his golf cart to go mushroom or berry picking. He was also a very talented woodworker. You can find a Gary O'Neil original bench, table or decorative wooden sign in many of his friend's and family's homes.

Gary is survived by his wife, Kathy; five children, Kara (Jeff) Nowacki of St Johns, Mich., Amy (Don) Schlegel of Saginaw, Shannon O'Neil of St Johns, Ryan O'Neil of St. Ignace, Mich., and Cheryl Jurek of Grand Rapids, Mich.; grandchildren,

Brendan and Sam Schlegel and Vincent Nowacki; brother, Keith (Harriet) O'Neil; and by a wealth of extended family and friends. He was preceded in death by his parents; two brothers, Francis and Jim; and two sisters, Janice and Clarissa.

Per his wishes, Gary was cremated and then laid to rest at Carp Lake Twp. Cemetery. A Celebration of Life will take place at a later date.

## FREDERICK F. LALONDE

Frederick F. LaLonde of Sault Ste. Marie, Mich., passed away on May 24, 2022. He was born Nov. 16, 1933, in Sault Ste. Marie.

Fred was a member of St. Mary's ProCathedral Church, and Mary's Perpetual Adoration Chapel. He retired from Edison Sault Electric Company in 1998. Fred enjoyed playing and teaching piano, steel guitar and acoustic guitar at Atkinson Music Store and Studio that he owned for several years in the 1960s and '70s. In the winters, he made ice rinks in the backyard, and in the summers enjoyed picnics with the family on Lake Superior. In later years, he and Barb made new friends at the area casinos and reunited with old friends as well. He loved spending time with his children, grandchildren, and great-grandchildren.

He is survived by his children, Anne (Peter) Meagher, Helen (Rick) Kennedy, Elan (Laverne Matias), Mickey (Eugene) Castagne, Joseph (Lisa), and Margie (Dave) Hank; brothers, Don, Robert (Janet) and sister, Anne Mayer; 11 grandchildren, David Campbell, Steven Hank, Michael Kennedy, Rachael (Meagher) Gray, Barbara Kennedy-Mackie, Christopher Hank, Lindsey (LaLonde) Cronin, Jaclyn Meagher, Michelle Castagne, Jacob LaLonde and Michael Castagne; and 14 great grandchildren, Jessie Turner, Fred Campbell, Evan Kennedy, Damon Hank, Malia Hank, Adelaide Campbell, Karson Kennedy, Emerick Campbell, Hendrix Mackie, Kayden Kennedy, Colton Cronin, Evelyn Gray, Bailey Cronin and Keenan Kennedy.

Fred was predeceased by his wife, Barbara A. (Shaw) LaLonde, who died in 2012, and his parents Edward A. LaLonde and Lillian Mae "Babe" (Smith) LaLonde.

Visitation was held on May 29, 2022, at St. Mary's ProCathedral Church.

Mass of Christian Burial was held on May 30, 2022, at St. Mary's ProCathedral Church with Father Ben Paris as Celebrant. Pallbearers included Fred's grandsons David Campbell, Steven Hank, Michael Kennedy, Chris Hank, Jacob LaLonde and Michael Castagne.

Final resting place will be Riverside Cemetery in Sault Ste. Marie. In lieu of flowers, the family requests memorial contributions in Fred's name be made to Hospice House of EUP, 308 W. 12th, Sault Ste. Marie, MI 49783, or St. Mary's Catholic School, 337 Maple St., Sault Ste. Marie, MI 49783 would be appreciated.

Clark Hovie Galer Funeral

Home assisted the family with arrangements.

Online condolences may be left at [www.galerfuneralhomes.com](http://www.galerfuneralhomes.com).

## JOHN E. DUNBAR

John Edward Dunbar, 67, of Onaway, Mich., died at home on May 5, 2022. The son of John Edward and Margaret (Dennis) Dunbar, John was born on July 19, 1954, in Paris, France, where his father was stationed with the military.



A longtime resident of Onaway, John worked at the UAW Education Center at Black Lake. During his 38 years of employment at the Center, John was active with the union, serving as union steward, bargaining chairperson and financial secretary. He worked in nearly every department from maintenance to bartending and was very well-liked by his co-workers. Following retirement, John took on a hobby job when he bought the Onaway Subway store. His favorite part of running Subway was visiting with his customers. With a big heart for helping others in the community, John was an EMT with the Onaway Ambulance for many years as well as a volunteer firefighter with the Onaway Fire Department.

John's greatest passion was the outdoors. He loved the woods and waters of Northern Michigan where he enjoyed hunting and fishing. He loved fishing trips to Canada with the guys, the camaraderie shared with his hunting and fishing buddies and playing cards at deer and fish camp. There was not a season of the year when John couldn't find a reason to head for the woods. He enjoyed cross-country skiing and snowshoeing in the winter months, roaming the hardwoods each spring in search of morel mushrooms, sometimes hitting the jackpot by finding an elk shed along the way, and picking blackberries during summertime. John loved going to his hunting property where he was often found on his tractor making improvements to the land or cutting firewood.

With marriages to two special ladies, John married Paula Minier on July 11, 1980. They were blessed with 27 loving years before Paula's untimely passing in 2007. He later married Ellen Holda-Ross on Jan. 11, 2011, and they enjoyed 11 happy years together. The other special lady in his life was his mother, Maggie. He adored her and did his best to take special care of her. John was a devoted son, a loving husband, and a wonderful stepfather, who treated his stepchildren as they were his own. He was proud of his grandchildren and loved watching them as they grew from children into adults. He enjoyed watching them play their sports and loved talking hunting and fishing with them. John was a planner; he was efficient, extremely organized, thorough, and prepared in everything he did.

He would do anything he could to help his family, friends, neighbors, or even a stranger if they were in need. John will be remembered as being one heck of a nice guy.

John will be missed by his wife, Ellen, of Onaway; mother, Maggie of Gaylord Mich.; brothers, Rick (Angela) of Cheboygan, Mich., and Anthony "Tony" (Sandra) of South Carolina; stepchildren, Mark (Carol) Walker, Shawn (Lisa) Walker, Vivien Ross (Dave Mulet), Spencer Ross and Mitchell Ross; as well as many grandchildren and great grandchildren. John was preceded in death by his wife, Paula; stepson, Steve Walker; and his father, John Dunbar.

Visitation and a memorial service were held at Chagnon Funeral Home on June 25, 2022, Reverend Michael Sullivan officiating, followed by a luncheon at St. Paul's Hall. John's final resting place will be at Riverside Cemetery in Millersburg.

## STEPHEN P. DALGARD

Stephen Paul "Deli" Dalgard, 53, of Sunland-Tujunga, Calif., left this world to be with our Lord, on May 17, 2022. He was born Nov. 25, 1968 in Sault Ste. Marie, Mich., and was a member of the Sault Tribe of Chippewa Indians.



He was a loving father and valued time spent with family and friends. Steve was an avid fisherman. He made his living as a skilled commercial painter, dry-waller and was very talented at refinishing work. Steve traveled a lot and made friends everywhere he went.

Steve was predeceased by his mother, Darlene "Jeannie" (Mastaw) Clark. He is survived by his daughter, pride and joy, Stevana "Stevie" Jean Dalgard and his wife Trisha Kiczenski. Steve has three beautiful grandchildren, Kenneth Edward Dalgard, Vera Rose Dalgard, and Stephen Paul Dalgard II. Steve was also survived by his three siblings, Daniel James Mastaw, Sheryl Lynn Mastaw, and Marcie Jean (Joe) Wartella. Steve held a special place in his heart for each of his nieces and nephews, Clayton, Candice, Daniel, Brittnie, Robert, Elishia, Ezekiel, Abigail, and Gabrielle. He will be missed tremendously and remembered fondly.

Services will be held on Friday, July 8 at 10:30 a.m. at St. Joseph's Catholic Church, followed by a burial at Riverside Cemetery.

Please join us for a celebration of Steve's life beginning at 5 p.m. on July 8, at Sault Tribe Cultural Center, Niigaanagiizhik Ceremonial Building, 11 Ice Circle, Sault Ste. Marie, Mich. Everyone who played a part in Steve's life is welcome to share in food, beverages, memories and good company.

In lieu of flowers, donations toward funeral expenses can be made in care of Stevana Dalgard, 1044 Cedar St., Sault, MI 49783.

See "Walking on," page 20

# Walking on...

## From "Walking on," page 19 BROTHER JOHN HASCALL

Brother John Hascall, OFM Cap., passed on May 22, 2022, at the age of 82. Br. John was born May 23, 1941, to Clinton Duane Hascall and Viola Mary Boucher. He entered the order on Aug. 31, 1959. He was perpetually professed on Sept. 1, 1963, and was ordained on Oct. 19, 1967.

Br. John's ministry was deeply united with his membership of the Ojibwa nation. His ministry was almost exclusive to Sault St. Marie, Assinins and Baraga, Mich. From 1986 to 1989, he served as the president of the Tekakwitha Conference in Montana. Afterwards, he returned to the Ojibwa nation until retiring to Appleton, Wis.

Br. John is survived by sisters Wanda Donnay and Crystal Kelley (Dennis Lee); in-laws, Nancy Hascall, Lynn Hascall, Paul Hagmeier and Dotti Hascall; three adopted sons, Paul Halverson, Colin Van and Mike Denomie; and many nieces, nephews and friends.

He was preceded in death by his father, Clinton Duane Hascall; his mother, Viola Mary Boucher; and siblings Patrick Hascall, Hudson Hascall, Sharon Montgomery, Clintia McGuire, Marcia Hascall, Clayton Hascall and Clinton Hascall.

A visitation was held May 30, to June 1, 2022, at the Niigaanagizhik Ceremonial building. A funeral service was held on June 1, 2022, at the Holy Name of Mary Catholic Church. Burial was at Mission Hill Cemetery.

In lieu of flowers, memo-

rials may be left to the OFM Capuchins or St. Isaac Jogues Catholic Church. Condolences may be left online at [www.csmulder.com](http://www.csmulder.com).

## BEATRICE M. BONNEAU

Beatrice M. Bonneau, 86, a longtime resident of Plainville, Mass., passed peacefully at home, surrounded by her family on May 7, 2022. She was the beloved wife of the late William John Salamone Sr., and the late Leo "Zeke" Bonneau who passed in 2006.

Born in Norfolk, Mass., on Aug. 14, 1935, she was a daughter of the late James Dumas and Dorothy (Buckman) Dumas. Beatrice was a homemaker and loving mother. She also worked years ago at Whiting and Davis and Graphic Images. She enjoyed bowling, playing Bingo and going to Joe's 320 restaurant with her friends. Her greatest joy was in spending time with her grandchildren. Beatrice will always be remembered for her kind and selfless love for her family.

Beatrice is survived by her children, William Salmone Jr., of Plainville, Richard C. Salamone of Plainville, Robert J. Salamone of Washington, Paul K. Salamone of Plainville and Robin Salamone of Plainville; 12 grandchildren; many great grandchildren; and many nieces and nephews and is also survived by members of the Bonneau family.

She was the sister of the late Jeannette Driscoll, James Dumas, Dorothy Loring and Susan Edwards.

A funeral service was held on May 18 at the Massachusetts

National Cemetery in Buzzards Bay, Mass.

## NANCY ANN BENNETT

Nancy Ann Bennett, 68, of Sault Ste.

Marie, Mich. passed away Saturday, April 23, 2022, at Hospice House of the EUP

in Sault Ste. Marie. She was born August 7, 1953, in Lapeer, Mich. to Clinton and Mary George (Fish).

Nancy enjoyed numerous jobs from North Carolina all the way to California and Ontario, Canada. She enjoyed long walks and was an avid slots and bingo player. Nancy was a loved babysitter to many children in Sagamok Anishnawbek First Nation in Ontario, Canada. She also loved pet dogs and cats over the years. Nancy is survived by her husband, Ronnie Bennett of Sault Ste. Marie; son, Charles Ford Jr. of North Carolina; sisters, Doreen (Larry) Bieber of Fayetteville, Penn., and Dianne (Rich) Weesies of Montague, Mich.; and four grandchildren.

Nancy was preceded in death by her parents and brother, Clinton George Jr.

Nancy will be missed by many family members and friends.

She is now at peace.

Visitation and funeral service were held on April 30, 2022, at the Sault Tribe Cultural Center in Sault Ste. Marie with Pastor Larry Witte officiating. Final resting place is Mission Hill Cemetery in Bay Mills, Mich.

Clark Hovie Galer Funeral Home assisted the family.



## IN MEMORY OF CHRISTINE A. MCDONALD

It has been 27 years since the Lord brought you home on July 9, 1995. It was a heartbreaking day for me when I heard the news. My heart sank. If only we had more time together. I thank you for always making sure I knew you loved me beyond anything. I will always be grateful for the love you showed me and making sure I knew my whole family. You are deeply missed each passing year.

Love, your son, John

## MILDRED I. MUELLER

Mildred I. Mueller, 91, of

St. Anthony Village, Minn., passed away peacefully at home on June 1, 2022. She was born in Manistique, Mich., on April 5, 1931,

to Fred and Ruth Kerridge.

In 1952, she married her high school sweetheart, Van. Together they pursued their educations and received PhDs in the field of education. Those careers ultimately brought them to St. Anthony.

Mike loved to learn and travel. Accompanied by Van, she visited sites across Europe, North Africa and the Middle East. Her favorite country was Turkey. She also enjoyed time spent at the cottage in Manistique.



Her other passions included opera (especially Verdi), Elvis, reading, animals of all kinds, University of Minnesota football and basketball, and her family and friends. She was a proud member of the Sault Ste. Marie Tribe of Chippewa Indians.

Mike was preceded in death by husband Van, daughter Edie, parents Fred and Ruth, and brother John. She is survived by daughters Vanessa Mueller (Doug Hodgdon) and Kerry Fritze; grandchildren Kyle (Michael McKay), Ryan (Cassie), Evan, and Loren (Rachel); and six great grandchildren.

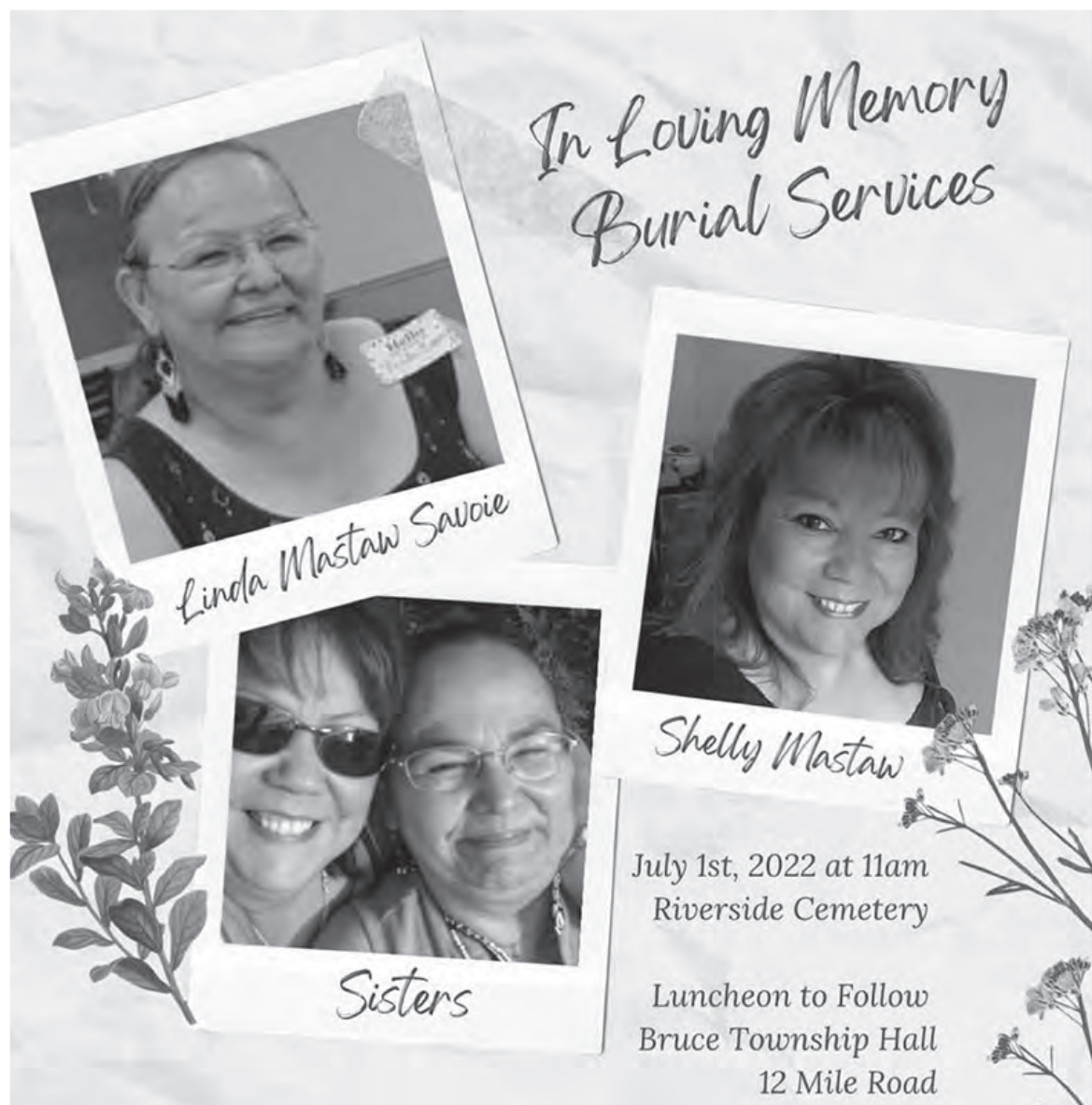
In lieu of flowers, the family requests that contributions be made to the Edith I. Mueller scholarship fund at the School of Kinesiology, University of Minnesota, or the Eva Burrell Animal Shelter in Manistique, Mich.

## Barred owl visits local bird feeder



Photo by Scott Brand

This barred owl temporarily posted itself over a local bird feeder spending hours watching the incoming chickadees, blue jays, grosbeaks, and other feathered visitors without launching a predatory attack. The National Audubon Society Website identifies small mammals as the primary menu item for the barred owl, but even the red squirrels were able to feed with impunity for days on end. One possible explanation is that this owl, like most others of its kind are most active at night.



# Two Sault Tribe health providers receive Bemidji Area Indian Health Service Award

Dr. Dave Drockton, director of the Sault Tribe Health Center Dental Department, and Community Health Services Nurse Supervisor Jenni O'Dell, were both recognized with a Bemidji Area Indian Health Service Award on

June 10. "I want to thank my caring and dedicated staff for their tireless work during the pandemic," said O'Dell upon learning of the honor. "This award represents my teams' selfless contributions they made to keep our tribal mem-

bers, their families, and the community safe." Drockton likewise credited all of the people involved in the renovation including dental staff and patients in the completion of the upgrades at the facility.



Dental Director and Dentist David Drockton receives his award from IHS Bemidji Area Director Daniel Frye, also a Sault Tribe member.



Community Health Services Nurse Supervisor Jenni O'Dell also received her award from IHS Bemidji Area Director Daniel Frye.

## June brings elder abuse prevention into focus

### FROM ARC

Our Elders are one of our most precious resources. Elders are the connection to our past and hold stories and facts of our family's history. Elders should always be treated with kindness and the utmost respect. Sadly, this is not the case for many of our loved ones.

An Elder is legally defined as a person 65 years of age and older. However, in Native American communities, becoming an elder is not typically at a set age but is a distinct cultural status earned from wisdom, knowledge and responsibility to others. Being an Elder is different than being elderly. The term "elderly" is associated with age and ability to care for oneself. Elder and elderly status varies from tribe to tribe. Out of respect, the term Elder will be used here.

Elder abuse is defined by the World Health Organization as "a single, or repeated act, or lack of appropriate action, occurring within any relationship where there is an expectation of trust, which causes harm or distress to an older person." Elder abuse is a silent problem that robs our Elders of their dignity, security and can even cost lives.

Such abuse can include physical abuse, emotional or psychological abuse, sexual abuse, financial or material exploitation, neglect, self-neglect, abandonment and spiritual abuse.

Our Elders are at a greater risk for abuse due to an increase in Elder population, limited caregiving services and supports. This creates an environment for abuse and neglect. Elder abuse is one of the least investigated types of abuse and does not get addressed as frequently as other social issues. Research suggests that 4 to 6 percent of the elderly suffer from some kind of abuse,

most of which goes unreported. It is reported that Elder abuse instances happen mostly in the home of the Elder and 90 percent of abuse and neglect incidents are committed by a family member.

Elders may not always feel comfortable reporting such abuse therefore it is important that we advocate for our seniors and give them a voice. Many times, seniors are fearful of repercussions for reporting the abuse or are simply too frail to do so. It is crucial for us to be aware of signs of abuse and to report the abuse to the proper authorities.

Adult Protective Services for Michigan can be contacted at (855) 444-3911.

Anishnaabek Community and Family services provides Adult Protective Services and may be reached at (906) 632-5250 or (906) 495-1232.

Warning signs for caregivers and family members of Elders to watch for are:

- Pain that is "new" or different.
- Fear or anxiety.
- Depression.
- Isolated or not responsive.
- Cuts, sores, or burns.
- Broken bones, bruises, or welts.
- Untreated bed sores.
- Torn, stains, or blood on undergarments.
- Dirty, unkempt hygiene.
- Poor living conditions.
- Lack of medical aids; glasses, walker, dentures, hearing aids, medication.
- Sudden change in function or mobility.
- Unusual weight loss, poor nutrition, dehydration.
- Change in overall mood or demeanor.
- Bills not paid or utilities turned off.
- Significant changes in

finances.

There are many forms of abuse against the elderly.

They include:

**Physical:** Hitting, shoving, restraining or confining; anything causing physical pain or impairment.

**Emotional:** Intimidation, humiliation, routine blaming, ignoring, isolating, causing anguish or distress, degrading, ridiculing, insults, using silence or profanity.

**Sexual Abuse:** Sexual harassment, sexual activity without consent (rape), forcing elders to watch sexual acts or to undress.

**Financial Abuse:** Stealing money, property titles, or possessions, taking over accounts or bills, spending without permission, abusing power of attorney privilege, scamming or lying.

**Spiritual or Moral Abuse:** Denies access to religious services or leaders, makes fun of victims values or religion, ignores or ridicules cultural or religious traditions, intimidates and threatens for practicing beliefs.

**Neglect:** Failure to fulfill duties or obligations for elder, not caring for hygiene or condition of home, poor nutrition, bed sores, soiled undergarments, medical neglect-missed appointments, not reporting medical issues.

**Self-Neglect:** Refusal by elder to care for self; inadequate nutrition, improper clothing, lack of or unkempt shelter, poor hygiene, not taking medication, and not following safety precautions

The Sault Tribe Elder Services consists of many different programs that can assist with Elders' needs. The Elder In-Home Services program provides services that give frail and homebound elders the ability to stay in their homes, maintain a good quality

of life and age in place. In-Home Care Services consist mainly of personal care, homemaking and respite care.

The Non-Emergency Medical Transportation Program provides rides to medical appointments. This program is to assist elders who, for a variety of factors, have difficulty using conventional means of transportation to reach medical health care services. There are many varieties of appointments from routine medical care to chemotherapy and radiation therapy for cancer patients and scheduled dialysis for those requiring ongoing care. Rides are provided to tribal health clinics, hospitals, medical buildings in a number of areas including Petoskey and Gaylord, Mich.

The Elder Health Fund provides payment on various services for duly enrolled tribal elders age 60 and over living in the United States and as certified by the Tribal Registrar. The fund provides assistance with partial payment for dentures, eye glasses and other items as deemed "medically necessary" by a physician and compliant with Medicare standards.

The Elder Meal Programs provides congregate meals served at meal sites throughout the tribal service area. Daily meal programs operate in Sault Ste. Marie, St. Ignace, Hessel and Manistique. Three sites provide home delivered meals (Meals-on-Wheels) to homebound elders and their caregivers.

Sault Tribe's Elder Outreach Service program is designed to establish key relationships with tribal elders and families in their homes. The Elder Outreach Worker coordinates programs and services to help tribal elders maintain a good quality of life and age in place. Outreach Work-

ers travel to tribal elders' homes to assess and identify elders and family needs and finding resources to meet those needs. They also organize and promote elder involvement in aging programs. Outreach workers will assist in the coordination of home care services and provide assistance to tribal elders in completing applications for tribal service programs and assist in the coordination of meals-on-wheels services, transportation, and any other service needs of tribal elders.

Areas of assistance may include physical, mental, psychological or social as it relates to aging. There are four full-time Elder Outreach Workers covering the 7-county service area stationed in each end of the Upper Peninsula.

Let us celebrate our Elders this month and show them the honor and respect they deserve. Make a point to stop and visit your elders and let them know you are there for them. If they are able, go for a walk or play a game. Encourage them to share stories about your family. With their permission, record their stories via audio or video to cherish the memories when they walk on. Bring their favorite snacks or treats to lift their spirits. Play their favorite music, brush or comb their hair, help clean their home or bedroom, or just make a phone call to let them know you are thinking of them.

Your kindness can make a difference.

The Sault Tribe's Advocacy Resource Center (ARC) offers Elder related victim services such as advocacy and financial services. Advocates may be reached at (906) 632-1808. Find more information at [www.arcsaulttribe.com](http://www.arcsaulttribe.com) or on our Facebook page at [www.facebook.com/sault-tribeARC](http://www.facebook.com/sault-tribeARC).

# Tribal health director update on Monkeypox

BY LEO CHUGUNOV, HEALTH DIRECTOR

During last few weeks, the growing number of new Monkeypox (MPXV) cases were discussed in the mass media. The World Health Organization is considering re-naming of this disease. For the sake of simplicity, we will refer to it as MPXV.

The current name of this infectious disease comes from the first ever documented case of infection. This disease was discovered in 1958, in colony of monkeys that were used for research purposes in a laboratory located in Copenhagen, Denmark. However, monkeys are not the typical reservoirs of the disease; it is often found in other mammals including rope squirrels, tree squirrels and Gambian rats who live in Central and West Africa.

MPXV is a double-strand-

ed DNA zoonotic virus that causes illness in humans and other animals. It belongs to the genus Orthopoxvirus in the family Poxviridae. It is one of the human Orthopoxviruses that includes variola (VARV), cowpox (CPX), and vaccinia (VACV) viruses. It is not a direct ancestor to, nor a direct descendant of, the variola virus, which causes smallpox. MPXV disease is definitely similar to smallpox, but with a milder rash and lower mortality rate, which varies between 1 and 10 percent.

The first reported outbreak outside Africa occurred in 2003 in the United States in Illinois, Indiana, Wisconsin and New Jersey. The outbreak was caused by infection transmitted by imported animals.

It was reported that currently there are two strains of the MPXV that are detected in the

United States. MPXV is considered to be less contagious than COVID-19. The length of incubation period ranges between 7 and 21 days. Infection from animal to human can occur via an animal bite or by direct contact with an infected animal's bodily fluids. The virus can spread from human to human by both contact with touchable surfaces from an infected person's bodily fluids and droplet respiration.

The majority of MPXV cases so far have been mild. But the virus can still cause serious health problems, particularly for immunocompromised people. Typically, the virus causes fever, swelling of lymph nodes, headache, muscle pain, chills, rash and lesions. Most people recover within three to four weeks without requiring hospitalization.

Several antiviral drugs could be helpful for the treatment of

MPXV disease. MPXV vaccine is already developed. It is an FDA-approved vaccine produced by Bavarian Nordic and called Jynneos — a live, nonreplicating vaccine for the prevention of both smallpox and MPXV disease. It is a vaccine for adults aged 18 years or older who are at a high risk for smallpox or MPXV infection.

The U.S. government has begun releasing a MPXV vaccine from the Strategic National Stockpile to protect high-risk people and also placed an order to manufacturer for more vaccines as it is expected that a limited vaccination of population may be necessary.

At the time of this article's submission (June 17), no MPXV cases were detected in Michigan and the disease still appears to be containable. So, it's not of great concern for the general

public, although certainly it's of concern for health care workers. The reason for concern is that the current outbreak is the largest outbreak that we've seen outside of Africa. It's also an unusually large outbreak for MPXV. It is not clear at the moment if we are observing the peak of infection or just the start of the spread. The World Health Organization is responding to this outbreak as a high priority.

The World Health Organization is working on new guidance for countries on vaccination strategies and is convening further meetings to support member states with more advice on how to tackle the situation.

Please, be assured that the Sault Tribe Health Division is watching situation with MPXV very closely and will act promptly on received information when necessary.

## Midwest AIDS training and discussion held

SAULT STE. MARIE — Medical staff from the Sault Tribe Health Department and the Chippewa County Health Department converged for a Midwest Aids Training and Education Center discussion on "The Impact of Michigan's HIV/HCV/STI/STD Syndemic on Tribal Communities" on June 20.

"These health concerns overlap with each other," explained Mary Rose Forsyth, MSN, MA, as she facilitated the discussion. "Very often patients don't have just one of them."

The opioid epidemic, according to Forsyth's analysis, has increased the risk for HIV transmission, caused a spike in sexually transmitted infections, and is a known contributor in the spread of Hepatitis. Estimates reveal that at least 10 percent of those who misuse prescription opioids will escalate their usage to injection, contributing to substantial risk for new HIV and Hepatitis outbreaks due to the sharing of contaminated needles and risky sexual behavior.

Since the start of the COVID-

19 pandemic, researchers have found that HIV and Hepatitis testing has been curtailed, while at the same time Opioid use and the prevalence of sexually transmitted diseases has seen an uptick.

"The thing about all four parts of the syndemic is they are quiet," said Forsyth. "People are afraid of these things, they are stigmatizing."

Forsyth indicated one of the keys, recommended by the Center for Disease Control, is to offer rapid testing for Hepatitis,

STDs and HIV for every patient to limit the outbreaks.

"We would like providers to offer syphilis testing," said Forsyth citing one example, "rather than wait for someone to come in with symptoms."

That same theory applies to HIV and Hepatitis.

"There are tens of thousands of people with Hepatitis C that aren't being treated," said Forsyth. "It's something relatively easy to fix."

Both the Sault Tribe Health Department and the Chippewa

County Health Department have treatment available for Hepatitis C.

Dr. Catherine Wilkerson of the Chippewa County Health Department concurred adding that Hepatitis can be treated in as little as eight weeks with a simple pill regimen.

"We are trying to really rev up our program to get everyone tested at least once," said Wilkerson. "We know that Chippewa County has one of the highest rates in the state, per capita."

## Successful CARF accreditation survey for Sault Tribe Behavioral Health Department completed

The Commission on Accreditation of Rehabilitation Facilities, also known as CARF, conducted their Three-Year Accreditation Survey with the Sault Tribe Behavioral Health Department on March 9-11. The report highlighted many successes of the program and awarded them with a continuation of their CARF accreditation. The program continues to

proudly display their official CARF certification in the third-floor reception area of the Sault Ste. Marie location.

Dedicated staff within the Sault Tribe Health Center strive to provide an integrated cultural approach to client-centered care. Successes in continuing CARF accreditation would not be possible without the compassionate team members who are

committed to providing needed services to tribal members within the behavioral health and traditional medicine programs. We would like to thank the devoted staff within the administration, business operations, and human resources departments that make day-to-day operations run smoothly and efficiently. We thank our leadership, stakeholders, and governmental

representatives who advocate for policy change, funding, and resources that create opportunities for expansion of programs and services available. We would also like to thank CARF and CARF surveyors for visiting our wonderful organization and assisting the agency in providing needed care that is in compliance with accreditation standards. Lastly, we would

like to thank the individuals who make all of it possible, our members. Our members and our community allow us to continue to bring needed services to our areas and support those in need. With your voices, our programs have grown and flourished in ways we never imagined. Chi Miiigwech from everyone at the Sault Tribe Health Division!

## Celebrate summer with colorful fruits and vegetables

By Jessica A. Rickert DDS, Anishinaabe Dental Outreach

Hey! It's June in Michigan. Celebrate National Fresh Fruit and Vegetables Month with these colorful and tasty fruits and vegetables. These delicious foods provide a variety of nutrients, vitamins, minerals, and fiber — while remaining naturally low in calories, fat and sodium. They can also lower your risk of developing certain chronic diseases. Whether you shop at a market or just grow the fruits and veggies at home, enjoy any combination of these delectable delights to kick off your summer right.

The foods that we eat have a direct impact on our overall health, including the health of our teeth and gums. When you maintain a healthy, balanced diet and follow a good daily dental care routine, your body will be strong and robust. So, what are the best foods

for our teeth? Here are a few suggestions:

### Fruits

Encourage your family to eat a lot of delicious fruits, especially those with high water content, such as apples, pears, peaches and melons. They are an excellent alternative to sugary and starchy snacks. They're high in water content, almost 90 percent, and this ideal hydration dilutes their sugars. Their water content and crunchy texture stimulates saliva; the digestive process starts in the mouth.

Whole fruits are much better for us than fruit juice. Fruit juice is a concentrated source of sugar and the juicing process can remove the beneficial fiber found in whole fruit.

Use canned fruit packed in water, without added sugar.

Dried fruits don't have equal nutrition value to fresh fruits.

Dried fruits provide lots of fiber and antioxidants. But they can be high in sugar and calories and can stick in the grooves of the teeth.

### Berries

Blueberries are one of nature's superfoods — they provide vitamins C and K, manganese, fiber and antioxidants. Their vibrant color is a good indicator of their nutritional content. Other beneficial berries are strawberries, raspberries, cherries and blackberries.

For fun and healthy treats, try these delectable delights — smoothies and popsicles. What's the correct recipe? Just use whatever ingredients your heart desires. Treat yourself to a snack that has infinite variety. Your children will have fun making them.

Berries are an ideal addition to the diabetes diet. These delectable, bite-sized fruits are rich in antioxidants, which help prevent cell

damage in the body. In a recent, large study, women who consumed high levels of antioxidant-rich foods such as berries, had a 27 percent reduction in their diabetes risk. Plus, berries are a great way to satisfy your sweet tooth without resorting to junk-food sweets. Blueberries have been shown to boost the immune system and help fight off bad cholesterol. Cherries contain anthocyanins, which help control blood sugar. They also contain a multitude of nutrients, including vitamins A, C and B, as well as calcium, iron, and fiber.

### Leafy vegetables

Dark, leafy greens provide us with special nutrients like folate, zinc, calcium, iron, magnesium, vitamins and fiber. These help us build resilient bodies that fight disease and lowers our risks of heart disease and inflammation. Examples are kale, chard, collard

greens, and spinach.

### Bright vegetables

Colorful veggies are so good for healthy mouths and bodies. Experts recommend eating at least five servings of vegetables a day. Corn, squash, bell peppers, cucumbers and golden beets are all bright, flavorful options with diverse flavors and benefits. Try one, try them all, and find out which are your favorite!

Eating plenty of fruits and vegetables helps reduce the risk of many chronic illnesses, including heart disease, high blood pressure, and some cancers. These foods help you maintain a healthy weight and help you stay energized all day

Diabetes affects 14.6 percent of our Michigan Indian population. This is a metabolic disorder in which the body has high sugar levels for prolonged periods of time.

See "Celebrate," page 23

# Understanding the seriousness of toxic stress and its impact on your well-being

BY ABIGAIL CUDNEY, MSU EXTENSION

We all experience stress at some time in our lives. In fact, our bodies are equipped to respond to stress or challenges that we face through a stress response. During stressful situations, the heart rate increases, blood pressure increases, and it is possible to feel body aches or muscle tension as well as other signs and symptoms of stress. Most of the time, we can deal with the stressor and move on, depending on our individual threshold for stress. However, exposure to stress and adversity over a long period of time without any reprieve can become toxic stress. Toxic stress is serious and is often due to experiences and situations that we cannot control. Some examples of toxic stress include experiencing extreme poverty, violence, racism or adverse childhood experiences (ACEs). Over time, toxic stress is harmful to health and well being.

When a person experiences toxic stress, the prolonged activation of the body's stress response begins to negatively impact the body. Furthermore, stress increases



Photo by Anete Lusina

**Toxic stress is long-term, serious stress that can be harmful to health. Understanding what toxic stress is and what you can do to mediate its effects is essential for healing and recovery.**

your heart rate, creates elevated hormonal levels in your body, and causes higher blood pressure which can increase the risk of hypertension, heart attack and stroke. Additional physical and mental health conditions related to toxic stress include chronic fatigue, diabetes, obesity, depression and immune disorders.

Children are even more vulnerable to the damaging effects of toxic stress, especially when they are without the support of a car-

ing adult to help buffer the stress. Harvard University's Center for the Developing Child states that "this kind of prolonged activation of the stress response systems can disrupt the development of brain architecture and other organ systems and increase the risk for stress-related disease and cognitive impairment, well into the adult years."

Knowing the negative impact that toxic stress can have on an individual across the life span,

it is in our best interest, and for the health of all, to reduce toxic stress by preventing adverse childhood experiences and promoting positive community environments where all children and families can grow and thrive.

The Centers for Disease Control and Prevention recommends multigenerational strategies that focuses on changing norms, environments, and behaviors to address the conditions that can give way to adverse childhood experiences and subsequent toxic stress.

While we cannot always control what is causing toxic stress, there are things that we can do individually to mediate its effects on the body and help regulate the stress response. In her book, *The Deepest Well: Healing the Long-term Effects of Childhood Adversity*, Dr. Nadine Burke-Harris, physician, researcher and advocate for the awareness of ACEs, offers six ways for adults and children to combat toxic stress. These strategies are:

- Sleep. Practice good sleep hygiene.
- Exercise. Make regular exercise a priority.

— Nutrition. Try to eat a variety of nutritious foods each day.

— Mindfulness. Practice mindfulness daily.

— Mental health. Seek mental health services if needed.

— Healthy relationships.

Engage in meaningful connections with others.

Burke-Harris encourages checking in with yourself on how you are doing in these six areas and having an intentional conversation with a medical provider as a good place to start. Dr. Burke-Harris offers a hopeful message of recovery regarding toxic stress. She emphasizes that once people understand toxic stress and its impacts on health and well being, they've taken the first step towards healing. By taking good care of yourself, you will be better able to care for and support others healing from toxic stress.

Michigan State University Extension offers educational programming in each of the six strategy areas that Dr. Burke Harris recommends. Visit our website to learn more about online and in-person programs at: [https://www.canr.msu.edu/food\\_health/index](https://www.canr.msu.edu/food_health/index).

## Tribal Food Distribution Program has new changes

Did you know that we service all of the following counties? Alger, Cheboygan, Chippewa, Delta, Emmet, Luce, Mackinac, Marquette, Schoolcraft, Antrim, Benzie, Charlevoix, Grand Traverse, Leelanau, and Manistee. Currently our truck drivers are travelling to eight of those counties to deliver our members their food orders. We're hoping to get more participants from the additional seven counties.

If you haven't had an opportunity to see our newly renovated building stop in and take a tour. We have expanded our warehouse floor into a shopping area, that is operated with a grocery store concept in mind. Program participants can now come in and do their own shopping! The store is fully handicap accessible with shopping carts, and friendly staff to help you throughout the process. In addition, we have added some new items to

the food package.

We still offer nutrition education, food delivery to other counties, and home deliveries to eligible participants.

Who is eligible for the program? Income eligible households residing on a reservation and non-Indian households residing on a reservation.

There are income guidelines, but there are guideline deductions we apply and deduct off the total

monthly income. We can deduct up to \$450 for a shelter/utility deduction. Households can also qualify for an additional income guideline deduction for medical expenses in excess of \$35 per month incurred by any household member who is elderly or disabled.

### 2022 Income Guidelines

| Family Size | Monthly Income |
|-------------|----------------|
| 1           | \$1,251        |
| 2           | \$1,629        |

|   |         |
|---|---------|
| 3 | \$2,007 |
| 4 | \$2,393 |
| 5 | \$2,802 |
| 6 | \$3,211 |
| 7 | \$3,590 |
| 8 | \$3,968 |

We have a 24-7 pick up and drop off box at our main office, we can also mail, email, inner office, or fax applications. You can also get an application online! Call for details: (906) 635-6076, or (888) 448-8732, fax (906) 635-3658.

## Celebrate summer with colorful fruits and vegetables

From "Celebrate," page 22 Diabetics have an inadequate production of insulin. Insulin is produced by the pancreas gland. It is important to talk to your doctor and dietitian about a diabetic diet. Most tribes have experts to advise individual patients. In general, here are 10 fruits and vegetables for diabetes that are ideal because they pack a slew of health benefits, while helping to regulate your blood sugar.



of carbohydrate, so be sure to include the carbohydrates in your meal plan.

All fruits contain natural sugars, which will have some impact on blood glucose levels. However, fruits also contain abundant nutrients so they should be included in moderation in a diabetes meal plan.

**Leafy greens**  
Leafy greens are filled with minerals and omega-3 fatty acids, they help enhance insulin secretion and regulate your blood sugar levels. These greens also

regulate the production of hormones that protect against heart attack and stroke. They're low in calories and carbohydrates too!

**Sweet potato**  
Rich in fiber and vitamins, sweet potatoes are another great vegetable to keep your blood sugar levels on track. They have a low glycemic index (GI), which means they won't spike your blood sugar levels.

**Broccoli**  
Broccoli is low in calories, filled with antioxidants and packed with high levels of vita-

mins A and C. This green vegetable is also full of fiber, which will keep you feeling full longer.

**Asparagus**  
It's filled with vitamins, minerals, fiber and has a low GI index. In fact, one serving of asparagus provides 18 percent of your daily vitamin C and E. It also contains protein (4-5 grams per cup), which helps stabilize your blood sugar levels and keeps you feeling full.

**Red onion**  
Aside from its antioxidant properties, the red onion is another low-GI index that won't throw your blood sugar levels out of whack. It contains significant amounts of vitamins C and B6, as well as being a good source of chromium, which is essential to regulating blood sugar, without many calories.

**Zucchini**  
This versatile vegetable is a great option when you have diabetes because it contains vitamin B, zinc, and magnesium, which are key to stabilizing blood sugar levels. Zucchini also contains lutein and zeaxanthin, which are two phytonutrients that promote

eye health.

You need strong and healthy teeth and gums to eat these fruits and vegetables. If we Anishinaabe ate a Pre-Columbian diet, our mouth and entire body would be healthy and strong. The Decolonizing Diet Project was developed at Northern Michigan University by Dr. Martin Reinhardt; foods indigenous to the Great Lakes area were eaten for a full year

Tooth decay is the single most common chronic childhood disease in the U.S., and researchers have traced it to the increased consumption of junk foods, sugary snacks, carbonated drinks and sodas among children.

The good news is that tooth decay is nearly 100 percent preventable. All you have to do is maintain a healthy, balanced diet and follow a good daily dental care routine. Brush twice a day for 2 minutes and floss once a day. Throughout the day, if brushing isn't convenient, rinse with water for 30-60 seconds.

Our goals are healthy teeth, healthy human being, health tribe and healthy Anishinaabe!

# Sault Tribe Thrive business directory

Thank you to all the Sault Tribe member-owned businesses who have reached out and contacted us so far. Another month of continued growth! If your business is not listed, please contact us so we can get you or your business set up with our office and into the directory going forward. We will update the list as needed and republishing every month to ensure new members and changes are seen consistently. The Sault Tribe Thrive office is here to help any and all Sault Tribe member-owned businesses.

If you have not already please check out our new website and social media sites at <https://saulttribethrive.com> and <https://www.facebook.com/saulttribethrive>.

Sault Tribe Thrive office: [Info@saulttribethrive.com](mailto:Info@saulttribethrive.com), (906) 635-6050, ext. 26121.

14 PEWS  
Cressandra Thibodeaux  
Houston, TX 77009  
[info@14pews.com](mailto:info@14pews.com)  
<https://14pews.org/pages/home.asp>  
Non-Profit that supports movie screenings, cultural activities and community events.

517 Coffee Company  
Jamie LaDronka  
Lansing, MI 48911  
(616) 260-0674  
[jladronka@gmail.com](mailto:jladronka@gmail.com)  
<https://www.517coffeecompany.com>  
Coffee Roastery, Coffee Bar, Specializing in craft coffee.

A Little Golden Studio  
Kaitlin Lenhard  
Lansing, MI 48826  
(616) 902-0191  
[alittlegoldenstudio@gmail.com](mailto:alittlegoldenstudio@gmail.com)  
Photography/video and handmade gifts.

Above The Bridge Outdoors  
Morgan Gelinias  
Curtis, MI 49820  
(906) 287-0903  
[abovethebridgeoutdoors@gmail.com](mailto:abovethebridgeoutdoors@gmail.com)  
[www.abovethebridgeoutdoors.com](http://www.abovethebridgeoutdoors.com)  
RV Rentals to help experience the Upper Peninsula outdoors.

Above The Roots  
Melanie Spencley  
East Lansing, MI 48823  
(517) 803-5105  
[atootsmi@gmail.com](mailto:atootsmi@gmail.com)  
<https://www.abovetherootsmi.com/>  
Premium Hemp products through innovation.

Allegra Printing  
Roger Leask  
Traverse City, MI 49686  
(231) 632-4448  
[roger@allegratc.com](mailto:roger@allegratc.com)  
Marketing and print communications company.

American Dream Builders  
Gary Vallier  
Kalamazoo, MI 49009  
(269) 365-1969  
[garyadbslm@hotmail.com](mailto:garyadbslm@hotmail.com)  
New constructions and general contracting.

Anchor Systems LLC  
Fredrick Carr  
Sault Ste. Marie, MI 49783  
(202) 306-1365  
[frederick.t.carr@gmail.com](mailto:frederick.t.carr@gmail.com)  
Computer security service.

Ashmun Creek Apartments  
Randall McGahey  
Sault Ste. Marie, MI 49783  
(906) 632-4470  
[ashmuncreek@sbcglobal.net](mailto:ashmuncreek@sbcglobal.net)  
<https://www.ashmuncreek.com>  
Apartments located in the heart of Sault Ste. Marie.

AZ Fresh Start Cleaning  
Richard Oran  
Yuma, AZ 85365  
(928) 304-6632  
[azfreshstartcleaning@gmail.com](mailto:azfreshstartcleaning@gmail.com)  
R/C property-janitorial, construction, and hoarding clean up.

Barbeaux Fisheries

Paul Barbeaux  
DeTour Village, MI 49725  
(906) 297-5969  
[barbeauxfish@gmail.com](mailto:barbeauxfish@gmail.com)  
Commercial fisherman and fresh fish seller.

Bay Area Demolitions  
Kris Wood  
Interlochen, MI 49683  
(231) 709-5895  
[bayareademopros@gmail.com](mailto:bayareademopros@gmail.com)  
[northernmichigandemolition.com](http://northernmichigandemolition.com)  
Premiere demolition and debris removal.

Bay Pharmacy  
Douglas Goudreau  
St. Ignace, MI 49781  
(906) 643-7725  
[bayrxsi@gmail.com](mailto:bayrxsi@gmail.com)  
Pharmaceuticals and prescriptions.

Belonga Plumbing and Heating  
Steven Paquin,  
St. Ignace, MI, 49781  
(906) 643-9595  
[lbelonga@sbcglobal.net](mailto:lbelonga@sbcglobal.net)  
Residential and commercial plumbing.

Benoit's Glass and Lock  
Rick Benoit  
Escanaba, MI 49829  
(906) 786-5281  
[benoitglass@gmail.com](mailto:benoitglass@gmail.com)  
Glass repair shop and locksmith.

Blondeau Construction  
Matthew Blondeau  
Marquette, MI 49855  
(906) 362-6288  
[mattblondeau@gmail.com](mailto:mattblondeau@gmail.com)  
Residential construction company.

Blondeau Properties  
Matthew Blondeau  
Marquette, MI 49855  
(906) 362-6288  
[mattblondeau@gmail.com](mailto:mattblondeau@gmail.com)  
Home rentals, storage units and an Air BnB.

Bloom Co.  
David Lockhart  
Sault Ste. Marie, MI 49783  
(906) 205-0275  
[shop@bloomcosault.com](mailto:shop@bloomcosault.com)  
Online floral designing for every day, events and weddings.

Blue Harbor Fish & Seafood  
Lori Parkinson  
Green Bay, WI 54303  
(920) 435-4633  
[blueharborfish@yahoo.com](mailto:blueharborfish@yahoo.com)  
<http://www.blueharborfish.com/>  
Wholesale fish, seafood, and chicken.

Bonacci Contracting  
Carmine Bonacci  
Sault Ste. Marie, MI 49783  
(906) 632-1425  
[Bonacci10@gmail.com](mailto:Bonacci10@gmail.com)  
New construction, roofing, demolition and clean up.

Burnside Creations  
Lisa Burnside  
Hessel, MI 49745  
(906) 430-7323  
[Burnsidecreations1@gmail.com](mailto:Burnsidecreations1@gmail.com)  
Handcrafted gifts, soaps, lotions, and sprays to improve health.

C.H. Marine Services

Chris Hank  
Sault Ste. Marie, MI 49783  
(906) 203-6396  
[chmarineservices@gmail.com](mailto:chmarineservices@gmail.com)  
Boat repair services and wrap storage.

Carrow Super Market  
Edward Carrow  
Farwell, MI 48622  
(989) 588-2965  
[eddie2toes@hotmail.com](mailto:eddie2toes@hotmail.com)  
Super market.

Caster Construction  
Ed Caster  
Sault Ste. Marie, MI 49783  
(906) 635-3550  
[elcasterconstruction@gmail.com](mailto:elcasterconstruction@gmail.com)  
C/R building and renovation services.

Castle of Wood  
Nick and Matt DePlonty  
Sault Ste. Marie, MI 49783  
(906) 748-0739  
[nickdeplonty@gmail.com](mailto:nickdeplonty@gmail.com)  
<https://www.facebook.com/castleofwood>  
Custom woodwork and various crafts.

Cedar's Motel  
Tim or Kathy  
St. Ignace, MI 49781  
(906) 643-9578  
[thecedarsmotel@aol.com](mailto:thecedarsmotel@aol.com)  
Quality rooms, fair price.

Clear From Here  
Jennifer Jesperson  
North Hollywood, CA 91601  
(818) 415-9025  
[jennifer.jesperson@mac.com](mailto:jennifer.jesperson@mac.com)  
Music clearance and consulting for film/television.

CompHoppers  
Vickie Griggs  
Livingston, TX 77399  
(337) 739-3664  
[comphoppers@comphoppers.com](mailto:comphoppers@comphoppers.com)  
Travel agency bookings and training.

Contain-A-Pet of EUP  
Melinda Menard  
Dafter, MI 49724  
(906) 290-0478  
[capofeup@yahoo.com](mailto:capofeup@yahoo.com)  
Electronic pet fencing and dog training.

Coonen Law  
Rose Coonen  
Grand Rapids, MI 49525  
(616) 951-1531  
[rcoonen@coonen-law.com](mailto:rcoonen@coonen-law.com)  
<https://coonen-law.com/>  
Business, estate and special needs planning.

Cottage UP  
Thomas Clark  
St. Ignace, MI 49781  
(906) 298-2298  
[cottageup@outlook.com](mailto:cottageup@outlook.com)  
Vintage home decor retail store.

Creative Change  
Alan Barr  
Manistique, MI 49854  
(906) 286-1922  
[alanb@creativechange.org](mailto:alanb@creativechange.org)  
Communication/job performance services.  
Creative Memories

Janet Hess  
Sault Ste. Marie, MI 49783  
(906) 630-3878  
[jhess4cm@hotmail.com](mailto:jhess4cm@hotmail.com)  
<https://www.creativememories.com/user/JanetHess>  
Scrapbook supplies - albums, decorative paper, embellishments, tools, etc.

Credence HR  
Michael DiAngelo  
Sault Ste. Marie, ON P6A5A8  
(705) 542-7208  
[michael@credence.ca](mailto:michael@credence.ca)  
Management consulting.

Crooked Music  
Zac Crook  
Sault Ste. Marie, MI 49783  
(906) 259-7400  
[crookedmusicstore@gmail.com](mailto:crookedmusicstore@gmail.com)  
Music lessons and instrument sales.

D & S Custom Upholstery  
Dwayne Lehn  
Sault Ste. Marie, MI 49783  
(906) 748-1047  
[dwayne191@gmail.com](mailto:dwayne191@gmail.com)  
Custom upholstery.

Dance of the Sun Day Spa  
Dawn Cremeans  
Marquette, MI 49855  
(906) 249-9084  
[hello@danceofthesun.com](mailto:hello@danceofthesun.com)  
[www.danceofthesun.com](http://www.danceofthesun.com)  
The holistic approach to personal care and wellness.

DeMawating Development  
Sault Ste. Marie, MI 49783  
(906) 495-2800  
[tgermain@saulttribe.net](mailto:tgermain@saulttribe.net)  
Property management company.

Derusha Construction  
David Derusha  
Ashland, WI 54806  
(715) 730-0734  
[Derushaconstruction@yahoo.com](mailto:Derushaconstruction@yahoo.com)  
Construction.

Dream Catchers Consulting  
Bill Pemble  
Williamston, MI 48895  
(517) 243-2877  
[pemblew@gmail.com](mailto:pemblew@gmail.com)  
Business IT maintenance and management.

Dress Up and Tuxedo  
Jody Bugay  
Escanaba, MI 49829  
(906) 789-9796  
[Jody@dressup906.com](mailto:Jody@dressup906.com)  
Clothing outlet.

Eagle HVAC Services  
Bryan Goudreau  
Garden, MI 49835  
(906) 450-0408  
[groundsourcehtg@gmail.com](mailto:groundsourcehtg@gmail.com)  
Residential/commercial heating/cooling service and installation.

Eagle Specialties  
Taryn Sulkes  
Detroit, MI 48227  
(313) 638-6640 Ext 1  
[taryn@es.us.com](mailto:taryn@es.us.com)  
<https://es-us.com/>  
Specialties supplier/Sub contractor

Eagle's Dream  
Rachel Mandelstamm

Greensboro, NC 27406  
(989) 385-2129  
[eaglesdream2@yahoo.com](mailto:eaglesdream2@yahoo.com)  
<https://www.facebook.com/eagles-dream2>  
Authentic native handmade dream catchers, quilting, embroidery, crocheted and knitted items.

Everson's Furnishings  
Jimmy Everson  
St. Ignace, MI 49781  
(906) 643-7751  
[info@eversonsfurniture.com](mailto:info@eversonsfurniture.com)  
Residential and commercial furniture.

Farmhouse Restaurant  
Patty Basse  
Gould City, MI 49838  
(906) 286-9763  
[jbasse2112@yahoo.com](mailto:jbasse2112@yahoo.com)  
Restaurant.

Fast & Secure Towing & Recovery  
Ronald McClusky Jr.  
Pontiac, MI 48340  
(248) 993-3632  
[ronaldalcar@gmail.com](mailto:ronaldalcar@gmail.com)  
Towing & roadside assistance

Feathers Upholstery  
Emily McGeary  
Escanaba, MI 49829  
(906) 446-3406  
[mcemily451@gmail.com](mailto:mcemily451@gmail.com)  
Sewing repair shop residential and commercial.

Floor Masters  
Art Derry  
Dafter, MI 49724  
(906) 322-0252  
[art.derry@yahoo.com](mailto:art.derry@yahoo.com)  
Flooring and carpet.

Flowers Automotive  
James Flowers  
Sault Ste. Marie, MI 49783  
(906) 632-8074  
[flowersautoservice@gmail.com](mailto:flowersautoservice@gmail.com)  
Automotive repair shop.

Franks Place  
Dawn Bumstead  
Sault Ste. Marie, MI 49783  
(906) 440-4457  
[dawn@franksplace.biz](mailto:dawn@franksplace.biz)  
Restaurant.

General Contractor  
Fred Sliger  
Trout Creek, MI 49967  
(906) 852-3232  
[fredsliger@jamadots.com](mailto:fredsliger@jamadots.com)  
General contractor.

Gitche Gumees Handcrafted Jewelry  
Gina Harmon  
Newberry, MI 49868  
(906) 293-3625  
[ginavgc@gmail.com](mailto:ginavgc@gmail.com)  
<https://www.lakesuperiorpendants.com/>  
Handcrafted Lake Superior agate, stone and fossil pendants.

Gitche Enterprises  
Mike Brown  
Sault Ste. Marie, MI 49783  
(906) 203-4491  
[mikeborwnsells@gmail.com](mailto:mikeborwnsells@gmail.com)  
Used car/mobile home dealer.

# Sault Tribe Thrive business directory continued

**From “Business,” page 24**

Good Fruit Video  
Justin Caine  
East Lansing, MI 48826  
(517) 803-9464  
justin@goodfruitvideo.com  
<https://www.goodfruitvideo.com/>  
Video production company, personal and business capabilities.

Great Lakes Drone Services  
Kyle McPhee  
St. Ignace, MI 49781  
(517) 819-5542  
greatlakesdroneservice@gmail.com  
[www.greatlakesdroneservice.com](http://www.greatlakesdroneservice.com)  
FFA certified drone services.

Great Lakes Roofing & Insulation Systems  
Craig Miller  
Sault Ste. Marie, MI 49783  
(906) 647-2916  
info@greatlakesroofing.com  
<http://greatlakesroofing.com/>  
Commercial roofing & insulation systems.

Greene Environmental Services  
Mike Greene  
Livonia, MI 48154  
(734) 272-8434  
mgreene@greeneenvironmentalservices.com  
Asbestos abatement services.

Gus’ Gourmet Nuts  
Dustin Denkins  
Cooks, MI 49817  
(906) 644-2548  
dustin@denkins.net

Hakola Logging  
Tate Hakola  
Rudyard, MI 49780  
(906) 440-0842  
Cuts, splits, delivers firewood.

Hakola Porta John & Rental  
Tony Hakola  
Cedarville, MI 49719  
(906) 484-6202  
tonyhakola@hotmail.com  
Rental of porta johns and tents.

Hand Trucking  
Andrew Garvin  
Mount Pleasant, TX 75455  
(469) 403-5930  
persevere12@yahoo.com  
We provide vacuum truck services to oil companies.

Herbal Lodge  
Nathan Wright  
Petoskey, MI 49770  
(231) 622-9063  
native14u@yahoo.com  
Herbal medicines and treatments.

Herbst Seamless Gutters  
Kenneth Peterson  
Manistique, MI 49854  
(989) 329-2139  
herbstsg@gmail.com  
<https://www.herbstseamlessgutters.com/>  
Installing gutters and gutter guards.

Hilltop Bar/Restaurant  
Brandon/Tracy McKerchie  
Sault Ste. Marie, MI 49783  
(906) 259-2621  
mckerchiebrandon@yahoo.com  
Restaurant.

Horn’s Odds and Ends  
Irene Horn  
St. Ignace, MI 49781  
(906) 984-2189  
imhorn517@gmail.com  
Antique, vintage and thrift store.

Huck’s Pub  
Tate Hakola

Rudyard, MI 49780  
(906) 442-1042  
Pub/restaurant.

Hunts Maintenance & Services  
Tyson Hunt  
Sault Ste. Marie, MI 49783  
(906) 748-1920  
tysonhunt2019@gmail.com  
Janitorial/custodial work and maintenance.

Innes Welding and Repair  
Mike Innes  
Brimley, MI 49715  
(906) 440-5634  
thepropmaster@hotmail.com  
Boat props and small metal working projects.

Irwin Group  
Mitch Irwin  
Lansing, MI 48826  
(517) 896 6875  
irwinmitch@gmail.com  
Business development, investment and consulting.

ISHPI  
Earl Bowers  
Suffolk, VA 23435  
(757) 809-2302  
info@ishpi.net  
Cyber protection service company.

Iversons Outdoors  
Jim Baker  
Munising, MI 49862  
(906) 452-6370  
baker.jimr@gmail.com  
Handcrafted traditional snowshoes.

IvyTek  
Sandy Griggs  
Jacksonville, FL 32245  
(337) 212-0994  
sales@ivytek.com  
Loan management software services.

Jose’s Cantina  
Allecia Gallo  
St. Ignace, MI 49781  
(906) 643-1519  
gualoca619@gmail.com  
<https://joses-cantina.business.site/>  
Casual Mexican restaurant.

Kings Fish Market  
Sally Shultz  
Naubinway, MI 49762  
(906) 477-6311  
benschultz3134@gmail.com  
Fish, gifts and sporting goods.

Lajoie Trucking Service and Freight  
Marty Lajoie  
Sault Ste. Marie, MI 49783  
(906) 647-3209  
ltsfl@yahoo.com  
Trucking.

Lockview Restaurant  
Amy Goetz  
Sault Ste. Marie, MI 49784  
(906) 632-2772  
lockview2019@gmail.com  
Restaurant.

Long Ships Motel  
Scott Albon  
Sault Ste. Marie, MI 49783  
(906)748-0589  
scotty\_joce@yahoo.com  
Motel.

Ludington Outdoor Services  
Caleb Bowman  
Ludington, MI 49431  
(231) 690-1002  
Calebbowman1982@gmail.com  
Landscaping and tree removal.

M&M Fisheries

Lynn Rickley  
St. Ignace, MI 49781  
(906) 984-3209  
Fishing company.

Mackinaw Trail Winery  
Laurie Stabile  
Petoskey, MI 49970  
(231) 487-1910  
stabilelaurie@gmail.com  
Winery.

Manley’s Famous Smoked Fish  
Don Wright  
St. Ignace, MI 49781  
(906) 430 0937  
<https://www.facebook.com/Manleysfishmarket/>  
Fish market.

Mark and Sons Plumbing and Heating  
Lewis Mullins  
St. Ignace, MI 49781  
(906) 643-9597  
markandsonsp@gmail.com  
Plumbing/heating/HVAC.

Massey Fish Co.  
Jamie Massey  
St. Ignace, MI 49781  
(906) 984-2148  
masseysfish@hotmail.com  
Fish market.

Matson’s Fisheries  
Katy Matson  
Munising, MI 49862  
(906) 202-0025  
matsonfish@yahoo.com  
Fish market.

McCabes Quality Flooring  
Bill McCabe  
Marquette, MI 49855  
(906) 228-8821  
mccabesflooring@aol.com  
Flooring.

McGahey Construction  
Randall McGahey  
Sault Ste. Marie, MI 49783  
(906) 632-4272  
ashmuncreek@sbcglobal.net  
Construction—general contractor.

Medical Arts Optical  
Melanie Cook  
Sault Ste. Marie, MI 49783  
(906) 632-2289  
melaniebea@aol.com  
Glasses and hearing aids.

Mesick Market  
Carl Brasseur  
Mesick, MI 49668  
(231) 885-1030  
carlbrasseur@gmail.com  
Full line grocery store (Spartan Brand).

MI Playground  
Andy/Nick Behling  
Jensen, MI 49428  
(616) 201-8731  
contact@enjoymiplayground.com  
Digital media production.

Mid-American Title  
Amy Goetz  
Sault Ste. Marie, MI 49783  
(906) 379-9555  
amy@mid-americanitle.com  
Title agency.

MidJim Convenience Store  
Sault Ste. Marie, MI 49783  
(906) 635-4782  
jmacdonald@saulttribe.net.  
Convenience store.

MidJim Convenience Store  
St. Ignace, MI 49781  
(906) 643-9906  
jmacdonald@saulttribe.net.

Convenience store.

Midway General Store  
Erica Kemeny  
Wetmore, MI 49895  
(919) 621-8998  
A great general convenience store.

Mike’s Garage  
Mike Cook  
Sault Ste. Marie, MI 49783  
(906) 635-5755  
mikemike1962@hotmail.com  
Vehicle repair shop.

Mollys Nest  
Robin Pavia  
St. Ignace, MI 49781  
(906) 298-1633  
rbelonga14@yahoo.com  
Farming-flowers/veggies/eggs with services in landscaping projects.

Moofinfries  
Laura Flatt  
Naubinway, MI 49762  
(906) 630-6932  
moofinfries@gmail.com  
<https://www.facebook.com/moofinfries/>  
Restaurant.

Moore Trosper Construction  
Ted Moore  
Holt, MI 48842  
(517) 694-6310  
tmoore@mooretrosper.com  
Construction.

Mountainside Apartments  
Marrijo Beckman  
Boyne Falls, MI 49713  
(231) 330-1992  
mjbeckman1@gmail.com  
Rental apartments.

Mountainside Grille  
Marrijo Beckman  
Boyne Falls, MI 49713  
(231) 330-1992  
mjbeckman1@gmail.com  
Restaurant.  
  
Mullenbrock and Associates  
Craig Mullenbrock  
Piqua, OH 45356  
(937) 773-8500  
craig.w.mullenbrock@ampf.com  
A private wealth advisory practice.

Muscotts Painting  
James Muscott  
Petoskey, MI 49770  
(231) 342-7055  
jamesmuscott@hotmail.com  
Painting, residential and commercial.

National Painting Contractors (MBE)  
James McClusky  
Sault Ste. Marie, MI 49783  
(828) 989-1395  
nationalpaintingcontractors@gmail.com  
<https://nationalpaintingcontractors.business.site>  
Commercial and residential painting.

Native American Church of Turtle Island  
David Gaskin  
Redding, CA 96001  
(906)-256-0062  
davidgaskin4@gmail.com  
<https://www.nacturtleisland.org/>  
Helping to develop Indigenous communities.

Native Steel Welding & Fab  
Trystan Ferris  
Moran, MI 49760  
(906) 430-7816  
nativesteelwelding@gmail.com

Here for your welding and repair needs.

Natures Cure  
Joel Halloran  
Cedar Springs, MI 49319  
(616) 970-8016  
hallorjo@mail.gvsu.edu  
[www.naturescurestore.com](http://www.naturescurestore.com)  
Online store selling natural herbs.

NMK Consulting  
Charlee Brissette  
Dafer, MI 49724  
(906) 630-3082  
cnbrissette@gmail.com  
Consulting services for Indigenous health and wellness education.

Nontrivial Solutions  
James Bearden  
Oklahoma City, OK 73137  
(405) 698-3702  
james@nontrivial.net  
Health care system software management.

Northern Hospitality  
Sault Ste. Marie, MI 49783  
(906) 635-4800  
smckerchie@saulttribe.net  
Flooring service and furniture sales.

Northern Wings  
David Goudreau  
Newberry, MI 49868  
(906) 477-6176  
dave@northernwings.com  
<https://northernwings.com>  
Aerospace and national defense manufacturer.

Ogitchidaa  
Ann Dailey  
Holt, MI 48842  
(906) 322-2716  
ann@companyk.us  
Military/law enforcement training.

Ojibwe Hazardous Abatement  
Rob Arndt  
Escanaba, MI 49729  
(906) 786-3001  
robarndt95@gmail.com  
Hazardous abatement and pest control.

Pedersons Lawn and Landscape  
Heather Pederson  
Garden, MI 49835  
(906) 644-2150  
dr.pederson@hotmail.com  
Lawn and landscaping service.

Pemble Concrete Coatings  
Charles Pemble  
Marquette, MI 49855  
(906) 361-6562  
PemConCo@gmail.com  
Epoxy floor coatings/polishes concrete in industrial, commercial and residential settings.

Peninsula Shores Gallery  
Eirnela O’Neil  
Gould City, MI 49838  
(906) 477-6303  
Nature and wildlife photo art by Jim O’Neil.

Pennzoil  
Tracy Smart or Mickey  
Sault Ste. Marie, MI 49783  
(906) 635-3018  
tsmart1218@gmail.com  
Oil change/car wash.

Peterson Building & Contracting  
Kenneth Peterson  
Manistique, MI 49854  
(989) 329-2139  
Peterson\_building@hotmail.com  
Construction—general contractor.

See “Business,” page 26



# Sault Tribe Thrive directory continued

## From "Business," page 25

Pink Giraffe Beauty Products  
Maddi Lynch  
Gladstone, MI 49837  
(906) 280-6994  
pinkgiraffebeautyproducts@gmail.com  
www.pinkgiraffebeautyproducts.com  
Candles, lip balms, scrubs & more.

Premier Learning  
Colleen Ford  
Swartz Creek, MI 48473  
(810) 732-6493  
cgkford@comcast.net  
Tutoring and tutor training.

Prescription Oxygen  
Ron Gordon  
Sault Ste. Marie, MI 49783  
(906) 632-3772  
ron@prescriptionoxygen.com  
Durable medical equipment.

Project Pomona  
Meghan Roberts  
Driftwood, TX 78619  
(281) 248-7406  
meghan2roberts@gmail.com  
https://projectpomona.com

Proline Auto  
Mike Pages  
Sault Ste. Marie, MI 49783  
(906) 259-0809  
mpages73@gmail.com  
Vehicle repair shop.

Raikko Farms  
Teresa Raikko  
Levering, MI 49755  
(231) 420-6540  
raikkosfarmllc@gmail.com  
Fresh farm produce.

Red Sky Woman Designs  
Helen Wilkins  
Kincheloe, MI 49789  
(906) 322-3370  
hwilkins5@gmail.com  
Handmade crafts.

Regal Home Care  
Breana Eby  
Sault Ste. Marie, MI 49783  
(620) 308-0277  
regalhomecare@outlook.com

Rock Road Masonry & Construction  
Brandon Deno  
Escanaba, MI 49829  
(906) 789-7892  
scs@chartermi.net  
Residential and commercial work, ICF foundation work and exterior concrete applications.

Ron's Birchbark Studio  
Ron Paquin  
St. Ignace MI 49781  
(231) 420-3518  
mollyronpaquin@gmail.com  
Native American artist with in-store items, workgroups and demonstrations.

Roy Electric  
Jeff Roy  
Sault Ste. Marie, MI 49783  
(906) 632-8878  
royelectric@lighthouse.net  
Electrical, mechanical and maintenance business.

Ruddle's Native Painting  
Carol Ruddle  
Mackinac Island, MI 49781  
(906) 430-1728  
nativepaintingmack@gmail.com  
Painting contractor.

Sabatine Appraisals  
Stephanie Sabatine  
Sault Ste. Marie, MI 49783

(906) 322-2960  
stephsabatine@gmail.com  
Appraisals and rental properties.

Sacred Tattoo Studio  
Danielle Pemble  
Marquette, MI 49855  
(906) 273-0800  
sacredbooking@gmail.com

Salon C  
Cathy McClellan  
Sault Ste. Marie, MI 49783  
(906) 635-3964  
cathyann906@gmail.com  
Hair salon.

Sault Printing  
Ron Maleport  
Sault Ste. Marie, MI 49783  
(906) 632-3369  
ron@saultprinting.com  
Printing and office supplies.

Saulteur  
Scott Lavictor  
Sault Ste. Marie, MI 49783  
https://www.saulteur.com  
Consulting, advisory and contracting services.

Sawyer Village  
Gwinn, MI 49841  
(906) 346-3919  
jpage@saulttribe.net  
Rental apartments.  
  
Say it with Swag  
Cassandra Pasque  
Macomb, MI 48044  
(248) 953-1933  
sayitwithswagllc@gmail.com  
http://sayitwithswag.net  
Custom apparel & promotional products.

Seniors Helping Seniors LLC  
Chad Lawson  
Jacksonville, FL 32258  
(904) 716-5680  
clawson5454@yahoo.com  
Non-medical personal services.

Seriously SEO  
Dustin Denkins  
Cooks, MI 49817  
(906) 644-2548  
dustin@denkins.net  
https://seriouslyseo.com/  
Marketing services with serious results.

Snowbelt Brewing Co.  
Angielena Muellenberg  
Gaylord, MI 49735  
(989) 448-7077  
drinklocal@snowbeltbrewery.com  
Brewery.

Soo Welding  
Charles Fabry  
Sault Ste. Marie, MI 49783  
(906) 632-8241  
soowelding@outlook.com  
Welding and metal working.

Sore Arms Fishing Charters  
Aaron Hendrickson  
Gwinn, MI 49841  
(906) 360-6035  
sorearmscharters@gmail.com  
Fishing and market.

St. Ignace in Bloom  
Alex or Samantha Belonga  
St. Ignace, MI 49781  
(906) 643-9480  
greenhouse@stignaceinbloom.com  
Flower and plant shop.

State Farm Insurance Office  
Kristi Harwood  
Sault Ste. Marie, MI 49783  
(906) 635-5377  
kristi.harwood-causley.ke8b@

statefarm.com  
Insurance agency.

Sugar Island Shores  
Dave Menard  
Sugar Island, MI 49783  
(906) 440-7644  
sugarislandshores@yahoo.com  
Vacation Rental (VRBO)

Sunset Motel  
Armand Horn  
St. Ignace, MI 49781  
(906) 643-8377  
sunsetmotel786@gmail.com  
Motel.

Superior Custom Blinds  
Jennifer Roy  
Sault Ste. Marie, MI 49783  
(906) 630-6939  
jennroy209@gmail.com  
Custom window blinds.

Superior Satellite Solutions  
Gary Talarico  
Germfask, MI 49836  
(906) 450-7675  
chieffishfinder@gmail.com  
U.P. Satellite TV and Internet installation and service.

Superior Web  
Gina Harmon  
Newberry, MI 49868  
(906) 293-3625  
ginavgc@gmail.com  
https://www.superiorweb.net/  
Responsive web design, web page/site builders.

Surface Tech Applicators  
Nathan Cremeans  
Rudyard, MI 49780  
(906) 203-9397  
Industrial paint applications.

Synchronized Networking Solutions  
Robert Gonczy  
Penrose, CO 81240  
(719) 371-2315  
rgonczy@syncns.com  
http://www.syncns.com/  
Provides networking expertise for service providers, government agencies and enterprise businesses.

T & K King Fisheries  
Theron King  
Moran, MI 49760  
(906) 643-1068  
kingsfishmarket@gmail.com  
https://www.facebook.com/kingsfishmarketandrestaurant/  
Wholesale and retail.

The Bostique  
Cindy King  
Manistique, MI 49854  
(906) 283-3245  
Bohemian shop.

The Brickyard Bar and Grill  
Tate Hakola  
Rudyard, MI 49780  
(906) 442-1099  
Restaurant and bar.

The Buckley General Store  
Carl Brasseur  
Buckley, MI 49620  
(231) 342-4245  
carlbrasseur@gmail.com  
Convenience store.

The Ice Cream Shoppe  
Jill or Jeff McLeod  
Cedarville, MI 49719  
(906) 484-5525  
jmcleod@eupschools.org  
Ice cream and treats.

The Palace Saloon  
Doreen Goetz

Sault Ste. Marie, MI 49783  
(906) 632-7721  
palacesaloon1903@gmail.com  
Restaurant.

The Pink Cactus  
Laura Cook  
Ithaca, MI 48847  
(989) 264-2050  
lannecook@gmail.com  
Michigan artisans 100% hand-crafted products.

Thermal Kernels  
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Derrick Eitrem  
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rich@walshservicesolutions.com  
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stlouis92@yahoo.com  
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# Hoping DeTour clinic opening by summer's end



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

I want to begin by giving an update about our DeTour Community Health Clinic. We are awaiting bids for the construction on the renovations and positions have been posted on our website for positions for maintenance, housekeeping, snow removal, etc.

In the plan for services, we are expecting to have the following services at this clinic (Gary, I hope you read this, ha-ha, it was nice having a unit meeting with you over lunch): Lab services, foot care, immunizations, blood pressure monitoring, flu and COVID vaccinations, disease education, glucose enter distributions and monitoring, care seats, incontinence program, Nike shoe program, assist with service applications, home visits and medication set up and monitoring (case management, etc.), medication pick-up and delivery, health fairs, diabetes nurse educators, registered dietitians services, tobacco cessation services, and traditional medicine. This is the list and a reminder of what is also available at our Hessel and Newberry clinic.

The health administration has updated that they hope to have all the renovations and services up and running by the end of summer. I will provide more updates as we move forward. Thank you for your patience in this endeavor; Director Hollowell and I have been working toward this for a very long time.

Another update for our unit is that our tribe has successfully opened the Hessel Ridge Golf Course. We have secured qualified and experienced individuals to operate the club house and oversee golf course maintenance. This year, we are under construction of the course and assessing all the equipment and needs of the property.

I want to personally thank all the crew who worked around the clock to get this open for the summer season. As stated in past unit reports, this will be a great business endeavor and also a means to hire local tribal members, community members and support healthy community endeavors, as well.

Also stated in past reports, we are working a cultural and recreation center to be built near there for increased cultural gatherings, youth and elder activi-

ties, club station, Community Health programs, community gatherings, etc. This is the major project and the vision we had when we first purchased this property.

We want to build a larger community center to accommodate all our units' activities and needs. We have land to pursue this — we would like to add, too, and reach a goal of Community health and wellness needs, cultural and youth activity. This will be a major endeavor that will take much work, planning and time, so please look forward to this.

I am also very excited to share a collaborated project we are looking into for construction new homes in our unit at Hillcrest property, which we now own. We have been working with the schools in this area to work with the EDC and supporting construction company to have students assist in building these homes. Students from Cedarville, DeTour and Rudyard along with other districts will take part in this trade work experience. This is something we have talked about for years and it is finally starting to take shape.

This will be a pilot project to start and hopefully advance to reach all of our schools, not just in our area, but all areas. With the rising costs of pre-fabricated homes, this would take more than building a stick home, so this was it's an amazing endeavor to teach or youth and plan for an amount that stays within a budget that we have already passed for construction of new homes in our area. Our EDC has worked on this and we appreciate thinking outside the box and also gather our local youth to learn the specific trade for construction and cabinetry. (Could not be more excited to share this update.) Well done to all who will work toward this and complete.

We will also be meeting with our Housing Department and Legal next week to discuss more housing in our area from the use of our ARPA funds. We will be locating existing property in our unit to build or purchase homes for families in need. I will update next month on where we are at with this project.

In the next coming months, we will have very important decisions to make on the future of our tribe and the leadership position of the chair seat. I will weigh all advice from Legal, refer to our codes and Constitution and proactively support moving forward that will be in the best interest of our government and our people.

Through the years, we have had unforeseen circumstances that come about and it's very dangerous to make any impactful decisions without all facts, information and rules to make those choices. I don't like that we are in this position, being without a board chair, but I will remain calm and resilient to

make sure that we keep our ship steady though and election and the absence of a chair. Please know that a solid, responsible path will be supported by me for our people.

In closing, it's with great respect and well wishes on the retirement of Director Catherine Hollowell. This is very bitter-sweet for me as I have come to count on our ability to have worked so well. In the terms of her representation, we have advances in our area and many projects we worked on together, mindfully and responsibly.

Catherine was the lead in our treaty negotiations for our unit and dedicated countless hours a week to this for the past two years. She has been constant, educated herself completely, sat face to face with all fishermen to gain their input and respect, supporting their treaty every

single step of the way.

Together, we secured millions of dollars for new homes (as stated above — this is in the works of planning), secured hundreds of acres of land, secured access sites for fishermen, purchased Wekweyoc Cemetery and home, advanced youth services and supported all items brought forward, supported and secured longevity raises and COLA yearly increases, worked toward a satellite health facility for the DeTour area, reestablished EDC with steady growth in the areas of business and reduced debt, added funds to the Land Claims, supported freedom of information to members, supported changed policies for a better work environment, and hosted both powwows in Newberry and Hessel throughout the years.

These are a few of the prior-

ities we have supported at the table. I have to say Catherine's wise, professional commitment to our people in this unit will surely be missed by me and many others in our tribe.

I would like to wholeheartedly wish Director Hollowell a sincere G'tchi Miigwech for her true leadership and compassionate dedication to all our members in our unit and for the tribe as a whole.

I would also like to mention and thank her family and the late Richard Hollowell, as they have all dedicated countless hours to our community needs. Best wishes on your retirement, Gramma Cat.

If you would like to meet or discuss, please contact me at (906) 322-3818, (906) 484-2954, or lcausley@saulttribe.net.

Lana Causley-Smith, Unit II

40th Annual Sault Ste. Marie Tribe of Chippewa Indians

# Homecoming Powwow

## July 1st - 3rd, 2022

ARTWORK: Greg Solomon

**Thursday - Sunrise Ceremony and Spiritual Gathering**

**Friday - Veterans Memorial Ceremony, Honoring Our Youth session, dance specials**  
\*Grand Entry at 7pm\*

**Saturday - \*Grand Entry at 1pm and 7pm\***

**Sunday - \*Grand Entry at Noon\***

**Honorarium for dancers in full regalia for Saturday and Sunday grand entries. Spot Dances and Dance Specials announced throughout the weekend.**

**Dance Competition:**  
**Categories: Traditional, Fancy, Grass, Jingle**  
**Golden Age: \$700, \$500, \$300**  
**Adult: \$700, \$500, \$300**  
**Teen: \$300, \$200, \$100**  
**Junior: \$75, \$50, \$25**

(Combined female categories and male categories for Golden Age, Teen, and Junior.)

**\*Registration open Friday, closes by noon on Saturday.\***  
**Adult categories pay \$10 fee. Teen and Junior categories pay \$5 fee.**

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**Drum Competition:**  
**Singing Contest**  
(must have 5 registered singers present for all sessions)  
**1st Place \$6,000.00**  
**2nd Place \$5,000.00**  
**3rd Place \$3,000.00**

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**Drum Split for non-competing drums: \$2,000.00**

**EMCEES - TBA**

**HEAD VETERAN - Nick VanAlstine**

**ARENA DIRECTOR - TBA**

**DANCE JUDGES - Julie Whitepigeon and Ray Cadotte**

**DRUM JUDGE - Mzzhickkehahbah Thomas**

**HOST DRUM, HEAD DANCERS:**  
**Picked each session**

**VENDORS: Contact**  
**culture@saulttribe.net for application**

**Free & Open to the Public!**  
 Entrance is from Bahweting Dr. off Shunk Rd. on the Sault Tribe reservation  
**NO drugs - NO alcohol - NO politics - NO dogs**

# Board meetings now conducted more effectively



**KIMBERLE GRAVELLE**  
DIRECTOR, UNIT I

day, alongside our directors, managers, and team members to ensure our programs are functioning as efficiently as possible.

“Entitlement – the belief that one is inherently deserving of privileges or special treatment.” I have never felt this way in my life. My husband and I have worked very hard to make the life we wanted. At times, working two jobs just to make ends meet. So, if being entitled is working for 50-plus years to be able to have the things we worked for, then I guess you can call me entitled. If you ask people who know me, they would tell you I’ve never expected anything I’ve never earned on my own. So, when you read things about someone you have never met, please take into consideration the source of where it’s coming from. Ask those people if they personally know the individual they are attacking or is it because that BOD member does not agree with their half-truths or outright lies and doesn’t feel the necessity to go on Facebook to engage in their unprofessional behavior.

The tribe has a service agreement area. While we would like to provide services to all members everywhere, it’s not fiscally possible. When you are told the tribal members living within the seven-county service area get everything and anyone living outside the service area doesn’t

receive any benefits, please be advised the grants that provide these services are based on the number of members living in the service area. There are restrictions on these grants that have to be followed to a “T” or you can be found in violation of the grant requirements. The majority of the people living in the service area don’t qualify for membership services because they are based on income, residence, etc. I know those who are able to utilize some of our services that don’t have restrictions are very thankful.

During the week of June 12-16, 2022, some BOD attended the National Congress on American Indians (NCAI). I was able to talk one-on-one with Kevin Washburn, who did a presentation on Opioids Multi-District Litigation Update. We had a good discussion on the opioid issues and he said he would welcome me as an addition to their committee if I was interested. I told him I would contact him in a couple of weeks.

While there, I attended sessions on the NCAI Addiction Task Force; NCAI Tribal Border Caucus; Violence Against Women Act 2022 Discussion; Demanding Justice: Boarding Schools Session; In our Ancestors Footsteps: and Co-Management, Sacred Areas, and Religious Rights. It was nice we were able to speak with Bryan Newland, Assistant Secretary – Indian Affairs U.S. Department

of the Interior, after his Boarding School Initiative presentation. It’s a privilege to represent our tribe.

I would like to thank our team members for their dedication and hard work. With an all-time high of staff shortages, not just at our tribe, but all across the nation, our team members are working harder than ever. I would like to commend them and recognize them for their efforts for keeping

our tribe running as smoothly as possible.

As always, keep the men and women in the armed forces in your prayers and thoughts for a safe return to their families.

If you have any questions or comments, please contact me at (906) 203-6083 or kkgavelle@saulttribe.net.

Thank You,  
Kim

## 4-H Forestry Camp

July 18, 2022 - July 20, no overnights.  
Drop-off from 8:45-9 a.m. at Gahagan Nature Preserve,  
209 West Maplehurst Drive, Roscommon, Mich.

Registration deadline: July 11 at 11:45 p.m., space is limited to 20 participants.

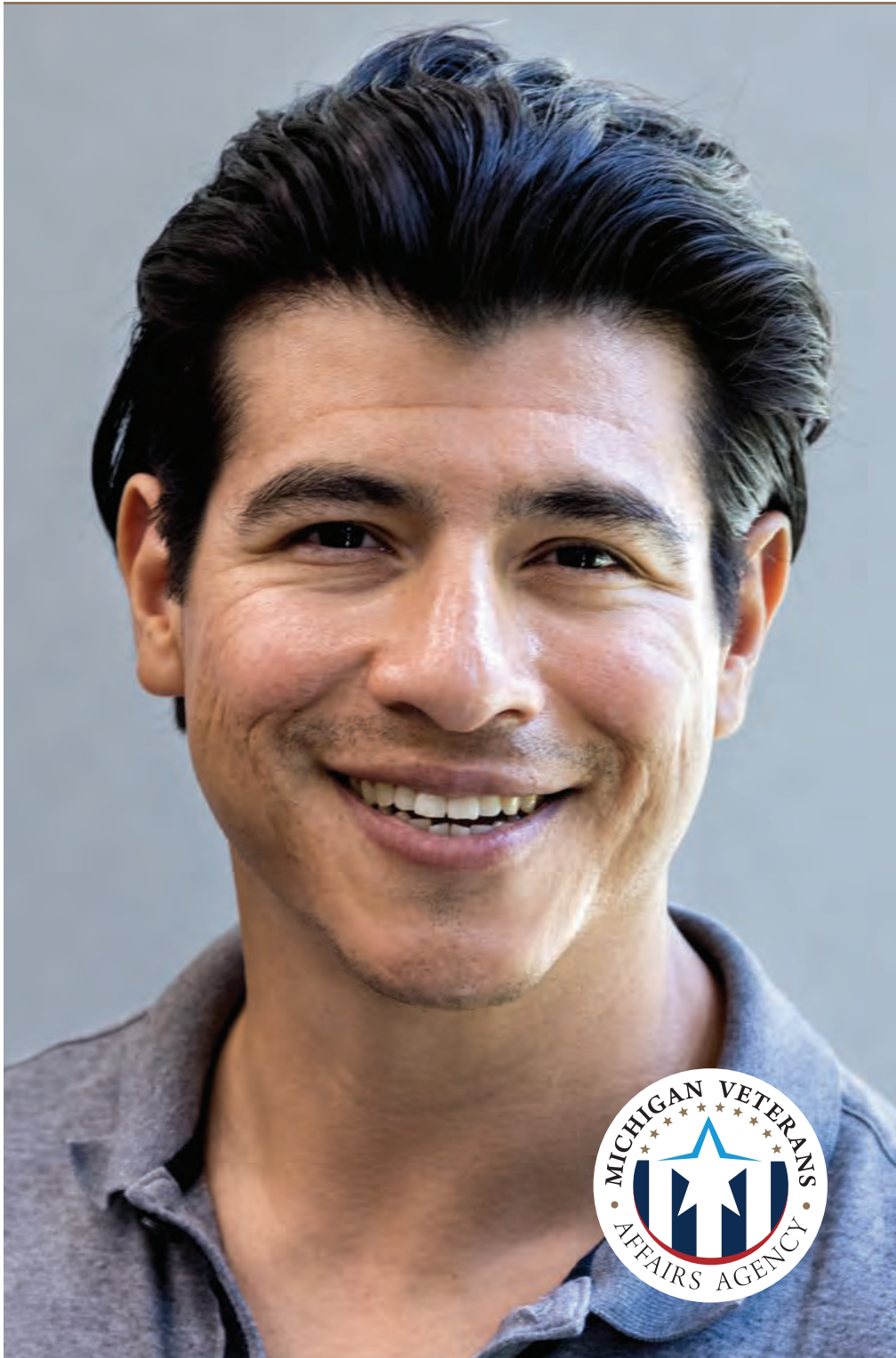
Open to youth ages 11-15 as of Jan. 1, 2022. The cost is \$25 per youth. The cost does not include lunch; please bring a sack lunch, bug spray and sunscreen each day. Closed toed shoes and pants are also required.

This fun and interactive three-day camp will provide the opportunity to learn all about forestry in Michigan. Participants will increase their understanding of forest ecosystems and how to manage them. Participants will also learn about various forestry related career operations.

Activities will include the following: Tree identification, forest measurements, insect and disease identification, careers, games, compass basics, and more. There will be lots of hands-on exploration and learning, and there will also be field trips!

To register: register online and make check or credit payment at: <https://events.anr.msu.edu/4HForestryCamp2022/> and also register at: [v2.4honline.com](http://v2.4honline.com) (enroll in 4-H and add the 4-H Forestry Camp as a club) prior to the first day of class. (Registration is only valid once all steps are completed.)

Questions call MSU Extension in Roscommon County at (989) 275-5043.



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# Many issues of interest at national conference



**BRIDGETT SORENSON,  
DIRECTOR, UNIT III**

By the time you will be reading this report, the general election will have taken place. I don't really know what to expect with the election tampering that seems to have taken place. The election attorney is still investigating and that could unfortunately take a while.

I just recently returned from the NCAI (National Conference of America Indians) conference in Anchorage, Alaska, where there were about 800 attendees from all over the U.S. Since I am the board secretary, I was the only officer present, so I was the delegate. It was an honor to be able to attend and vote on behalf of Sault Tribe.

I was a little disappointed in the content of the sessions as much of the information and discussion was geared to Alaskan Natives. I understand they were the host and some of their issues affect all of Indian Country but I had really hoped for different concentrations.

I did attend a land into trust session which was led by Assistant Secretary of Indian Affairs Dept. of the Interior, Bryan Newland (former chairman of Bay Mills). There are so many issues with the federal government putting our lands into trust. It shouldn't take years for our land purchases to be put into trust status. Currently, only property that is contiguous to other property that is already in trust is being put through. So, we have to pay taxes on these properties until that happens. According to Assistant Secretary Newland, they are working on streamlining the process.

I also attended an addiction task force session. There were youth from Alaska telling their stories as well as leaders across the country begging for help for

their communities. They all seem to be facing the same drug and alcohol issues. Meth and other illegal drugs are very prevalent in Alaska as well. We need much more funding to prevent, treat and heal our people. Our tribe dedicating \$25 million to a recovery hospital should make a positive impact on our communities.

There was a tribal border caucus discussing the impacts of the closures during the pandemic and how these borders were not established by Natives but rather the government.

With being on our Housing Commission, I had special interest in the housing breakout session. The session was led by Tony Walters, Executive Director of the Native Indian Council. There were other speakers from other housing authorities as well. Discussions were had about the escalating prices of building, supply shortages, labor shortage and the lack of increased funding of NAHASDA (Native American Housing Assistance and Self-Determination Act of 1996).

There were also sessions on violence against women, child welfare, Native vote, mascots, and importance of broadband and cellular networks. Unfortunately, there are multiple sessions at the same time so you have to pick and choose what you want to attend.

We had a board meeting on Tuesday, June 14, so we had to Zoom the meeting from a conference room in the conference center. The meeting began at 3 p.m. and we were 4 hours behind in Alaska. The membership portion was during the time Bryan Newland was speaking at the general assembly so I didn't get to hear that portion.

The board voted at this meeting to support purchasing three pieces of property in St. Ignace and one in Manistique. Director Freiheit was the only "no" vote. Not sure why, since we all have been supporting each unit's needs for housing in our communities. There is not much tribal land in St. Ignace so we are very lucky we were able to secure some property. I would like to thank Brenda Jeffreys and Joel Schultz for doing the legwork on these purchases.

I would like to thank Jackie Minton for doing a ribbon skirt workshop in St. Ignace June 11 and 12. I was a little disappointed in the attendance as I'm sure Jackie was as well. Please

remember when you sign up to try your best to attend or at least cancel so others may attend. We love holding these workshops in our area but we need to keep in mind people's time and effort.

Our board meetings have recently been held on Mondays to accommodate the travel of those attending the negotiations at various locations around the state. Our board meeting on Monday, June 20, conflicted with our unit 3 meeting, so we had to cancel the unit meeting. The unit meetings are held the third Monday of the month at 6 p.m. at the McCann School.

I would like to thank Catherine Hollowell on her years of dedication to our tribe and all the countless hours she spent meeting with the fishermen, keeping abreast of all treaty issues and attending the negotiation meetings for the past few years. I hope you get to spend your retirement enjoying your kids and grandkids!

I have to say how proud and thankful I am for DJ stepping in with the resignation of the chairman. He could have walked away after the primary election and just collected a check but he has been working harder than ever making sure things are business as usual. He has stepped in attending negotiation meetings all over the state as well. DJ and I have had our share of issues and we don't always agree but I am honest with him and we might exchange a few words but we always try to work together. We have worked together on a lot of things over the last several years especially on EDC and business issues.

All I have to say is whether you support DJ or not he did not walk away from Sault Tribe when he could have. I can honestly say DJ is probably the smartest board member I have ever worked with and hands down has brought forward the most resolutions. I want to wish Director Hoffman the best of luck and hope to continue working with him on future projects!

I dropped in on the Trace Adkins concert on Friday, June 10, at the Shores Casino. It was a beautiful night and you cannot beat the view with the background of Horseshoe Bay. I don't know the number of ticket sales but there looked like a couple thousand people at least. The staff did an awesome job as usual with staff from other areas coming down to help. My only complaint is that we should be



**Sault Tribe Director Kim Gravelle, Assistant Secretary of Indian Affairs Dept. of the Interior Bryan Newland, and Directors Bridgett Sorenson and Michael McKerchie (L-R) at a recent NCAI conference.**



**Janelle Clement and tribal elder Mary Chingwa (L-R) made ribbon skirts at instructor Jackie Minton's ribbon skirt workshop in St. Ignace on June 11 and 12.**

having many more outside concerts at the Shores. St. Ignace is a central area with the border being 50 miles away and the lower peninsula so close, not to mention the beautiful view.

I am happy to report that our previous Assistant Executive Director, Jessica Dumback, has returned to her previous job with

the tribe. Jessica has many years of service with the tribe and this will free up more time for the Executive Director to focus on other areas. We need to continue to fill many of the open positions.

Please contact me with any questions or concerns at bsorenson@saulttribe.net, bridgett91@yahoo.com or (906) 430-0536.

# Massaway reviews how Land Claim Fund works



**KEITH MASSAWAY,  
DIRECTOR, UNIT III**

I have had a few members ask this question again, so I will attempt to explain. Our tribe was paid by the federal government for the land they took from us in Michigan. The payment came to us from a law passed by the legislative branch of the United States of America. We had the opportunity to help write this law. We put in it that we could use any interest from the investment of the fund to buy land or give it to the elders of our tribe.

We are not a per capita tribe, meaning that we have not listed our tribe as a tribe that gives out payments to our members, so the

elders are the only members that are allowed to receive payments from the tribe because of the lands claim law.

The Lands Claim Fund, sometimes called the elder fund, was in part lent to the tribe for an interest rate of 12 percent when interest rates were very high at the banks, around 2008. The tribe pays the interest on these loans yearly and interest is over \$2 million a year. This interest is then divided by the number of eligible elders of the tribe and dispersed in January.

We do not pay any principle on the loans because then

the amount of interest would decrease and the checks would be reduced. If we paid back the entirety of the loans, we would generate no interest and therefore there would be no checks at all for the elders. We do not invest with others or banks because the current interest rates would be less than 4 percent and the interest generated would only be a third of what we generate now. Therefore, the checks generated would only be \$175 a year for our elders.

With the questions about adding to the Lands Claim Fund principle, we have

added in over \$8 million over the years. If we don't invest it, the fund will not generate any additional interest, and if we leave it in the bank, it generates less than a percent of interest. We do have laws in our tribe on this fund that also restricts the use of these dollars on only low risk investments.

I hope this does not confuse anyone, but it is a very difficult item to explain.

Thank you for all the calls and e-mails. Keith Massaway 702 Hazelton St., St. Ignace MI 49781, kmassaway@msn.com, (906) 322-3802.

# Congratulations to former chair in his new role



**BETTY FREIHEIT,  
DIRECTOR, UNIT I**

Hello, Tribal Members, Congratulations to Dr. Aaron Payment for his new role as Director of Government Relations at the National Indian

Health Board (NIHB), based in Washington, D.C.

I cannot think of a more qualified person to take on this assignment, or one more committed to the advancement of Native people nationwide.

Dr. Aaron Payment will oversee Congressional and Federal Relations and Advocacy, as well as budget and policy.

Stacy Bohlen (Sault Tribe member), NIHB CEO, had high praise for Dr. Payment and expressed he will be a real asset to the organization. "We have the opportunity to make a real impact with the Administration's historic funding to Indian Country and commitment to advanced appropriations, and I cannot think of anyone better suited to lead this effort."

I am serious when I state that

our loss is their gain. I believe we will feel the loss of Dr. Payment's talents, energy and vast knowledge for some time to come, in many ways.

I did attend the mid-year National Congress of American Indians (NCAI) Conference held in Anchorage, Alaska. I would have attended no matter where it was held as I have much to learn about tribal/federal relations and NCAI provides excellent information in this area.

NCAI is the oldest and largest Native American advocacy organization and provides a wealth of information to tribes on federal legislation and how to impact it, protecting treaty rights, lobbying for increased funding, tribal governance, and many other categories too numerous to mention.

During this conference, NCAI provided sessions on the above areas as well as opportunities to interact with and learn from leaders and representatives from other tribes, as well as government officials.

Session highlights included land into trust, gaming compacts, child welfare, and boarding school history by our own Bryan Newland. Learning from the experts, and from the other tribal leaders, helps to make me a better board member.

I appreciate that many members are concerned about board travel. I agree that board travel should be limited to just certain events, and not all board need to attend. Different board can be selected for various conferences and training and bring back information to the rest of the

board.

And I believe all board should provide an annual report to the members for the conferences attended, where attended, their role, and the cost to the tribe. Implementing this level of accountability may reduce unnecessary travel.

I am submitting this just days before the General Election count. Like most of us, I am anxiously awaiting the results. Good luck to all the candidates and I look forward to working with those who are elected.

As always, take care of yourself and family. Help your neighbor anytime you can and please take care of our elders.

Betty F. Freiheit  
Unit 1 Director  
bfreiheit@saulttribe.net  
(906) 379-8745

# Board must set a better example for community



**AUSTIN LOWES,  
DIRECTOR, UNIT I**

Aniin, I'm writing this unit report while attending a conference hosted by the National Congress of American Indians (NCAI) in Alaska. Attending this conference was meaningful to me because four years ago I was awarded a Graduate Health Fellowship from NCAI. At the time, I was completing my Master's degree in clinical social work with the goal of providing culturally appropriate behavioral health services to tribal members. This fellowship allowed me to travel to Washington, D.C. to meet with tribal leaders, such as Deb Haaland, to discuss tribal issues and how to create positive change.

Returning to NCAI four years later as a tribal leader was a source of great pride for me. It allowed me to network with tribal leaders on issues such as food sovereignty, broadband, ICWA,

violence against Native women, the Boarding School Initiative, and updating our tribal IDs for border crossing purposes. I consider it important for tribal leaders to have a presence on the national level. I will continue to attend national conferences to be a voice for our tribe.

By the time you're reading this, the general election will be over. This will be a welcome relief to many, as our elections sometimes bring out the worst in us. I've said it for years, if you want to clean up our elections, the first thing you have to do is take out the money. There's a reason why our politics are vicious and backstabbing. It's because some will engage in this behavior to maintain their board pension and their \$67,500 a year salary, which amounts to \$270,000 every four-year term. When it's all added up, our tribe spends \$810,000 a year on board salaries. One has to wonder what tribes like Bay Mills pays its council members. I guarantee it's much less.

Whoever is elected, I look forward to healing our tribe. This starts from the top, and I attribute much of our tribe's dysfunction to the poor example our board sets. Along with improving our workplace culture, the new board will have several issues and reforms to address. We're still negotiating our treaty fishing rights with the state and federal government in the new Consent Decree. When

Aaron resigned, DJ became our lead negotiator due to being the vice chairman. Although DJ has maintained this role since being defeated in the primary by Rob McRorie, Nicole Causley, Isaac McKerchie and Kim Gravelle, this role will end when his term expires the first week of July. At that time, we will have to select a new negotiator.

I am hopeful the new board will support projects I'm passionate about. This includes a food sovereignty program, improving our dental and health-

care services, reducing the high legal fees we pay the law firms that we contract with, passing JKL bylaws to prevent conflicts of interest, addressing our unfilled key positions, abolishing the board pension, allowing the membership to decide board pay, strengthening our cultural services, and expanding our Code of Ethics to make harassment towards contractors and other staff to be a removable offense.

Finally, I would like to congratulate Aaron Payment on

being hired as the Director of Congressional Relations for the National Indian Health Board. This position will allow him to educate key legislative staffers in Washington, D.C. on tribal health issues to promote positive change for tribal members. Having a Sault Tribe member in such a high level national position will only benefit us. I hope Aaron continues to have a successful career advocating for Indian Country.

Miigwech!  
Austin Lowes

**Traditional Medicine Program August Clinics**  
**Gerard Sagassige**  
Please call for questions or to set up an appointment at 906-632-0236 or 906-632-0220.

**Sault Ste. Marie Health Center—Aug. 1, 3, 15, 17, 22, 23, 29 and 31**  
906-632-0236 Lori Gambardella

**St. Ignace Health Center—Aug. 2**  
906-643-8689  
877-256-0135

**Manistique Health Center—Aug. 16**  
906-341-8469  
866-401-0043

**Munising Health Center—Aug. 23**  
906-387-4721  
800-236-4705

**Newberry—Aug. 30, 906-293-8181**

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## 17TH ANNUAL YOUTH EMPOWERMENT POWWOW

SATURDAY, JULY 30TH 2022 • NEWBERRY POWWOW GROUNDS

**Grand Entry Starting at 1:00pm**  
Honored Positions TBA

# Fact check before believing negative campaigning



**MICHAEL MCKERCHIE,  
DIRECTOR, UNIT I**

With all the negative campaign tactics and outright lies being used during this election cycle I feel it necessary to point out a few things. Several people became targets of negative campaign strategies for disagreeing with the leadership and holding them accountable for their actions. Tribal members were fed various lies and supporters continue to manipulate and divide the membership over the “big tribal lie” of board members not supporting COVID relief for those that live outside the area. That is a lie. Plain and simple, and it gets continuously said on various social media sites to continue to divide the membership.

The board unanimously agreed on the COVID Relief distributions, twice! Resolutions and voting history are available on the tribe’s official website, [www.saulttribe.com](http://www.saulttribe.com). Anyone is able to go back and look at the resolutions and who voted for them. Go back and read the rationalizations given by the previous chair then, or any board member — they were all very similar and very clear in funding sources, restrictions, etc. Their own social media pages all spoke to how we handled the distribution and we all were trying to celebrate that. All board members initially said similar things — it was only after the second distribution was unanimously approved that the story got spun. Still unanimously approved, but the story got spun to divide people.

Don’t just take my word for it. I urge everyone to do go back and read previous unit reports, which are also available on [www.saulttribe.com](http://www.saulttribe.com), of the first distribution and visit social media sites of your board members and see what they initially had to say.

All for political gain. Period. Stoking that fire and continuing to lie helped paint targets on anyone who disagreed. Period. And at all costs, including breaking our election laws. Our tribal nation now has to deal with the lawlessness and consequences. Most of the current board has been painted in a way that we’re just oppositional to our former chair and his loyalists, and that we agree on everything. That couldn’t be further from the truth. Truth is: we disagree all the time and our votes on various and multiple resolutions reflect that. (Look up old resolutions and see

for yourself, if it’s not budget related it’s rarely a unanimous vote.) What I will say is that some of us disagree more diplomatically, more professionally, and more respectfully.

And as a final note, I’m disgusted with those who felt violating our tribal laws was worth it to get candidates that don’t agree with them voted out in this way. You’ve demonstrated and showed the future generations that dirty politics work. Violating laws, lying to the membership, and sending mailings against code can sway people so long as you time it well. My only hope is that it rises to the level of election fraud and those responsible get

held accountable for violating our laws.

Several of us represented our tribe at the recent NCAI Mid-Year event. It was a good conference and had many updates and breakout sessions aimed at tribal leaders. Some good strategies were shared and I’ll be bringing the information back to the committees I serve on.

Reminder that powwow season is upon us — I look forward to seeing many of you. You will find the powwow listing on the tribe’s website under Membership Services – Language & Culture.

As always, any questions or concerns please feel free to contact me at (906) 440-7768.





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**Night of Destruction Demolition Derby**  
Saturday | 16th | 8 p.m. | Adult \$16 | Kids 3-12 \$9  
St. Ignace Outdoor

**The Magic of Michael Grandinetti**  
Saturday | 30th | 8 p.m. | Tickets \$25  
Sault Ste. Marie DreamMakers Theater

## NOVEMBER

**Aaron Lewis LIVE & Acoustic **SOLD OUT****  
Thursday | 3rd | 8 p.m. | Start at \$35  
Sault Ste. Marie DreamMakers Theater

**Grand Funk Railroad**  
Friday | 18th | 8 p.m. | Start at \$35  
St. Ignace Event Center

## SEPTEMBER

**Monster Truck Throwdown**  
Saturday | 17th | 3 p.m. | Adult \$25 | Kids 3-12 \$15  
St. Ignace Outdoor

**[tickets.kewadin.com](https://tickets.kewadin.com)**  
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