

# GTB NEWS



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[https://bit.ly/GTB\\_NEWS](https://bit.ly/GTB_NEWS)

January 2025  
Manidoo Giizis (Spirit Moon)



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**CAPTURING THE MAGIC OF THE COMMUNITY HOLIDAY PARTY AND THE HEARTWARMING ANNUAL ELDERS' HOLIDAY CELEBRATION!**

**FOLLOW LINK OR SCAN QR CODE FOR MORE PHOTOS [https://bit.ly/GTB\\_Flickr](https://bit.ly/GTB_Flickr)**



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FROM THE OFFICE OF THE GTB TRIBAL CHAIRWOMAN SANDRA L. WITHERSPOON



Mino Biiboon

Happy New Year! I hope you and your family were able to enjoy time together during the holiday season. The new year brings a time of reflection and resolutions. As we reflect

on 2024 and look forward to 2025, let's take a moment to honor and remember those who passed away and hold loved ones close in our hearts, thoughts and prayers. I wish you all the best in the upcoming year.

**Recent Highlights**

- **Tribal Council Community Meetings** – The Tribal Council started monthly Community Meetings in July. Each month we visited a different community to listen to concerns and have open discussions. We will continue these meetings in February and provide follow-up. There were common themes identified, and work will continue to provide updates at future community meetings. Please remember you can always submit questions, comments, and/or concerns directly to Tribal Council by sending an email to [members.speak@gtb-nsn.gov](mailto:members.speak@gtb-nsn.gov).

- **Elders Open Forum** – Reminder that Council holds a special Open Forum for Elders the second Tuesday of the month from 10-noon at the Traverse City office. The Open Forum occurs prior to the Elders Advisory meetings. If you are not able to attend Open Forum you can always submit questions, comments, and/or concerns directly to Tribal Council by sending an email to [members.speak@gtb-nsn.gov](mailto:members.speak@gtb-nsn.gov) We also have an Elders Open Forum at every Tribal Council Regular Session.
- **Segment 9** – In August, GTB sent communication regarding our formal Opposition to the Extension of Trail (Segment 9) in Sleeping Bear Dunes National Park based on Environmental Concerns and Treaty Rights. The Pathway to Good Harbor, or Segment 9, of the Sleeping Bear Heritage Trail, was planned to extend north from Bohemian Road (CR 669) to Good Harbor Trail (CR 651). Our opposition is grounded in serious concerns regarding the development of wilderness areas for recreational use, the potential impacts on rare ecosystems, wetlands, tree removal, and the treaty gathering rights of our Tribal members.

In November the National Park Service issued a first-ever Director's Order strengthening procedures for Consultation with Indian and Alaska Native Tribes, underscoring the NPS' commitment to developing, implementing, and maintaining positive working relationships with Tribes based on transparency, accountability, mutual trust, and responsibility. The Segment 9 design planning was put on hold in November.

- **Benzie – Crystal Shores Casino** – Work has begun at the new Crystal Shores Casino. The Tribe's new facility is located at 7282 Hoadley Road in Benzonia and it is scheduled to open in January. Gaming is our most significant source of revenue for the tribe and allows us to meet the unique needs of our tribal members. Consistent with the Tribe's policy of maintaining productive, open relationships with neighboring state and local authorities, the Tribe has engaged with relevant state and local officials to apprise them of the Tribe's plans. The local community is very supportive of this endeavor and is looking forward to the economic boost that this will provide to the local economy.
- **Legislative Affairs** – GTB will continue to work with State Representative Betsy Coffia on several issues including a Request for State Highway Memorial Designation for Company K Sharpshooters through the village of Peshawbestown (in support of Tribal Member Scott Schwander's efforts) and lowering the speed limit through the village of Peshawbestown.

In closing, I would like to thank and acknowledge the Tribal Council, all GTB staff members, volunteers, and community members for their hard work and commitment to the people of the Grand Traverse Band.

May 2025 be filled with happiness and prosperity.

Best wishes!



**TRIBAL COUNCIL HYBRID MEETINGS**

**Registration Process**

1. Registration Required for both sessions! Follow link(s) for each registration form.

• **TCRS Registration Link:**  
<https://bit.ly/GTB-REG-TCRS24>

• **TCSS Registration Link:**  
<https://bit.ly/GTB-REG-TCSS24>

2. Once registered & cross-referenced with Membership, you will receive a confirmation email with link & password good for the entire series of registred meetings. *2025 Meetings have been added the exiting links.*

**Questions or need assistance?**

(231) 534-7008 or [gtbgovt.news@gtb-nsn.gov](mailto:gtbgovt.news@gtb-nsn.gov)

**TRIBAL COUNCIL MEETINGS RECORDED SESSIONS**

**Tribal Council Regular Sessions** occur at 9:30 a.m. on the **third Wednesday** of every month.

**Tribal Council Special Sessions** occur at 9:30 a.m. on the **last Wednesday** of every month.

We, the Tribal Council of the Grand Traverse Band of Ottawa & Chippewa Indians, a Sovereign Nation, honor to empower the wellbeing of our present and future members. Our ultimate goal is to advance our Nation into an era of increased governmental vigilance that promotes and protects our culture, sovereignty, health, education, treaty rights, natural resources and financial stability

Both sessions will be held in Council Chambers.  
**Upcoming meetings are open to Tribal Members.**

**Regular Council Sessions**  
1/15 • 2/19 • 3/19

**Special Council Sessions**  
1/29 • 2/26 • 3/26

**TRIBAL COUNCIL MOTIONS & ATTENDANCE**

**Tribal Council Regular Session  
December 18, 2024  
[http://bit.ly/GTB\\_Member](http://bit.ly/GTB_Member)**

II. Unfinished Business. A- **Form to Update TID through the Mail** Motion made by Tribal Council Member Frankenberger and Supported by Tribal Council Secretary Miller to approve Resolution #24-42.3711. **4-FOR; 0-AGAINST; 1-ABSENT (Rohl, Swallows); 0-ABSTAINING**  
**Motion Carries**

III. New Business. A- **Peshawbestown Snow Removal** Motion made by Tribal Council Member Frankenberger and Supported by Tribal Council Member Napont to approve the Kal Excavating Snow Removal contract. **4-FOR; 0-AGAINST; 2-ABSENT (Rohl, Swallows); 0-ABSTAINING**  
**Motion Carries**

III. New Business. B- **Space Cost Projects using ARPA Revenue Replacement** Motion made by Tribal Council Member Frankenberger and Supported by Tribal Council Secretary Miller to approve the contract for Springfield Roofing using previously approved ARPA revenue replacement funds. **4-FOR; 0-AGAINST; 2-ABSENT (Rohl, Swallows); 0-ABSTAINING**  
**Motion Carries**

III. New Business. C- **Strongheart Civic Center HVAC Repairs and Replacement** Motion made by Tribal Council Member Frankenberger and Supported by Tribal Council Secretary Miller to approve the Strongheart Center HVAC contract using the ARPA revenue replacement funds. **4-FOR; 0-AGAINST; 2-ABSENT (Rohl, Swallows); 0-ABSTAINING**  
**Motion Carries**

III. New Business. D- **2025 Government Holiday Calendar** Motion made by Tribal Council Member Frankenberger and Supported by Tribal Council Member Napont to approve the 2025 Government Holiday calendar. **4-FOR; 0-AGAINST; 2-ABSENT (Rohl, Swallows); 0-ABSTAINING**  
**Motion Carries**

Motion made by Tribal Council Member Frankenberger and Supported by Tribal Council Member Napont approve the proposed extension to the 2024 holiday calendar to include Thursday, January 2 and Friday, January 3 and reopen on Monday, January 6, 2024. **4-FOR; 0-AGAINST; 2-ABSENT (Rohl, Swallows); 0-ABSTAINING**  
**Motion Carries**

III. New Business. E- **MDHHS Attestation AIR for GTB Pharmacy** Motion made by Tribal Council Member Frankenberger and Supported by Tribal Council Secretary Miller to approve Chairwoman Witherspoon to sign the MDHHS Attestation for the GTB Pharmacy. **4-FOR; 0-AGAINST; 2-ABSENT (Rohl, Swallows); 0-ABSTAINING**  
**Motion Carries**

III. New Business. F- **Pursue FMAP Care Coordination** Motion made by Tribal Council Member Frankenberger and Supported by Tribal Council Secretary Miller

to approve the Health Services Department to work with the Legal Department to create a care coordination agreement with standard language based on the CMS documents for 100% FMAP for Tribal Facilities for referred health services outside of GTB. **4-FOR; 0-AGAINST; 2-ABSENT (Rohl, Swallows); 0-ABSTAINING**  
**Motion Carries**

III. New Business. G- **FY 2025 Tribal Management Grant-Health Services First Party Administrator** Motion made by Tribal Council Member Frankenberger and Supported by Tribal Council Secretary Miller to approve Resolution #24-42.3735 for funding from IHS in the amount of \$179,998.00 for the Fiscal Year 2025 Tribal Management Grant. **4-FOR; 0-AGAINST; 2-ABSENT (Rohl, Swallows); 0-ABSTAINING**  
**Motion Carries**

III. New Business. H- **Letter and Benzie License to NIGC** Motion made by Tribal Council Member Napont and Supported by Tribal Council to Member Frankenberger to send the letter and copy of the newly issued Benzie Gaming License to the Chair of the NIGC. **4-FOR; 0-AGAINST; 2-ABSENT (Rohl, Swallows); 0-ABSTAINING**  
**Motion Carries**

III. New Business. I- **Post for Expiring Gaming Commission Appointed Seat** Motion made by Tribal Council Member Frankenberger and Supported by Tribal Council Secretary Miller to approve the notice of vacancy for the Gaming Commission. **4-FOR; 0-AGAINST; 2-ABSENT (Rohl, Swallows); 0-ABSTAINING**  
**Motion Carries**

III. New Business. J- **Residential Lot Transfer- J. Sams** Motion made by Tribal Council Member Napont and Supported by Tribal Council to Member Frankenberger to assign Residential lot #4 on E. Kitigan Mikun, that is part of GTB Parcel #14 in the village of Peshawbestown to Jason Sams. **4-FOR; 0-AGAINST; 2-ABSENT (Rohl, Swallows); 0-ABSTAINING**  
**Motion Carries**

III. New Business. K- **Support Letter for Proposed Rulemaking on Tribal General Welfare Benefits (REG-106851-21)** Motion made by Tribal Council Member Frankenberger and Supported by Tribal Council Member

Napont to approve the support letter to be sent to the Treasury. **4-FOR; 0-AGAINST; 2-ABSENT (Rohl, Swallows); 0-ABSTAINING**  
**Motion Carries**

III. New Business. L- **Benzie Casino Liquor License** Motion made by Tribal Council Member Raphael and Supported by Tribal Council Member Napont to approve Resolution #24-42.3734 providing for a liquor license for the new Benzie casino. **4-FOR; 0-AGAINST; 2-ABSENT (Rohl, Swallows); 0-ABSTAINING**  
**Motion Carries**

III. New Business. M- **ARPA Final Budget Allocation** Motion made by Tribal Council Member Frankenberger and Supported by Tribal Council Member Napont to approve the final ARPA budget allocation as presented. **4-FOR; 0-AGAINST; 2-ABSENT (Rohl, Swallows); 0-ABSTAINING**  
**Motion Carries**

III. New Business. N- **LIHTC Resolution Designating Signatory Authority** Motion made by Tribal Council Member Napont and Supported by Tribal Council Member Frankenberger to Rescind Resolution #23-41.3547 and to approve Resolution #24-42.3736. **4-FOR; 0-AGAINST; 2-ABSENT (Rohl, Swallows); 0-ABSTAINING**  
**Motion Carries**

**TRIBAL COUNCIL ATTENDANCE  
NOVEMBER 25 - DECEMBER 18, 2024**

There were (2) Tribal Council Regular/Special Sessions, (2) EDC Regular/Special Sessions, and (6) Tribal Council Work Sessions/Round Tables/Other Meetings.

**Chairwoman Witherspoon** attended 2 of 2 Tribal Council Regular/Special Sessions, 2 of 2 EDC Regular/Special Sessions, and 4 of 6 Tribal Council Work Sessions/Round Tables/Other Meetings.  
**Attended:** 18<sup>th</sup> National Indian Nations Conference December 9-14.

**Vice Chair Rohl** attended 1 of 2 Tribal Council Regular/Special Sessions, 1 of 2 EDC Regular/Special Sessions, and 3 of 6 Tribal Council Work Sessions/Round Tables/Other Meetings.  
**Attended:** NAIHC Legal Symposium December 8-14.  
**Scheduled:** Out of office December 16-20

**Treasurer Swallows** attended 2 of 2 Tribal Council Regular/Special Sessions, 2 of 2 EDC Regular/Special Sessions, and 4 of 6 Tribal Council Work Sessions/Round Tables/Other Meetings.  
**Attended:** NAIHC Legal Symposium December 8-14.

**Secretary Miller** attended 2 of 2 Tribal Council Regular/Special Sessions, 2 of 2 EDC Regular/Special Sessions, and 4 of 6 Tribal Council Work Sessions/Round Tables/Other Meetings.

**Councilor Raphael** attended 2 of 2 Tribal Council Regular/Special Sessions, 2 of 2 EDC Regular/Special Sessions, and 6 of 6 Tribal Council Work Sessions/Round Tables/Other Meetings.

**Councilor Frankenberger** attended 1 of 2 Tribal Council Regular/Special Sessions, 1 of 2 EDC Regular/Special Sessions, and 0 of 6 Tribal Council Work Sessions/Round Tables/Other Meetings.

**Councilor Napont** attended 2 of 2 Tribal Council Regular/Special Sessions, 1 of 2 EDC Regular/Special Sessions, and 3 of 6 Tribal Council Work Sessions/Round Tables/Other Meetings.  
**Attended:** NREC Regular Session December 11.

# Remember Me Casting Call

Directed by Kenda Erickson | Casting Director: StaiSha Poyntz  
Project Type: Thesis Film (SCAD) | Shoot Dates: February 7th-9th 2025  
Location: Atlanta, GA

Please note that this script deals with sensitive topics such as the Missing and Murdered Indigenous Women movement (MMIW).

When an Indigenous woman goes missing, no one searches. But when a southern sweetheart does, everyone is on the case

### KAYA

(LEAD) 18-30 year old, Indigenous woman. An independent, bold, and mature college student who is determined to get justice in the disappearance of her friend Cheyanne after attending a party. This role will be paid a daily rate of \$150 with travel and lodging if needed. Strongly seeking Indigenous women for this role.

### CHEYANNE

18-30 year old, Indigenous woman. A bubbly, light-hearted college student who lives in the moment. She is best friends with Kaya and though they are opposites, they ground each other very well. After attending a party with Kaya, Cheyanne goes missing, but no one seems to think it's a big deal. This role will be paid a daily rate of \$150 with travel and lodging if needed. Strongly seeking Indigenous women for this role. (SUPPORTING)

If you are interested in auditioning and are available for all shoot dates, please email your headshot and resume to StaiSha Poyntz at [staishapoyntz@gmail.com](mailto:staishapoyntz@gmail.com).

Please specify which role you're auditioning for in the subject line.



## Request for Proposals



### Call for Artists - Mural Project

The Grand Rapids Public Museum is accepting proposals in order to find qualified sources to provide three 18' 6" wide x 9-10' high (185 sq. ft.) murals. Our goal with the murals is to provide three culturally relevant panels that inform and invite guests to explore Anishinaabek stories at the GRPM Location of the murals is the 3rd floor gallery, outside of the Anishinaabek exhibit entrance. Ideally murals will be painted directly on the provided smooth white walls, although we will consider off-site work with the artist responsible for delivery and installation. Artists depictions should reflect one of the following:

- The Anishinaabe Creation Story
- The Three Fires
- Modern Anishinaabek in Grand Rapids (i.e. indigenous people in a streetscape, careers, daily activities)

### Proposals are due February 28, 2025

Please contact Katrina Furman at [kfurman@grpm.org](mailto:kfurman@grpm.org) for a complete RFP with artwork details and requirements.

### Call for Artists- Beading Project

The Grand Rapids Public Museum is placing a call for artists to submit two (2) pieces of beadwork to be integrated over the entrance of the redesigned Anishinaabek: The People of This Place exhibit. We aim to collect a total of 363 beaded squares (hereby referred to as tiles), size 4 inches x 4 inches. Artists are requested to submit 2 tiles; 1 with a white background and 1 with a darker background of the artist's choosing. Once all tiles are assembled, the completed panel will be 3' 8" tall x 11' long and will hang over the entrance of the redesigned Anishinaabek: The People of This Place exhibit.

- Beadwork must meet the 4" x 4" size specification to be included in the panel.
- All tiles may have designs, both representative or abstract. The white tiles should be primarily white or cream in color with a tone-on-tone pattern. The darker tiles may be multicolored, all one shade of color, patterned or solid.
- The GRPM is a family-friendly museum. Pieces containing political or offensive subject matter will not be accepted.
- Compensation is available at the rate of \$100 per 4" x 4" tile. Checks will be mailed after the beadwork is received and artist information confirmed by the Museum. Only one set of tiles (1 light, 1 dark) will be accepted from each artist.

Artists may submit their work to Katrina Furman at 272 Pearl Street NW, Grand Rapids, MI 49504, via mail or in person by appointment. Please email [kfurman@grpm.org](mailto:kfurman@grpm.org) with questions or to schedule a time.

Beadwork will be accepted until June 1, 2026, or until the goal of 363 pieces is reached.

## GTB Emergency Information & Closure Line: 231-534-SNOW (7669)

In the event of a closure, please refer to the following GTB Emergency Phone Number's.  
In case of a medical emergency, call 911 or proceed to the nearest emergency room.



[https://bit.ly/GTB\\_EPN\\_122024](https://bit.ly/GTB_EPN_122024)

\*subject to updates

			Cell Number
<b>Tribal Manager</b>	<b>Kimberly McClellan</b>		<b>631-8544</b>
	Tribal Manager Executive Assistant	Nikki Diaz	866-1108
<b>DEPARTMENT 1 Elders</b>	<b>Delores Wonegeshik</b>		<b>631-3908</b>
<b>DEPARTMENT 2 Public Safety</b>	<b>Jolanda Murphy</b>		<b>866-1165</b>
	Public Safety	Dispatch	534-7777
	Police Captain	David Crockett	866-1264
	Fire Department	Garrett Fairchild	866-1271
<b>DEPARTMENT 3 Tribal Management</b>	<b>Kimberly McClellan</b>		<b>631-8544</b>
	Communications	Victoria Alfonseca	631-7088
	Cultural	Aaron Chivis	631-4311
	<b>For Bereavement Assistance</b>	OMB	Christina Loucks (Inter
	Housing	Jodi Lewis (interim)	357-2185
	Human Resources	Melissa Petoskey	631-0923
	Public Works	Joe Huhn	499-4235
<b>Department 4 Facilities Management</b>	<b>Ron Anderson</b>		<b>631-9983</b>
	<b>For Power Outages contact your local Electrical Company</b>	Facilities	Jamie Haring
			492-9314
<b>Department 5 Conservation</b>	<b>Lakota Raphael (Interim)</b>		<b>866-0503</b>
	Conservation Office	Lakota Raphael	866-0503
<b>Department 6 Membership</b>	<b>Monique Clifford</b>		<b>534-7670</b>
<b>Department 7 Human Services</b>	<b>Denise Johnson (Interim)</b>		<b>631-7629</b>
	Behavioral Health		631-7629
	Human Services		631-6560
	AFS		499-5162
<b>Department 8 Health Services</b>	<b>Sonya Zotigh</b>		<b>463-7193</b>
	<b>Emergencies PRC Referrals</b>	Stella Bailey or Tiffany Gilmore	360-7195 or 631-9082
	<b>Medical Transportation needs.</b>	Michelle Shaw	632-6876
	<b>Clinic Nurse</b>		499-8758
<b>Department 9 Tribal Court</b>	<b>Sherri Vezina</b>	534-7041	866-1238
<b>Department 10 Natural Resources</b>	<b>Erik Olsen (Interim)</b>		218-6537
<b>Department 11 Regulatory</b>	<b>Kelly Kiogima</b>	534-7541	866-1994
<b>Department 12 Life Long Learning</b>	<b>Dawn Shenoskey</b>		313-8609
	Benodjenh	Trista Erikson	534-5350
	Strongheart Center	Leanne Alber	534-7551

## Dear Community,

To address recent concerns, the Grand Traverse Band Police Department has completed updated training on safe needle disposal. We are committed to maintaining a clean, safe, and healthy environment for all. Proper needle disposal is essential to prevent injuries and protect public health.



### Why Safe Needle Disposal Matters:

Used needles and sharps can spread infections like HIV, Hepatitis B, and Hepatitis C. By safely disposing of your needles, you protect sanitation workers, healthcare providers, and the public from potential harm.



## Safety Guidelines for Needle Disposal:

- DO** use a sharps disposal container or a sturdy household container like a detergent bottle if needed.
- DO** seal and label containers before disposing of them.
- DO** follow local guidelines for sharps disposal.
- DO** keep sharps containers out of reach of children and pets.
- DO** ask your healthcare provider or pharmacist about sharps disposal options.
- DO** contact your trash or public health department for more information on local disposal programs.

**Together, we can keep our community safe, clean, and healthy**  
*Miigwech for doing your part!*

**Stay Safe.**  
Grand Traverse Band Public Safety Department  
2300 N. Stallman Rd, Suttons Bay, MI 49682  
**Tribal Police:** (231) 534-7777  
**Tribal Fire:** (231) 534-7666

### Where to Safely Dispose of Needles in GTB Country:

- Grand Traverse County:**  
 Sixth Street Drugs  
 1020 Sixth St, Traverse City, MI 49684  
 Hours: Mon-Fri: 8:30am-6pm | Sat: 9am-4pm  
*Please use a hard container, like a milk jug or detergent bottle.*
- Leelanau County:**  
 Suttons Bay - Bingham Fire & Rescue  
 201 S. St. Mary's Ave, Suttons Bay, MI 49682  
 Hours: All week: 8am-8pm
- Benzie County:**  
 No local drop-off location.  
*Closest: Sixth Street Drugs, Traverse City*
- Charlevoix County:**  
 Lake Charlevoix EMS Authority Main Station  
 9251 Major Douglas Sloan Rd, Charlevoix, MI 49720  
 Hours: All week: 8am-8pm  
  
 Lake Charlevoix EMS Authority Downtown Station  
 210 State St, Charlevoix, MI 49720  
 Hours: All week: 8am-8pm
- Antrim County:**  
 Antrim County Sheriff's Office  
 209 Portage Dr, Bellaire, MI 49615  
 Hours: Mon-Fri: 8am-4pm

*Once dropped off, needles are handled by certified waste management services following strict safety protocols, ensuring they are safely neutralized or incinerated.*

# Your vision is precious and we're here to protect it.



Keeping your eyes healthy and providing corrective options when needed is what SVS Vision is all about. SVS Vision is in-network with your insurance and the Purchased Referred Care Program. Come experience the difference an SVS Vision eye exam can make.



## Book an eye exam today!



1545 South Division  
Traverse City, MI 49684  
231-486-0580



### 2025 Tribal Council Meetings

Tribal Council Meetings are held **twice** a month:  
**Tribal Council Regular Session** - The **third** Wednesday of each month.  
**Tribal Council Special Session** - The **last** Wednesday of each month.

Month	TCRS	TCSS	Day	Time	Deadline to TMO by 10:00 a.m. on:
January	01/15/25	01/29/25	Wednesday	9:30 AM	01/07/25
			Wednesday	9:30 AM	01/21/25
February	02/19/25	02/26/25	Wednesday	9:30 AM	02/11/25
			Wednesday	9:30 AM	02/18/25
March	03/19/25	03/26/25	Wednesday	9:30 AM	03/11/25
			Wednesday	9:30 AM	03/18/25
April	04/16/25	04/30/25	Wednesday	9:30 AM	04/08/25
			Wednesday	9:30 AM	04/22/25
May	05/21/25	05/28/25	Wednesday	9:30 AM	05/13/25
			Wednesday	9:30 AM	05/20/25
June	06/18/25	06/25/25	Wednesday	9:30 AM	06/10/25
			Wednesday	9:30 AM	06/17/25
July	07/16/25	07/30/25	Wednesday	9:30 AM	07/08/25
			Wednesday	9:30 AM	07/22/25
August	08/20/25	08/27/25	Wednesday	9:30 AM	08/12/25
			Wednesday	9:30 AM	08/19/25
September	09/17/25	09/24/25	Wednesday	9:30 AM	09/09/25
			Wednesday	9:30 AM	09/16/25
October	10/15/25	10/29/25	Wednesday	9:30 AM	10/07/25
			Wednesday	9:30 AM	10/21/25
November	11/19/25	11/26/25	Wednesday	9:30 AM	11/11/25
			Wednesday	9:30 AM	11/18/25
December	12/17/25	12/31/25	Wednesday	9:30 AM	12/09/25
			Wednesday	9:30 AM	12/23/25



## Staying Safe from Respiratory Illnesses



Our ancestors faced many serious respiratory illnesses. Some even died from them. Respiratory illnesses - like flu, RSV, and COVID - are still very serious today. However, nowadays we are fortunate to have vaccines that can help us protect ourselves and our communities.

This handout is designed to help you and your family stay healthy and avoid respiratory illnesses.



“Get vaccinated as early as possible. Often the most up-to-date vaccines for flu, RSV, and COVID are available in early Fall, because peak illness season runs from then through Spring. But getting your shots later is better than not getting them at all. Talk with your provider.”

- Tam Lutz, MPH, MHA, Lummi Nation Tribal Elder

### Common Symptoms

Respiratory illnesses attack your whole body and cause some or all of these:

- Fever & Chills
- Sore throat
- Headaches
- Tiredness
- Cough
- Runny nose
- Muscle aches
- Trouble breathing

They can also result in hospitalization or even death, especially for those most vulnerable, like Elders, infants, and people with certain medical conditions.

### Respiratory Illnesses are Sneaky

About once a year, flu, RSV, and COVID-19 all change how they look to try to trick your body. That's why we need to get flu, RSV, and COVID-19 shots each year - so our bodies can stay up to date on how to recognize and fight these serious respiratory illnesses.

Respiratory illnesses are common infections that affect our nose, throat, lungs, and breathing passages.

**ELDERS**

**Antrim/GT Elders  
Events & Activities**

**Benzie Elders  
Events & Activities**

**Charlevoix Elders  
Events & Activities**

**Leelanau Elders  
Events & Activities**

**Monday's & Friday's  
Office Tasks  
8AM - 5PM**

**\*Notes: Lunch Provided  
\*\*11:30AM - 12:45PM**

**Tuesday; January 7<sup>th</sup>**

Open Sew

11:30AM - 3:00PM\*\*

**Wednesday; January 8<sup>th</sup>**

Board Games

1:00PM - 3:00PM\*\*

**Thursday; January 9<sup>th</sup>**

Craft Activity

1:00PM - 3:00PM\*\*

**Tuesday; January 14<sup>th</sup>**

Elders Advisory @ 3-Mile

10:00AM - 4:00PM\*

**Wednesday; January 15<sup>th</sup>**

Craft Activity

1:00PM - 3:00PM\*\*

**Thursday; January 16<sup>th</sup>**

Shopping (Location TBD)

1:00PM - 3:00PM\*\*

**Tuesday; January 21<sup>st</sup>**

Craft Activity

1:00PM - 3:00PM\*\*

**Wednesday; January 22<sup>nd</sup>**

Board Games

1:00PM - 3:00PM\*\*

**Thursday; January 23<sup>rd</sup>**

Open Sew

1:00PM - 3:00PM\*\*

**Tuesday; January 28<sup>th</sup>**

Shopping (Location TBD)

1:00PM - 3:00PM\*\*

**Wednesday; January 29<sup>th</sup>**

Craft Activity

1:00PM - 3:00PM\*\*

**Thursday; January 30<sup>th</sup>**

Birthday Bingo & Cake

1:00PM - 3:00PM\*\*

Call **Dee Wonegeshik**,  
Elders Department  
Manager for assistance.  
**Office (231) 534-7748**  
**Cell (231) 631-3908**

**Tuesday; January 14<sup>th</sup>**

Elders Advisory @ 3-Mile

10:00AM - 4:00PM\*

**Interested in  
attending an  
activity/event or  
need a ride to the  
activity/event?**

PLEASE CONTACT  
YOUR ELDERS SITE  
COORDINATOR

**SIGN UP REQUIRED!**

**CONTACT  
INFORMATION**

Antrim/Grand Traverse

**Tanya Tanner**  
(231) 534-7710  
(231) 463-7858

**Delora Wilson**  
(231) 534-7769  
(231) 492-9932

Benzie/Manistee

**Agnes Glinski**  
(231) 534-7821

Charlevoix

**Barb Kenwabikise**  
(231) 534-7066  
(231) 631-0281

Leelanau

**Greg Bailey**  
(231) 534-7740  
(231) 492-7740

**Melissa Martinez**  
(231) 534-7743  
(231) 631-6095

Elders Dept. Manager

**Delores Wonegeshik**  
(231) 534-7748  
(231) 631-3908

*\*SCHEDULE IS SUBJECT  
TO CHANGE.  
PLEASE CALL FIRST.*

**Monday's  
Office Tasks  
8AM - 5PM**

**\*Notes: Lunch Provided  
\*\*12:00PM - 1:00PM**

**Tuesday; January 7<sup>th</sup>**

Craft Time

1:30PM

**Wednesday; January 8<sup>th</sup>**

Card Games

1:30PM\*\*

**Thursday; January 9<sup>th</sup>**

Walk & Talk Aaround Gym

1:30PM\*\*

**Friday; January 10<sup>th</sup>**

Artisian Well

BYO Lunch

**Tuesday; January 14<sup>th</sup>**

Elders Advisory @ 3-Mile

10:00AM - 4:00PM\*

**Wednesday; January 15<sup>th</sup>**

Trivia

1:30PM\*\*

**Thursday; January 16<sup>th</sup>**

Coffee & Chat

1:00PM\*\*

**Friday; January 17<sup>th</sup>**

Community Room Open

Puzzle Time

**Tuesday; January 21<sup>st</sup>**

AMC Movie (TC)

**Wednesday; January 22<sup>nd</sup>**

Card Games

1:30PM\*\*

**Thursday; January 23<sup>rd</sup>**

Birthday Bash

1:00PM\*\*

**Friday; January 24<sup>th</sup>**

Nifty Things (Bellaire)

10:30AM

**Tuesday; January 28<sup>th</sup>**

Craft Time

1:30PM

**Wednesday; January 29<sup>th</sup>**

Bingo

1:00PM - 3:00PM\*\*

**Thursday; January 30<sup>th</sup>**

Coffee & Chat

1:00PM\*\*

**Friday; January 31<sup>st</sup>**

Community Room Open

Puzzle Time

**Monday's  
Meal Delivey  
1PM - 4PM**

**Friday's  
Office Tasks  
8AM - 5PM**

**\*Notes: Lunch Provided**

**Tuesday; January 7<sup>th</sup>**

TC Store Run

9:30AM

**Wednesday; January 8<sup>th</sup>**

Crafts (Elders Complex)

1:00PM

**Thursday; January 9<sup>th</sup>**

Bargain Store

9:00AM

**Tuesday; January 14<sup>th</sup>**

Movie Day (TC)

10:00AM

Elders Advisory @ 3-Mile

10:00AM - 4:00PM\*

**Wednesday; January 15<sup>th</sup>**

Tribal Council

9:30AM

**Thursday; January 16<sup>th</sup>**

Game Day (Elders Complex)

1:00PM

**Tuesday; January 21<sup>st</sup>**

Game Day (Elders Complex)

1:00PM

**Wednesday; January 22<sup>nd</sup>**

Craft (Elders Complex)

1:00PM

**Thursday; January 23<sup>rd</sup>**

Office Day

8:00AM - 5:00PM

**Tuesday; January 28<sup>th</sup>**

Puzzle Day (Elders Complex)

1:00PM

**Wednesday; January 29<sup>th</sup>**

Craft (Elders Complex)

1:00PM

**Thursday; January 30<sup>th</sup>**

Birthday Bingo & Lite Lunch

(Elders Complex)

1:00PM

# Mino-Dibishkaan! Happy Birthday!

GTB News Staff & Membership Dept. would like to acknowledge this month's Elders Birthdays!

*Let us take a moment to recognize and celebrate the birthdays of our beloved elders this month. May each of these special days be filled with abundant joy, unforgettable memories, and an abundance of love, peace, and happiness!*

Maria	Harper	1-Jan	Teresa	Mendenhall	12-Jan	Dennis	Esquivel	23-Jan
Rosemary	Johnson	1-Jan	Judy	Michmerhuizen	14-Jan	Deniese	Fay	23-Jan
Diane	Gingway	2-Jan	Melissa	Petersen	14-Jan	Ernestine	Dunaway	24-Jan
Marie	Culliton	3-Jan	Eleanor	Katchenago	14-Jan	Lillian	Miller	24-Jan
Bonita	Thompson	3-Jan	Francis	Weese	14-Jan	Doni	O'Connor	24-Jan
Russell	Bailey	3-Jan	Timothy	Farling	15-Jan	Christopher	Sineway	24-Jan
Jeanette	Schwandt	3-Jan	Sheila	Schopieray	15-Jan	Suzanne	McSawby	25-Jan
Linda	Madagame	4-Jan	Kimberly	Rivas	15-Jan	Vicki	McMiller-Hensley	25-Jan
Rita	Trudeau	4-Jan	George	Brown	15-Jan	Bertha	Spafard	25-Jan
Aileen	Wright	4-Jan	Valerie	Cuthrell	15-Jan	Robin	Perry	25-Jan
Glen	Miller	4-Jan	Judy	Ember	15-Jan	Joseph	Robertson	25-Jan
Leonard	Yannott	6-Jan	Carey	Aquilina	16-Jan	Pauline	Koon	26-Jan
Kathryn	Wehner	6-Jan	Kevin	Ance	16-Jan	Ronald	Jeffrey	26-Jan
Kelly	Mohn	6-Jan	Victoria	Johns	16-Jan	Jacqueline	Paul	26-Jan
Gary	Sheahan	6-Jan	Brent	Williams	17-Jan	Rhonda	Hicks	27-Jan
Brenda	Romitti	7-Jan	Theodore	Tyler	17-Jan	Pauline	Boivin	27-Jan
Ralph	Miller	7-Jan	Mary	Nickerson	17-Jan	Diane	MacMahon	27-Jan
Gerald	Luskey	7-Jan	Brenda	Kelley	17-Jan	Ronda	Mosher	27-Jan
James	Sikes	7-Jan	Kenneth	Reed	18-Jan	Leslie	Antoine	29-Jan
Arnold	Bennett	8-Jan	John	Bennett	18-Jan	Joseph	Lewis	29-Jan
Michael	Reed	9-Jan	Valerie	Williams	19-Jan	Rex	Reed	29-Jan
Cathy	Caibaiosai	9-Jan	Lena	Smith	19-Jan	Joseph	Wayashe	29-Jan
Almeda	Meyers	9-Jan	Deanna	Januszka	19-Jan	Frank	Pedwaydon	29-Jan
John	John	10-Jan	Joanna	Hicks	19-Jan	Kelly	Washegesic	30-Jan
Philamene	King	10-Jan	Donna	Day	20-Jan	Karen	Carrizales	30-Jan
Gloria	Johnson	10-Jan	Rudolph	Bailey	21-Jan	Susan	Emerson	30-Jan
Elsie	Dudley	10-Jan	Douglas	Reed	21-Jan	Robert	Landerville	30-Jan
Tina	Goodrich	10-Jan	Bessie	Childs	22-Jan	Donald	Stoll	30-Jan
Tracy	Gower	10-Jan	Richard	Mills	22-Jan	Sharon	Wasageshik	31-Jan
John	Kughman	11-Jan	Jeffrey	Menefee	22-Jan	Thomas	LaVanway	31-Jan
Carolyn	Fochtman	11-Jan	Mary	Nightengale	22-Jan	James	Chambers	31-Jan
Michell	Geysbeek	12-Jan	Jerry	Corey	22-Jan	Gary	Field	31-Jan
Leonore	Rynberg	12-Jan	Anna	Harwood	23-Jan			
Elizabeth	Shomin	12-Jan	John	McSauby	23-Jan			

## Walking in a Winter Wonderland

Walking is a great exercise & can be safe this season if we....

### Dress for the weather

By wearing a hat, scarf, insulated jacket, gloves, and reflective gear for visibility. Layering your clothing allows for easy adjustment to changing temperatures.

### Prioritize Safe Walking Surfaces

Use clear, dry sidewalks and plan your route carefully. Stay alert for hidden hazards, such as ice patches or obstacles under the snow, which can lead to slips and falls.

### Select Appropriate Footwear

Choose well-fitted, waterproof footwear with good traction and ankle support. Opt for socks that keep your feet dry and insulated for comfort during winter activities.

### Utilize Equipment Safely

If you are using walking poles, snowshoes, or skis, understand how to use them correctly to enhance your enjoyment and ensure safety.

*By following these tips, you can enjoy winter activities safely and comfortably.*

Niizh Animikiig and Native Connections presents...

**Learning The Seven Grandfather Teachings Series**

**13 JAN** CHARLEVOIX MONDAY | 5:30 PM For the month of January, we will be discussing

**16 JAN** EYAAWING THURSDAY | 5:30 PM **Gwekwaadiziwin "The Art of Honesty"**

**20 JAN** 3-MILE MONDAY | 5:30 PM Snacks provided Open to adults in GTB community

Benzie programming to resume at a later time

For more information:  
Christa Gasca 231-499-7368  
Leilani DeFoe 231-492-9956

**DINNER AND A MOVIE SERIES**

PLEASE JOIN US FOR RECOVERY MOVIE NIGHT FEATURING:

THE SEVENTH FIRE JAN 10, 2025  
HEROINCE) JAN 17, 2025 (DISCUSSION W/SCOTT SCHOLTEN)  
RECOVERY BOYS JAN 24, 2025 (SHANE MORSEAU SPEAKING)  
THE YEAR OF THE DOG JAN 31, 2025

6-9 PM AT THE 3-MILE OFFICE, 845 BUSINESS PARK DR TC AGES 18+ ONLY

QUESTIONS? CHRISTA GASCA 231-534-7094  
LEILANI DEFOE 231-534-7093

Behavioral Health Presents

**ALTERNATIVE THERAPIES MASSAGES FREE SESSIONS!**

The Behavioral Health Services (BHS) is now offering appointments for Alternative Therapies to the community. All services will be provided in BHS offices, including GTB Satellite offices. Services & providers subject to change.

SCAN THE QR CODE OR VISIT THE LINK TO LEARN MORE & SCHEDULE AN APPOINTMENT:  
[https://bit.ly/GTB\\_MASSAGE](https://bit.ly/GTB_MASSAGE)

MORE DATES & LOCATIONS TO BE ADDED FOR SERVICES  
All services dependent on provider availability, contracts, funding & are first come first serve by signing up. Please limit appointments to one per person per 30-days to allow others access the services.

**ENERGY HEALING RESTARTING IN 2025**

CONTACT:  
Marion Wabanimkee-Minzey  
(231) 534-7091  
Marion.Wabanimkee-Minzey@gtb-nsn.gov

**Let's just talk recovery**

We are continuing our conversation about recovery in our community.

We hope you'll join us in both Peshawbestown and Traverse City, two nights a month, November thru January. We will meet from 6-8 pm.

November 5th 2024 3-Mile  
November 6th 2024 Eyaawing  
December 3rd 2024 3-Mile  
December 4th 2024 Eyaawing  
January 7th 2025 3-Mile  
January 8th 2025 Eyaawing

Questions:  
Christa Gasca 231-534-7094  
Leilani DeFoe 231-534-7093

NATIVE CONNECTIONS & NIIZH ANIMIKIIG

**STRENGTH IN COMMUNITY SUPPORTING NATIVE YOUTH MENTAL HEALTH**

Every young person deserves a community that listens, understands, and supports them through life's challenges.

When things feel overwhelming, know there are people ready to help – people who truly understand your unique journey as a Native youth. These resources honor Native voices, culture, and healing traditions, and are here to provide free, confidential support whenever you need it. Help is just a call or text away.

**Reach out, find strength, and know that you are never alone.**

**Native and Strong Lifeline**  
Connect with Native crisis counselors who are also tribal citizens and descendants, deeply connected to their communities. With a focus on cultural and traditional healing practices, these counselors offer crisis support tailored to the experiences and values of Native people.  
Call "988" and press 4  
<https://988lifeline.org/>

**Native Crisis Text Line**  
If things feel too heavy to carry alone, this text line offers confidential support 24/7, at no cost. Text to connect with someone who's here to listen and help you through.  
Text "NATIVE" to 741741  
<https://www.wernative.org/articles/native-crisis-text-line>

**BlackLine®**  
A 24-hour hotline supporting Black, Brown, Native, LGBTQ+, and Muslim communities, offering anonymous crisis counseling and a safe way to report harmful encounters.  
Call 1-800-604-5841  
<https://www.nsvrc.org/organizations/blackline>

**Michigan Peer Warmline**  
For Michiganders experiencing mental health or substance use struggles, this warmline connects you with trained peer support specialists who understand and can offer support.  
Call 1-888-733-7753  
<https://mcal.my.site.com/mical/s/michigan-warmline>

**Trans Lifeline**  
A trans-led hotline offering direct emotional support to transgender individuals in need. For the trans community, by the trans community.  
Call 1-877-565-8860  
<https://translifeline.org/about/>

**The Trevor Project**  
A 24/7 lifeline for LGBTQ+ youth, offering suicide prevention and crisis intervention by trained professionals who understand the unique challenges faced by LGBTQ+ young people.  
Call 1-866-488-7386  
<https://www.thetrevorproject.org/>

**NAMI HelpLine**  
Available Monday through Friday, 10 a.m. to 10 p.m. ET, NAMI provides free, nationwide peer support and referrals for those dealing with mental health concerns.  
Call 1-800-950-6264  
<https://ets.nami.org/helpline>

**YOUTHLINE**  
YouthLine offers free, confidential teen-to-teen crisis support every day from 4-10 p.m. PST, with adult counselors available at all other times.  
Call 1-877-968-8491  
<https://www.theyouthline.org/>

DIAL 988 FOR THE SUICIDE AND CRISIS LINE  
DIAL 911 FOR EMERGENCY  
NORTHERN MICHIGAN REGIONAL ENTITY (800) 834-3393  
PINE REST CHRISTIAN MENTAL HEALTH SERVICES (866) 852-4001

# TALKING CIRCLE

**ZOOM DAILY 10:30AM- 11:30AM**  
Zoom Meeting Code: **886 8701 6931**  
Password: **sobertalk**

Join Scott via Zoom for a virtual talking circle Wellbriety meeting.

Questions, contact Scott

231-534-7247 or

scott.scholten@gtb-nsn.gov



Disseminate culturally based principles, values, and teachings to support healthy community development and servant leadership, and to support healing from alcohol, substance abuse, co-occurring disorders and intergenerational trauma.

## NENAANDAWE'IWEJIG TRADITIONAL HEALING

WITH

**JOE SYRETTE**

"We are all spirits living a human life. When we take the time to heal and acknowledge our spirit, then and only then will we know and understand our path and journey through life."  
-Syrette

### HEALING SESSIONS DATES & TIMES



**NOVEMBER**  
18<sup>th</sup> & 19<sup>th</sup> - Peshawbestown  
\*SWEAT on 18<sup>th</sup> at 6:00 pm

**DECEMBER**  
2<sup>nd</sup> & 3<sup>rd</sup> - Traverse City  
18<sup>th</sup> & 19<sup>th</sup> - Peshawbestown  
\*SWEAT on 18<sup>th</sup> at 6:00 pm

**JANUARY**  
8<sup>th</sup> & 9<sup>th</sup> - Benzie  
21<sup>st</sup> & 22<sup>nd</sup> - Peshawbestown  
\*SWEAT on 21<sup>st</sup> at 6:00 pm

**FEBRUARY**  
4<sup>th</sup> & 5<sup>th</sup> - Charlevoix  
18<sup>th</sup> & 19<sup>th</sup> - Peshawbestown  
\*SWEAT on 18<sup>th</sup> at 6:00 pm

**MARCH**  
4<sup>th</sup> & 5<sup>th</sup> - Traverse City  
18<sup>th</sup> & 19<sup>th</sup> - Peshawbestown  
\*SWEAT on 18<sup>th</sup> at 6:00 pm

**APRIL**  
1<sup>st</sup> & 2<sup>nd</sup> - Benzie  
15<sup>th</sup> & 16<sup>th</sup> - Peshawbestown  
\*SWEAT on 15<sup>th</sup> at 6:00 pm

### PROTOCOLS

When seeking a Traditional Healer, please see list below to help you prepare for your healing journey. All ages welcome!

- Bring enough Tobacco for a full Pipe bowl
- Refrain from Alcohol/Drugs 4 days prior
- Optional: Gift with your request
- Women on their sacred "moontime" (monthly cycle) cannot attend this session

### HEALING REQUESTS

Requests for Anishinaabe names, colors, clans, teaching, doctoring for illness, dreams, spiritual guidance, etc. are appropriate requests.

### CO-ED SWEATS

Co-Ed Sweat November 18<sup>th</sup>, December 18<sup>th</sup>, January 21<sup>st</sup>, February 18<sup>th</sup>, March 18<sup>th</sup>, & April 15<sup>th</sup> at 6:00pm in Peshawbestown. Limited capacity, **must pre-register by calling (231) 534-7247**

**Reserve Your Spot in Co-ed Sweat Today!**



(231) 534-7247  
bit.ly/GTB\_BH  
GOVBehavioralHealth@gtb-nsn.gov

2300 N. Stallman Road  
Peshawbestown, MI 49682

Learn More About  
Joe Syrette Here!  
bit.ly/THHJS\_Bio

## NENAANDAWI'IWED TRADITIONAL HEALER

**JOE SYRETTE**

Joe Syrette is Anishinaabe Ojibwe from Rankin Reserve Batchewana First Nation located in Sault Ste Marie, Ontario Canada. Joe has been practicing traditional healing work for the past 21 years and illustrates traditional values, morals and teachings by living a clean and healthy lifestyle with his wife and daughters. Joe currently works with the Behavioral Health Department at the Grand Traverse Band of Ottawa and Chippewa Indians Medicine Lodge as one of the Traditional Healers.

Growing up as a traditional shkaabewis "helper" Joe has learned to balance his spiritual and personal life while continuing to always remain humble with the knowledge he carries. He has spent his young and adolescent years learning how to live in duality between the modern world and traditional Anishinaabe world through fasting and attending ceremonies. He currently helps communities and other traditional people and healers when needed allowing his knowledge and traditional teachings to grow.

Spending a life time of listening and learning about himself as an Anishinaabe person, this has allowed him to value and respect all physical and spiritual beings and their protocols. He has had the opportunity of working alongside many respectful elders, and healers to which he has been given teachings and rights to helping his Anishnaabeg relatives with spiritual healing.

Today, Joe has dedicated his time and knowledge to teach and share with others about his cultural experiences and how he has utilized his culture and language to heal himself within his own walk and journey through life. Joe acknowledges that lifelong learning is every day for him and that there is always something new to learn. He promotes cultural sharing and healing to community members so we can all learn to build encouragement on our cultural knowledge and sacred walk through life.

"We are all spirits living a human life. When we take the time to heal and acknowledge our spirit, then and only then will we know and understand our path and journey through life"  
-Syrette



# HUMAN SERVICES

**NEW FY25 Client Application**  
**Scan QR Code or follow the link!**

- Food Rescue (All community members - Mondays after 11am)\*
- Food Pantry (application & appointment)\*
- Food Assistance (application)
- Emergency Heat Assistance (application)
- Other Emergency Assistance (application)
- Weatherization Items (application & while supplies last)



<https://bit.ly/3zAPJVS>

**MORE INFORMATION, PLEASE CONTACT ANDREA 231-534-7910**

\*Food Rescue & Pantry Located:  
Lower level of the Medicine Lodge

Anishinaabek Family Services and Behavioral Health Department presents...

# Growing Anishinaabe Families Together

five-part series

Jan 14	6:00 PM	Parental Resilience	3-Mile
Jan 28	6:00 PM	Social Connections	3-Mile
Feb 11	6:00 PM	Knowledge of Parenting & Child Development	3-Mile
Feb 25	6:00 PM	Concrete Supports In Times of Need	3-Mile
Mar 11	6:00 PM	Social-Emotional Competence of Children	3-Mile

*Light dinner will be provided*

Open to ALL adults in GTB community - grandparents, parents, aunties, uncles, caregivers, cousins

**For More Information:**  
Jennifer Ray  
231-463-7917  
jennifer.ray@gtb-nsn.gov

## NEED A RIDE TO Growing Anishinaabe Families Together ??????

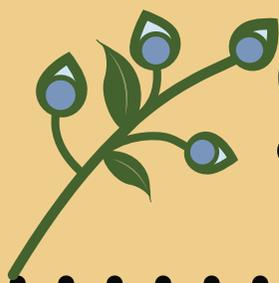
Limited space for pickup at these following locations:

- Medicine Lodge Load time 4:30 Departure at 4:45
- Benzie Load at 4:15 Departure at 4:30
- Charlevoix Load at 4:15 Departure at 4:30

Use the QR code below or the bittly link to register for a ride to this community oriented parenting class series (First Come, First Served)



SCAN ME  
<https://bit.ly/3DRxCz5>



# CULTURAL & LANGUAGE

[https://bit.ly/GTB\\_Cultural](https://bit.ly/GTB_Cultural)



Cultural Department Presents In-Person

## Anishinaabemowin Classes

Tuesday - Peshawbestown Cultural Building 5-7pm

Wednesday - 3 Mile Office 5-7pm

**Alternating WEDNESDAY'S**

Benzie via Zoom 1st and 3rd 12-3pm

Charlevoix 2nd & 4th 12pm-3pm

Benzie Classes & Inclement weather in-person classes will be held by Zoom

Meeting ID: 730 5294 9904  
Password: GTB2024  
[bit.ly/GTBAnishinaabemowin](https://bit.ly/GTBAnishinaabemowin)

For more information contact:  
Isadore.Toulouse@GTB-nsn.gov 231.631.7940  
Patricia.Osawamick@GTB-nsn.gov 231.631.8604

**All classes subject to change**



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## ONLINE COOKING CLASSES

w/ Isadore Toulouse and Patricia Osawamick

January 20, 2025  
5pm

Meeting ID: 730 5294 9904  
Password: GTB2024  
[bit.ly/GTBAnishinaabemowin](https://bit.ly/GTBAnishinaabemowin)

More Information  
231.534.7766  
[Gov.Cultural@Gtb-nsn.gov](mailto:Gov.Cultural@Gtb-nsn.gov)



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Grand Traverse Band- Cultural Department

### EMKOWAATAAGOZIJIG-13 SERIES

"Sharing their knowledge"

## SERIES OF ELDERS TALKING IN ANISHINAABEMOWIN

Moderated by Isadore Toulouse & Patricia Osawamick

[Join Zoom Meeting](#)

January 9, 2025 (5pm-7pm)

January 23, 2025 (6pm-8pm)

February 6, 2025 (10am-12pm)

February 20, 2025 (1pm-3pm)

March 6, 2025 (5pm-7pm)

March 20, 2025 (10am-12pm)

Meeting ID: 871 7923 9451

Passcode: GTBANish

<https://bit.ly/GTBEms13>

More information

231.534.7766

[Gov.cultural@GTB-nsn.gov](mailto:Gov.cultural@GTB-nsn.gov)



Grand Traverse Band of Ottawa and Chippewa Indians  
Kchi Wiikwedong Anishinaabek (Grand Traverse Band)

2025

Virtual

## Anishinaabemowin Class

Monday - Tuesday- Thursday 11AM - 12PM

(Ntam Giizhigad) (Niizho Giizhigad) (Niiwinn Giizhad)

Join Zoom Meeting

Meeting ID: 730 5294 9904

Passcode: GTB2024

[Bit.ly/GTBAnishinaabemowin](https://bit.ly/GTBAnishinaabemowin)

More information contact :

GTB Cultural Department

(231) 534-7766 or [Gov.Cultural@gtb-nsn.gov](mailto:Gov.Cultural@gtb-nsn.gov)

**GTB Offices Closed- No class or on Wednesdays**



PRESENTED BY CULTURAL, COMMUNICATIONS DEPARTMENTS & NIIZH ANIMIIG PROGRAM



# KCHI WIKWEDONG ANISHINAABEK

ROUND DANCE  
FEBRUARY 1<sup>st</sup>, 2025

GRAND TRAVERSE  
RESORT & SPA

# MAAWNJIDOWIN DRESS TO IMPRESS!

**Masters of Ceremony:**

**Hal Eagletail**  
TSUUTINA NATION  
**Nathan Isaac**  
AAMJIWNAANG FIRST NATION

**Stickman:**

**Joe Syrette**  
BATCHEWANA FIRST NATION

**Sound:**

**Nate Isaac**  
REZONANCE PRODUCTIONS

**Invited Singers:**

**Opie Day**  
BOIS FORTE BAND OF OJIBWE  
**Lee Tootosis**  
POUNDMAKER FIRST NATION  
**Kwake Hale**  
PRAIRIE BAND BODEWADMI  
**Brendan Harvey**  
BEARDY & OKEMASIS FIRST NATION  
**Dan Isaac**  
AAMJIWNAANG FIRST NATION

**Arnold Alexis**  
ALEXIS NAKOTA, ALBERTA

**Jason Kingbird**  
ANISHINAABE, OBAASHING MN

**Tommy Benjamin**  
MILLE LACS BAND OF OJIBWE

**John Syrette**  
BATCHEWANA FIRST NATION

**Invited Youth Singers:**

**Caden Pego**  
AAMJIWNAANG FIRST NATION

**Carter Boda**  
ODAWA

**Volunteers Wanted!**

For All Inquires Please Complete Form:  
[https://bit.ly/GTB\\_RDV2025](https://bit.ly/GTB_RDV2025)



**Volunteers  
Scan Me**

**Vendor Setup**  
8:00 am - 2:30 pm  
(Must be set up by 2:30 pm)

**Fire**  
2:00 pm

**Pipe Ceremony & Prayer**  
6:00 pm

**Buffet Feast**  
2:00 pm - 4:00 pm

**Round Dance**  
6:00 pm - 2:00 am

**Memorial Dance**  
11:30 pm

**Closing Song**  
1:30 am

*Schedule Subject to Change*

## Grand Traverse Resort & Spa Room Rates

Non-GTB Member Rate: \$99  
[https://bit.ly/GTRS\\_RD25](https://bit.ly/GTRS_RD25)



GTB Members 21+: \$65  
(231) 534-6000



[bit.ly/GTB\\_FB\\_RD2025](https://bit.ly/GTB_FB_RD2025)

**Contests**

**Mens, Womens, & Youth  
Side Step Special**  
1<sup>st</sup> \$300 • 2<sup>nd</sup> \$200 • 3<sup>rd</sup> \$100

**Sweetheart Dance**  
1<sup>st</sup> \$400 • 2<sup>nd</sup> \$300 • 3<sup>rd</sup> \$200

## **Spot Dances All Night!**

**Vendors**

Space is Limited, No Fee,  
Donation Craft/Item Required  
Registration Form in QR Code  
**Deadline January 24<sup>th</sup>**



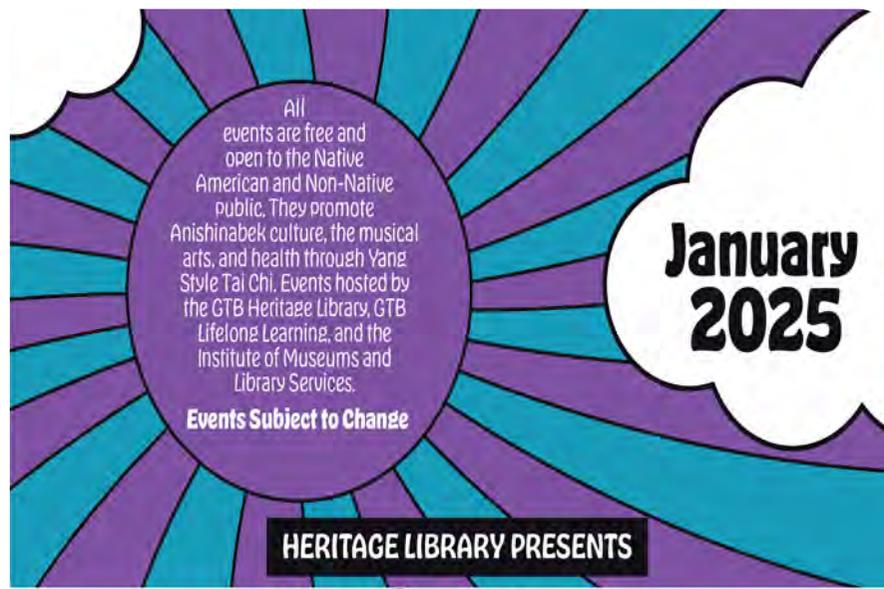
[https://bit.ly/GTB\\_RD\\_Vendor2025](https://bit.ly/GTB_RD_Vendor2025)

**Everyone Welcome!  
Free Admission**

**All Singers Acknowledged  
All Youth Must be Signed In  
& Accompanied by an Adult  
No Drugs, Alcohol, Firearms  
Weapons, or Animals**

*All Children Must be Accompanied by An  
Adult. Unsupervised Children Will Be Reported  
to the Proper Authorities. GTB is Not  
Responsible for Any Injury, Lost, or Damaged  
Items Event Subject to Change Without Notice*





All events are free and open to the Native American and Non-Native public. They promote Anishinabek culture, the musical arts, and health through Yang Style Tai Chi. Events hosted by the GTB Heritage Library, GTB Lifelong Learning, and the Institute of Museums and Library Services.

**January 2025**

Events Subject to Change

HERITAGE LIBRARY PRESENTS

# Winter Events & Activities

## Winter Music Lessons: Mondays, Tuesdays, & Thursdays 10AM - 5PM @ Heritage Library

30-Minute Guitar, Piano, and Voice lessons by appointment. Zoom Lessons Available. Music lessons are open to adults and children. The Heritage Library has 1 electric keyboard/piano, 2 children sized classical guitars, and 2 full sized classical guitars to borrow for lessons.

Youth 3PM - 5PM & Adults 10AM - 5PM according to teacher availability - First Come First Serve.

## Winter Tai Chi Tuesdays & Thursdays: 12PM - 1PM @ Heritage Library

Enjoy the relaxing art of Tai Chi with Francis Carew, who teaches Yang style Tai Chi, a low impact exercise that improves cardiorespiratory function, hypertension, muscular strength, balance, mobility, flexibility, and mind-body awareness.

## Dreamcatcher Workshop 1: 5PM - 7PM

Join us for a creative adventure in our Anishinabek Makerspace Workshops! Dive into the art of crafting your very own Dream Catcher. All materials will be provided, so just bring your enthusiasm! Space is limited, RSVP with the Tribal librarian TODAY!

### Heritage Library

January 8<sup>th</sup>  
2821 N. West Bay Shore Dr.  
Suttons Bay MI 49682

### 3-Mile Office

January 14<sup>th</sup>  
845 Business Park Dr.  
Traverse City, MI 49686

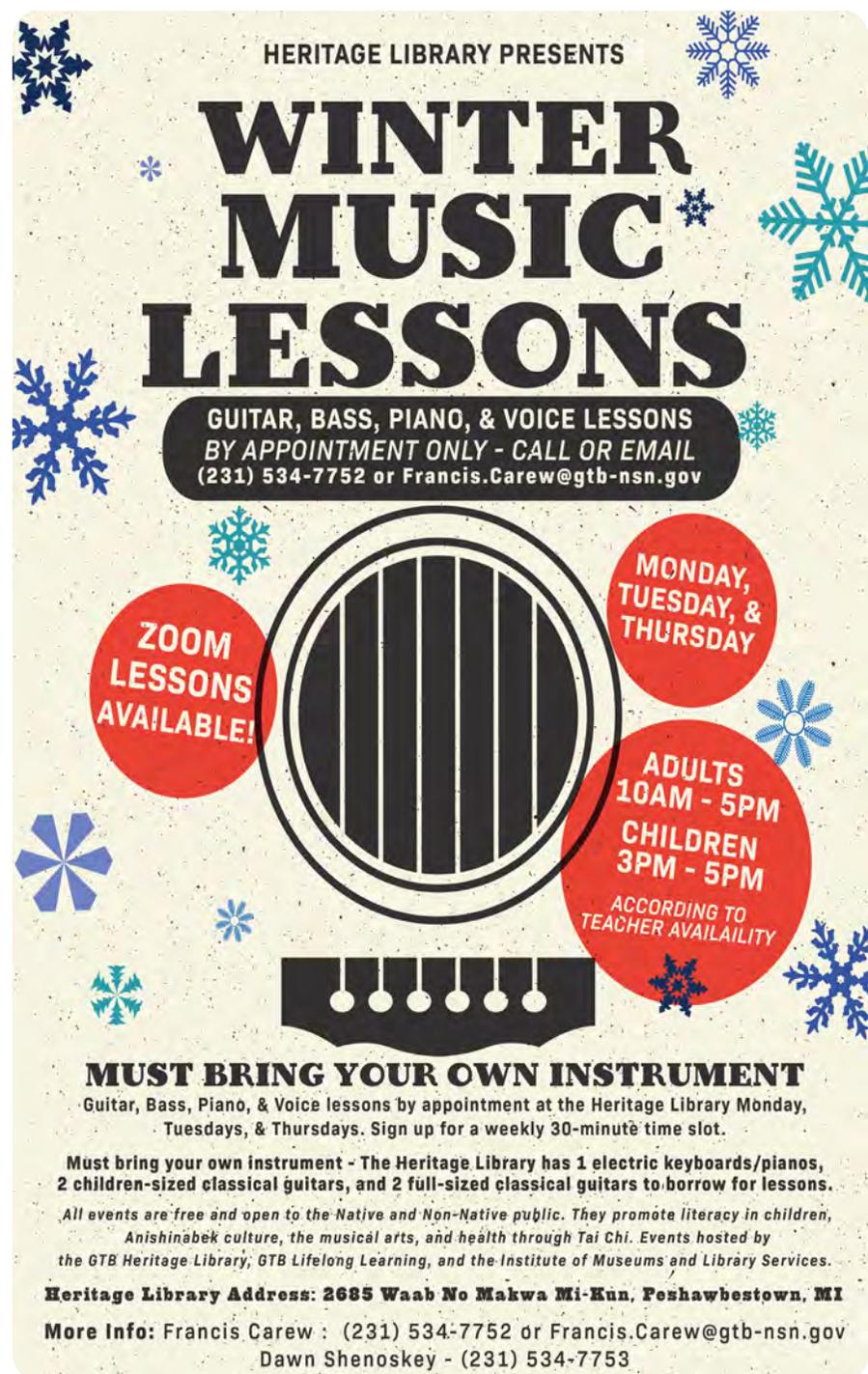
### Charlevoix Office

January 29<sup>th</sup>  
10085 Wa-Ba-Noong Mi-Kun,  
East Jordan, MI 49727

Seeking mentors to share the art of dream catcher making & storytelling at each site. Contact the Tribal librarian to get involved!

### More Information:

Francis Carew (231) 534-7752 Francis.Carew@gtb-nsn.gov  
Heritage Library - 2821 N West Bay Shore Dr. Peshawbestown, MI

HERITAGE LIBRARY PRESENTS

# WINTER MUSIC LESSONS

GUITAR, BASS, PIANO, & VOICE LESSONS  
BY APPOINTMENT ONLY - CALL OR EMAIL  
(231) 534-7752 or Francis.Carew@gtb-nsn.gov

ZOOM LESSONS AVAILABLE!

MONDAY, TUESDAY, & THURSDAY

ADULTS 10AM - 5PM  
CHILDREN 3PM - 5PM  
ACCORDING TO TEACHER AVAILABILITY

## MUST BRING YOUR OWN INSTRUMENT

Guitar, Bass, Piano, & Voice lessons by appointment at the Heritage Library Monday, Tuesdays, & Thursdays. Sign up for a weekly 30-minute time slot.

Must bring your own instrument - The Heritage Library has 1 electric keyboards/pianos, 2 children-sized classical guitars, and 2 full-sized classical guitars to borrow for lessons.

All events are free and open to the Native and Non-Native public. They promote literacy in children, Anishinabek culture, the musical arts, and health through Tai Chi. Events hosted by the GTB Heritage Library, GTB Lifelong Learning, and the Institute of Museums and Library Services.

Heritage Library Address: 2685 Waab No Makwa Mi-Kun, Peshawbestown, MI

More Info: Francis Carew : (231) 534-7752 or Francis.Carew@gtb-nsn.gov  
Dawn Shenoskey - (231) 534-7753



## GTB BENODJENH CENTER IS HIRING!!

We are looking for Teachers & Assistants, Classroom/Bus Aides, EHS & Family Spirit Home Visitors, Education & Family Services Coordinators, and a Health & Disabilities Coordinator.

### NEW COMPETITIVE WAGES!!!

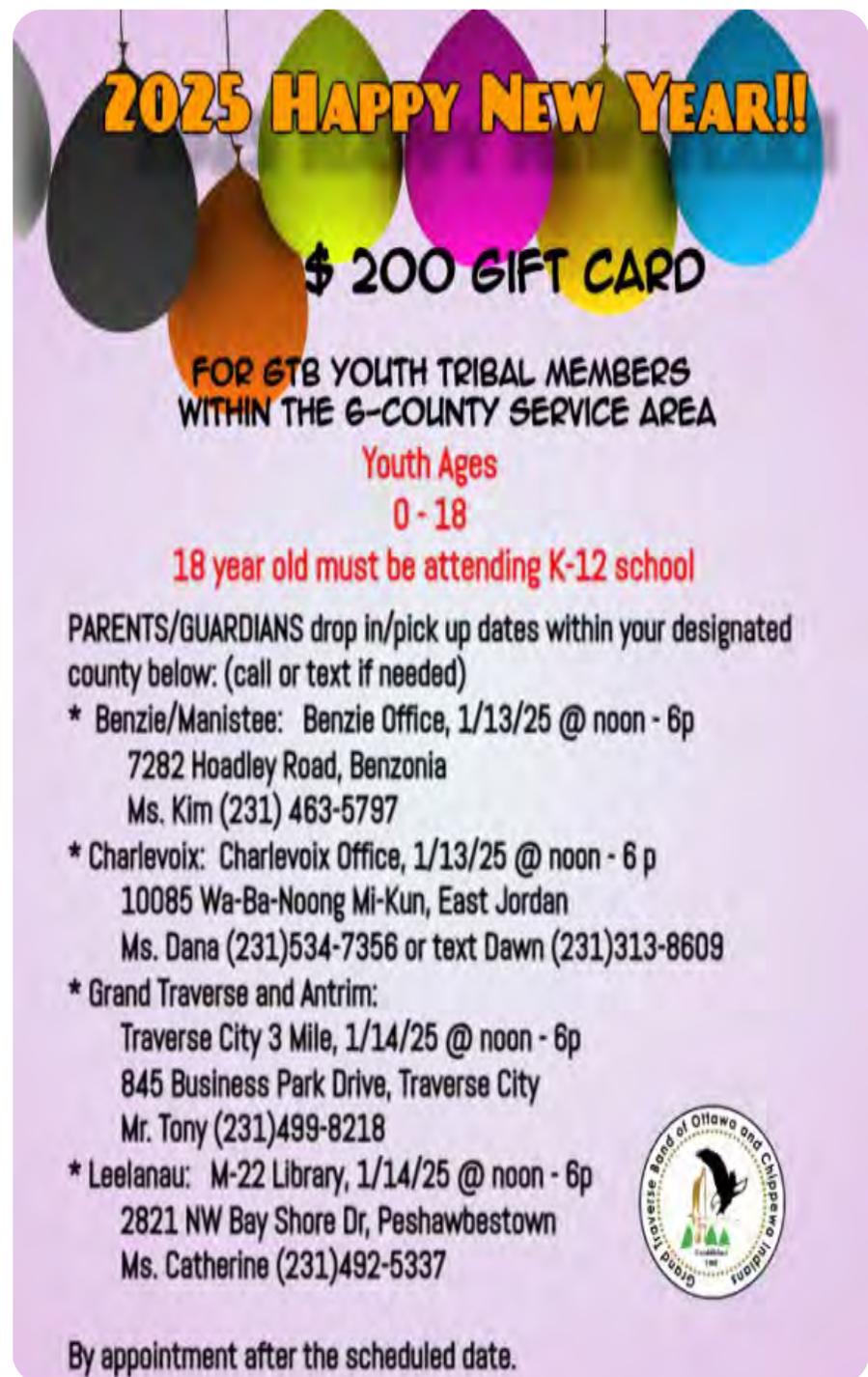
MONDAY - FRIDAY SCHEDULES ONLY!  
NO WEEKENDS!!

We are looking for candidates who are:  
RELIABLE, PATIENT, KIND & CARING, AND  
KNOWLEDGEABLE OF CHILD GROWTH AND DEVELOPMENT

Full Benefits for Full Time Employees: Health & Dental, 401K, Generous PTO, 15 Paid Holidays

Limited Benefits for Part Time Employees: PTO

For Open Positions, Job Descriptions, and Wages, Refer To [gtbindians.applicantpool.com](http://gtbindians.applicantpool.com)

## 2025 HAPPY NEW YEAR!!

### \$ 200 GIFT CARD

FOR GTB YOUTH TRIBAL MEMBERS WITHIN THE 6-COUNTY SERVICE AREA

Youth Ages 0 - 18  
18 year old must be attending K-12 school

PARENTS/GUARDIANS drop in/pick up dates within your designated county below: (call or text if needed)

- \* Benzie/Manistee: Benzie Office, 1/13/25 @ noon - 6p  
7282 Hoadley Road, Benzonia  
Ms. Kim (231) 463-5797
- \* Charlevoix: Charlevoix Office, 1/13/25 @ noon - 6 p  
10085 Wa-Ba-Noong Mi-Kun, East Jordan  
Ms. Dana (231)534-7356 or text Dawn (231)313-8609
- \* Grand Traverse and Antrim:  
Traverse City 3 Mile, 1/14/25 @ noon - 6p  
845 Business Park Drive, Traverse City  
Mr. Tony (231)499-8218
- \* Leelanau: M-22 Library, 1/14/25 @ noon - 6p  
2821 NW Bay Shore Dr, Peshawbestown  
Ms. Catherine (231)492-5337

By appointment after the scheduled date.





PRESENTED BY  
GTB HERITAGE LIBRARY, STRONGHEART CENTER, NATIVE CONNECTIONS, NIIZH ANIMIIGIG  
& INSTITUTE OF MUSEUMS AND LIBRARY SERVICES

# ANISHINAABEG WINTER GAMES & MAAWNJIDOWIN “FESTIVAL”

JANUARY 25TH, 2025 • 11:00 AM – 2:00 PM  
STRONGHEART CENTER SOFTBALL FIELD

COME CELEBRATE BIBOON! (IT IS WINTER!)  
ANISHINAABEG WINTER FESTIVITIES, FOOD, & FUN

(Subject to Change, if no snow Anishinaabeg Dangishkan Bikwaakwad-Anishinaabe Kickball will be played)

**Goon Ginebig Aazhawiwebin**  
*Snow Snake Throwing*

**Agamig**  
*Snow Shoeing*

**Zhimaagan Aazhawiwebin**  
*Spear Throwing*

**Odaabaan**  
*Sledding*

*The Strongheart Center will be open for warming up and restrooms.  
Hot chocolate, hotdogs, & 3 Sisters soup will be provided.*

**Come Join the Anishinaabeg Winter Festivities and Fun!**

FREE & OPEN TO THE NATIVE AMERICAN AND NON-NATIVE PUBLIC  
THIS EVENT PROMOTES ANISHINAABEG CULTURE, HERITAGE, & TRADITIONAL WINTER ACTIVITIES



Francis Carew at 231-534-7752 (Francis.Carew@gtb-nsn.gov) or Dawn Shenoskey at 231-534 7753

**TRIBAL GYM CENTERS**

**FITNESS CLASSES RESUMING SOON!**

We are thrilled to announce that fitness classes will be resuming in soon!

If you have a passion for fitness and are interested in becoming an instructor, we encourage you to explore the RFP (Request for Proposal).

For further information, please follow the link provided or scan the QR code below. We look forward to seeing new faces in our instructor lineup and can't wait to kick off the classes!

**Current RFP Listings:**

- Corrective Exercise Instructor
- Personal Trainer
- Yoga Instructor



<https://gtbindians.applicantpool.com/internaljobs/>

**FREE SNOWSHOES EQUIPMENT RENTAL FOR GTB TRIBAL MEMBERS**

It's time to lace up those snowshoes and embrace the winter wonderland! We are thrilled to offer FREE snowshoe equipment rentals exclusively for GTB tribal members! Don't miss out on this fantastic opportunity!

Call the Strongheart Center today for details: 231-534-7457 or 231-534-7551

Check out this link for Pure Michigan snowshoeing trails and info:

<https://puremi.ch/4fNj4K>



So grab your gear, lace up your boots, and get ready for an adventure! Remember to let someone know where you're headed and most importantly, HAVE FUN!





# WEIGHT LOSS CHALLENGE

Mind • Body • Heart • Spirit



**OFFICIAL WEIGH-IN**

January 20<sup>th</sup>  
Strongheart  
6:30am-6:30pm

**8-Week Challenge**

2 Person Team  
(Any Gender)  
\$20/person

**FINAL WEIGH-IN**

March 17<sup>th</sup>  
Strongheart  
6:30am-6:30pm

**100% PAYOUT**

1<sup>st</sup> PLACE 50%  
2<sup>nd</sup> PLACE 35%  
3<sup>rd</sup> PLACE 15%

**WEIGH-IN PROCESS**

CONFIDENTIAL  
Determined ONLY by  
Strongheart Tanita Scale  
Attire t-shirt & shorts

**WEIGH-IN PENALTY**

NO SHOW/DROP OUT  
Start Weight + 8lbs =  
Final Weigh-In

**Prizes for ALL Participating Teams!**

**Lose HIGHEST % of Weight\***

Can't make the official weigh-in?  
Please call (231) 866-0954 and make appointment on or before **Friday, January 24<sup>th</sup>**

**QUESTIONS**

Strongheart Center  
**(231) 534-7457**  
2700 Strongheart Way, Peshawbestown

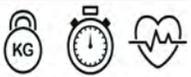
\*Calculation figured by www.fitwatch.com weight loss %

**GTB STRONGHEART CENTER PRESENTS**



**FITNESS CENTER FINANCIAL ASSISTANCE**

**ARE YOU A GTB TRIBAL MEMBER & CAN'T MAKE IT TO THE GTB FITNESS CENTERS? NO SWEAT!**



- Fitness Center Financial Assistance to GTB Citizens, Within 6 County Service Area, That Do Not Live Near or Have Access to one of GTB Fitness Centers.
  - Antrim, Grand Traverse, & Manistee Eligible!
- Discounts Also Available for Spouses & Significant Others
- Limited Gym Membership During Winter Months

Gym Membership Assistance for GTB Citizens Within Antrim, Grand Traverse, & Manistee County That Don't Have Access to One of the GTB Fitness Centers & Are Interested in Joining a Local Gym. Discounts Are Also Available for GTB Spouses and/or Significant Others to Encourage & Support One Another on Your Wellness Goals!

Call Leanne for the Details & Questions!

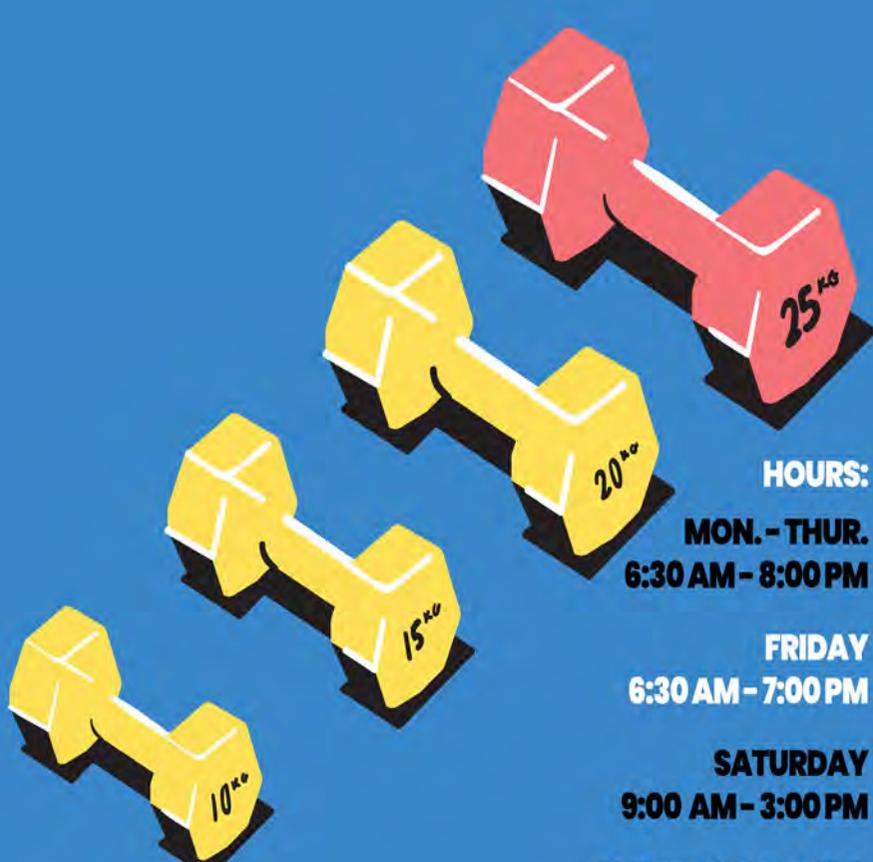
Contact: Leanne (Tana) Alber  
(231) 534-7551    Leanne.Alber@gtb-nsn.gov

[www.gtbindians.org/strongheart.asp](http://www.gtbindians.org/strongheart.asp)

# STRONGHEART CENTER

Hours Starting

**NOVEMBER 4, 2024**  
UNTIL APRIL 2025



**HOURS:**

**MON. - THUR.**  
6:30 AM - 8:00 PM

**FRIDAY**  
6:30 AM - 7:00 PM

**SATURDAY**  
9:00 AM - 3:00 PM

**CLOSED SUNDAYS & MAJOR HOLIDAYS**

**\*\*SUBJECT TO CHANGE\*\***



FRONT DESK: (231) 534-7457

2700 STRONGHEART WAY, PESHAWBESTOWN

# HOUSING

ALL PROGRAMS BASED ON AVAILABILITY OF FUNDS

## HOMEOWNER ASSISTANCE Offered by GTB HOUSING

### EMERGENCY HOME REPAIR

- ✓ \$15,000 available to household in any rolling 5 year period.
- ✓ Completed application & attachments are required at time of requested service. Please review ALL regulations of the program.
- ✓ Must be primary resident of the home and within 6 county service area.

Scan me!



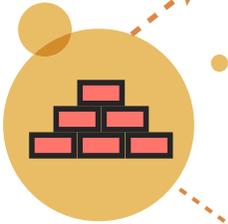
### SEPTIC PUMPOUT

- ✓ Must be primary resident of the home & within 6-county service area.
- ✓ Eligible for (1) pumpout every other year.

### HANDICAP ACCESSIBLE PROGRAM

- ✓ \$20,000 total lifetime availability for Elders or certified disabled tribal member homeowner.
- ✓ Must be primary resident of the home & within 6-county service area.

Scan me!



### DOWN PAYMENT ASSISTANCE/ HOMEBUYER EDUCATION

- ✓ Available to Tribal Members purchasing a home within 6-county area
- ✓ Pathways Home Classes (online)
- ✓ Limited to a One Time Use (lifetime)
- ✓ Cannot access the Emergency Home Repair for 5 years
- ✓ Qualified Tribal Member Households receive \$10,000 or \$15,000\*
- ✓ Single wide trailers may receive up to 10% of the purchase price (Trailer must be 10 years old or newer)

Scan me!



\*Based on income

## CONTACT US TODAY!

<b>Lori Dudley</b> Administrative Assistant	(231) 534-7800
<b>Maxx Jacko</b> Occupancy Specialist II	(231) 534-7447
<b>Leiha VanAken</b> LIHTC Occupancy Specialist	(231) 534-7802
<b>Joe Kaubenaw</b> Occupancy Specialist I – GTB rental info/Down Payment Information/Homebuyer Education	(231) 534-7803 (231) 883-1328
<b>Manny Menchaca</b> Interim Maintenance Supervisor	(231) 534-7448 (231) 631-4594
<b>Tarik Bouguettaya</b> Emergency Home Repair & Handicap Accessibility Program	(231) 534-7886
<b>Steven Alberts</b> Interim Procurement Coordinator/Program Director	(231) 534-7804 (231) 360-3478
<b>Lilyan Allard</b> Assistant Manager	(231) 534-7804
<b>Jodi Lewis</b> Interim Department Manager	(231) 357-2185

# FROZEN PIPES

Discover preventing and thawing frozen water pipes to protect your plumbing

## Prevent Frozen Pipes

### Water Supply Lines

Close garage doors if water supply lines are present.



### Trickle Cold Water

Let a trickle of cold water flow from exposed faucet pipes to prevent freezing.



### Air Circulation

Allow warmer air to circulate by opening cabinet & bathroom doors.



### Keep Heat Above 55°F

If you're away in the cold weather months, keep home heat +55°F.



## Thaw Frozen Pipes

### Examine Water Source

If the faucet trickles, suspect a frozen pipe near exterior walls or where water enters your home.



### Keep Faucet Open

Leave the tap running to thaw the frozen pipe. Flowing water melts the ice inside.



### AVOID Flammable Materials

Use an electric heating pad, hair dryer, or space heater to warm pipe. **DO NOT** use blowtorch, kerosene, propane heater, or open flame.

### Call a Plumer

If you can't defrost the pipe or access the frozen area, contact a licensed plumber.



### Dobule Check

Inspect all home faucets for more frozen pipes; if one freezes, others might freeze too.



# FLUORIDATION IN THE 21ST CENTURY PREVENTS CAVITIES

## DENTAL DISEASE IS PREVENTABLE

Children crying and holding their faces due to dental disease is preventable.

Tooth decay is the most common chronic disease of childhood in the United States. This is an infectious disease caused by bacterial plaque on the tooth surface metabolizing sugars and producing acid, which dissolves the surface of the tooth. If unchecked, this process continues through the tooth and into the nerve. This can lead to local infections, systemic infection, and, in rare cases, death. Dental disease in the United States is responsible for 51 million school hours lost per year.

## THE ROLE OF FLUORIDE IN WATER AND DENTAL HEALTH

Fluoride is found in all natural water supplies. Fluoride is a naturally occurring mineral called calcium fluoride ions, and is found in rocks that leach into water. The natural level of fluoride in the water varies depending on the type of rocks the water is in contact with. The fluoride ions added during municipal fluoridation are identical to the naturally occurring calcium fluoride ions.



All vegetation contains some fluoride, which is absorbed from soil and water. Some plants concentrate fluoride ions; an example is all tea leaves contain fluoride. Ocean water contains fluoride at around 1 part per million.

In 1901 Dr. Frederick McKay, a dentist in Colorado Springs, Colorado, noted these local citizens' tooth enamel was unusually resistant to decay. Then, in the early 20th century, scientists linked higher levels of naturally occurring fluoride in Colorado water supplies to low levels of tooth decay.

In 1945, Grand Rapids, Michigan, became the first community in the world to add

fluoride to tap water. When subsequent studies showed a significantly lower rate of cavities in schoolchildren, water fluoridation began in other towns and cities.

In North America, fluoride concentrations in groundwater are generally very low, with the exception of some parts of the southwestern United States where the Ogallala Aquifer results in elevated natural levels of fluoride in the groundwater.

## CDC RECOMMENDATIONS

The Center for Disease Control and Prevention (CDC) currently recommends that all public drinking water contain 0.7 milligrams of fluoride per liter of water, to protect against tooth decay. This very low level of fluoride in water is equal to about 3 drops of water in a 55-gallon barrel. For more than 75 years, public water systems across the country have adjusted the naturally occurring fluoride levels in tap water to 0.7mg/L level for five key reasons:

- 1. It prevents tooth decay.** Fluoride in water is the most equitable and efficient way to prevent tooth decay. An estimated 51 million school hours and 164 million work hours are lost each year due to dental-related illness.
- 2. It protects all ages against cavities.** Studies show that fluoride in community water systems prevents at least 25 percent of tooth decay in children and adults.
- 3. It's safe and effective.** For more than 75 years, the most rigorous scientific evidence has consistently shown that fluoridation is safe and effective, so state over 100 health organizations.
- 4. It saves money.** \$1 invested in water fluoridation saves \$38 in dental treatment costs. Fluoride supplementation is the most equitable way of decreasing dental disease in the general population.
- 5. It's natural.** Water fluoridation is the adjustment of natural fluoride levels to the recommended level for preventing tooth decay. It's similar to fortifying for health benefits such as salt with iodine, milk with vitamin D, orange juice with calcium and bread with folic acid.

## HOW DOES IT WORK?

How does fluoride in drinking water work? The fluoride crystal in enamel is called fluorapatite. Fluorapatite is incorporated into developing teeth and makes the tooth more resistant to acid attacks from plaque bacteria and sugars.

Dental fluorosis can happen when excessive fluoride is consumed while teeth are still forming. Other than the appearance of white spots or mottling on the surface of the teeth, dental fluorosis doesn't cause any symptoms or harm.

If bottled water is your main source of drinking water, you could be missing the cavity-fighting benefits of fluoride. Numerous rigorous scientific studies have shown there is no evidence that the fluoride added to local water supplies in the United States causes any health problems.

The National Health and Medical Research Council (NHMRC) strongly recommends community water fluoridation as a safe, effective, and equitable way to reduce tooth decay for children and adults.

The American Academy of Pediatricians (AAP), the American Dental Association (ADA) and numerous health organizations also endorse the fluoridation of community water supplies.

Community water fluoridation has also been hailed by the CDC as one of 10 great public health achievements of the 20th century.

Let's control what we can to free our children from dental disease.

Your partner in oral health,  
*Jessica A. Rickert, DDS, Anishinaabe Dental Outreach* [jrickert@deltadentalmi.com](mailto:jrickert@deltadentalmi.com)  
231-313-8407

1. [https://www.nih.gov/docs/06302021/Oral%20Health%20Among%20Indian%20Health%20Service%20Oklahoma%20City%20Area%20-%20A%20Review%20of%20the%20Current%20Data%20\(04\\_28\\_2021\).pdf](https://www.nih.gov/docs/06302021/Oral%20Health%20Among%20Indian%20Health%20Service%20Oklahoma%20City%20Area%20-%20A%20Review%20of%20the%20Current%20Data%20(04_28_2021).pdf) 2. <https://publications.aap.org/pediatrics/article/146/6/e2020034637/33536/Fluoride-Use-in-Caries-Prevention-in-the-Primary?autologincheck=redirected3> 3. <https://www.ada.org/resources/community-initiatives/fluoride-in-water> 4. <https://www.dentalcare.com/en-us/patient-education/english-articles/how-does-fluoride-work> 5. <https://pmc.ncbi.nlm.nih.gov/articles/PMC2798610/6> 6. <https://www.nidcr.nih.gov/health-info/fluoride/the-story-of-fluoridation> 7. [https://nccdc.cdc.gov/doh\\_mwf/default/CountyList.aspx?state=Michigan&stateid=26&stateabbr=MI&reportLevel=28](https://nccdc.cdc.gov/doh_mwf/default/CountyList.aspx?state=Michigan&stateid=26&stateabbr=MI&reportLevel=28) 8. <https://www.oregon.gov/oha/PH/HEALTHYENVIRONMENTS/DRINKINGWATER/SOURCEWATER/DOMESTICWELLSAFETY/Documents/Contaminant%20Factsheets/Fluoride.pdf> 9. <https://theconversation.com/four-myths-about-water-fluoridation-and-why-theyre-wrong-80669>

# ORAL HEALTH AN ATTAINABLE RESOLUTION

The GTB Dental Clinic Staff hope that everyone has had a wonderful Christmas and New Year's Celebration filled with family, friends, and fun.

## PRIORITIZE ORAL HEALTH

As we head into the New Year, and are making resolutions for 2025, consider prioritizing you and your family's oral health as a simple and attainable resolution.

## BRUSH 2 MINUTES TWICE A DAY

Simply committing to brushing for two minutes, twice daily, will have significant and noticeable impacts on your daily life. You'll notice a whiter smile, fresher breath, less or no cavities, and less visits to the dentist!

## ACHIEVE YOUR GOAL

You can achieve this goal simply by using a fluoridated toothpaste, toothbrush, and floss at home to prepare yourself to stick to your resolution of brushing your teeth twice a day for 2025 (and the years to come!). A good way to help yourself, and your family, stay on track with these goals is to use a worksheet to track your progress. Use the attached worksheet for each member of your family and keep track to see who can stick to their routine the best weekly, monthly, and throughout the year! We wish you the best in your resolution, we know you can do it! ,

- GTB Dental Team

(231) 534-7211

	M	T	W	T	F	S	S
Week 1	☆☆☆☆	☆☆☆☆	☆☆☆☆	☆☆☆☆	☆☆☆☆	☆☆☆☆	☆☆☆☆
Week 2	☆☆☆☆	☆☆☆☆	☆☆☆☆	☆☆☆☆	☆☆☆☆	☆☆☆☆	☆☆☆☆
Week 3	☆☆☆☆	☆☆☆☆	☆☆☆☆	☆☆☆☆	☆☆☆☆	☆☆☆☆	☆☆☆☆
Week 4	☆☆☆☆	☆☆☆☆	☆☆☆☆	☆☆☆☆	☆☆☆☆	☆☆☆☆	☆☆☆☆
Week 5	☆☆☆☆	☆☆☆☆	☆☆☆☆	☆☆☆☆	☆☆☆☆	☆☆☆☆	☆☆☆☆
Week 6	☆☆☆☆	☆☆☆☆	☆☆☆☆	☆☆☆☆	☆☆☆☆	☆☆☆☆	☆☆☆☆
Week 7	☆☆☆☆	☆☆☆☆	☆☆☆☆	☆☆☆☆	☆☆☆☆	☆☆☆☆	☆☆☆☆
Week 8	☆☆☆☆	☆☆☆☆	☆☆☆☆	☆☆☆☆	☆☆☆☆	☆☆☆☆	☆☆☆☆
Week 9	☆☆☆☆	☆☆☆☆	☆☆☆☆	☆☆☆☆	☆☆☆☆	☆☆☆☆	☆☆☆☆
Week 10	☆☆☆☆	☆☆☆☆	☆☆☆☆	☆☆☆☆	☆☆☆☆	☆☆☆☆	☆☆☆☆
Week 11	☆☆☆☆	☆☆☆☆	☆☆☆☆	☆☆☆☆	☆☆☆☆	☆☆☆☆	☆☆☆☆
Week 12	☆☆☆☆	☆☆☆☆	☆☆☆☆	☆☆☆☆	☆☆☆☆	☆☆☆☆	☆☆☆☆

★ TOOTH BRUSHING CHART ★



# GTB HEALTH SERVICES



## 2025 Medicare Outreach

Charlevoix Office	Tuesday, January 14 <sup>th</sup>	11 AM - 2 PM
Benzie Office	Thursday, January 16 <sup>th</sup>	11 AM - 2 PM
Elders Complex	Monday, January 20 <sup>th</sup>	11 AM - 12 PM
3 Mile Office	Tuesday, January 21 <sup>st</sup>	11 AM - 2 PM
Medicine Lodge	Thursday, January 23 <sup>rd</sup>	10 AM - 12 PM

Early submissions are welcome!

Please bring your 2025 SSA Statement with \$185.00 Part B deduction

**Inclement weather, call G.T.B. Snow Closures 231-534-7669 or my cell 231-360-7195**

G.T.B. closure/delay is considered a closure for the outreach.

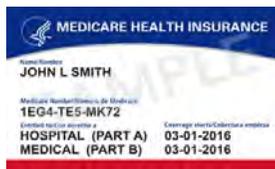
**Documents received after January 23, 2025, will be considered late.**

Late documents are delayed until the month following submission.

Stella Bailey

Office: 231-534-7931 Text: 231-360-7195

Email: [stella.bailey@gtb-nsn.gov](mailto:stella.bailey@gtb-nsn.gov)



**\*Please note if you are homebound or unable to make these dates contact your Elder's or CHR worker for assistance as well.**

## PHARMACY & EXPANSION TO GTB CLINIC

The Grand Traverse Band Health Services Department (Manoomin-Rice) are very excited to see the construction of the GTB Pharmacy and upgrades/expansion to our GTB Clinic. Because of this construction work you may see appointments moved to telehealth (via phone call) or rescheduled to another date for face-to-face. With all of this in mind, should you have an urgent or emergency medical matter please go to your closest Urgent care or Emergency facility or call 9-1-1.

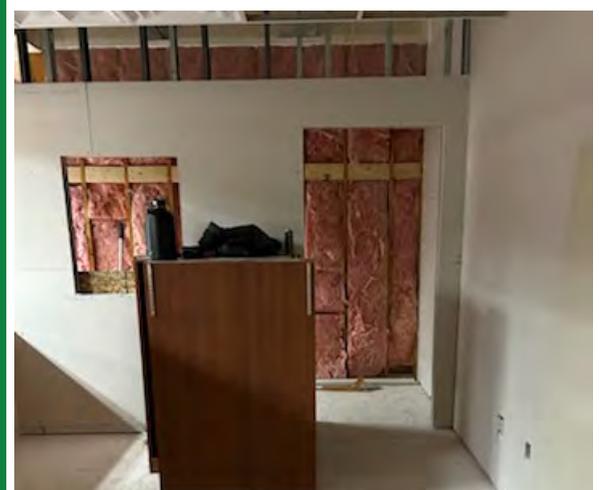
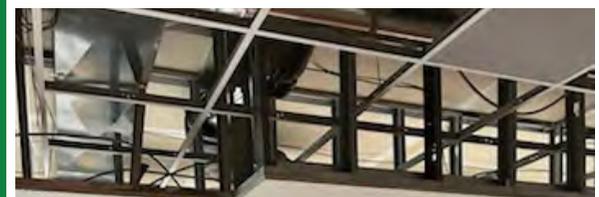
We will be closed for face-to-face visits January 6-10, 2025 at the Clinic and Dental patients will remain as scheduled.

Chi-Megwetch!

Sonya Zotigh, MPA  
GTB Health Administrator  
[Sonya.Zotigh2@gtb-nsn.gov](mailto:Sonya.Zotigh2@gtb-nsn.gov)  
231-534-7241 or cell: 231-463-7193

We are pleased to present a series of photographs documenting the progress of our NEW Pharmacy.

We kindly ask for your understanding as we navigate this expansion, which may result in some temporary disruptions.



## Grand Traverse Band Family Health Clinic 2025 Immunization Schedule



GTB FHC is pleased to offer seasonal Flu shots and COVID-19 booster vaccines to our clinic eligible clients. This includes GTB tribal members, any Federally recognized tribal member, GTB tribal member spouses, and GTB employees. Updated registration and consent form required prior to services.

DATE/TIME	LOCATIONS	OTHER INFORMATION
Available during regularly scheduled provider visits, and may receive during nurse walk-in hours M-F 9-11am and 2-4pm <i>while supply lasts</i>	<b>Medicine Lodge Clinic</b> 2300 N Stallman Rd Peshawbestown, MI	<b>HIGH-risk</b> are people aged 55 or above, chronic health problems such as diabetes, heart or kidney disease, asthma, people with weakened immune systems due to cancer, HIV/AIDS, long-term corticosteroid therapy, pregnant women, Health care workers; and children under 2 years old, children on aspirin therapy, or with sickle-cell anemia, or caregivers of these children and of children less than 6 months of age.
Every Friday 2-4pm at drive-thru outside shelters- as weather and staffing permits		

2nd COVID boosters available at GTB Clinic now!!

"Within our bodies, each of us has warrior cells that stand guard and attack diseases when they try to infect us.

For example, the flu shot provides instructions to our warrior cells on how to identify and fight the flu.

In some cases, we need more than one shot so our warrior cells can more fully protect us from illness. "

<https://www.indiancountryecho.org/vaccinative/>

CDC Summary of recent changes (last updated October 31, 2024):

People ages 65 years and older, vaccinated under the routine schedule, are recommended to receive 2 doses of any 2024-2025 COVID-19 vaccine separated by 2 to 6 months...

People ages 6 months and older who are moderately or severely immunocompromised are recommended to receive 2 age-appropriate doses of 2024-2025 COVID-19 vaccine 2 to 6 months apart; may receive additional doses under shared clinical decision making.

<https://www.cdc.gov/vaccines/covid-19/clinical-considerations/covid-19-vaccines-us.html#print>

Place Your Order for Free At-Home COVID-19 Tests!

- As of late September 2024, residential households in the U.S. are eligible for another order of 4 free at-home tests from USPS.com.
- Each order includes 4 individual rapid antigen COVID-19 tests. Orders will ship free. Go to website <https://covidtests.gov/>

Need help placing an order for your at-home tests? Call 1-800-232-0233 (TTY 1-888-720-7489).

Questions, please call GTB CLINIC  
Phone: (231) 534-7200  
Toll-free: 866-534-7750 ext. 7200  
Fax: (231) 534-7460  
E-mail: [Mari.Raphael@GTB-nsn.gov](mailto:Mari.Raphael@GTB-nsn.gov)



# AGRICULTURAL & FOOD SOVEREIGNTY JANUARY NEWS



## 2024 GTB SUGAR BUSH KITS DISTRIBUTED!

Only 5 GTB Citizens applied for the \$4,500 sugar bush kits by the November 15th due date. The 5 applications were made anonymous and were reviewed by a review committee that based their score on criteria that included: access to trees, history of safe and inclusive sugar bush operation, ability to store the equipment, how many youth are involved, and how many families are involved. The kits were distributed in December, and our new Traditional Sugar Bush Workshop Coordinator will be following up with all 5 recipients during the 2025 Sugar Bush Season to see how the new kits are being used. As we have mentioned in previous Newsletter articles this funding was made possible by a USDA – ACER grant. Acer is the scientific name for maple trees. The focus of this grant is to promote Anishinaabe sugar bush history and traditions both within the GTB community and throughout NW Lower Michigan. The families who received the kits this year were in Benzie, Antrim, Grand Traverse, and Leelanau Counties!



This was the final kit distribution we can offer as a part of this grant and we look forward to hearing how everyone is enjoying the use of this new equipment and the products they can share with their families.

## NEW GTB TRADITIONAL SUGAR BUSH WORKSHOP INSTRUCTOR

We are happy to announce that Tanya and Wa'Sinade Raphael have taken on the contract position of GTB Traditional Sugar Bush Workshop Instructor and Assistant for the 2025 Sugar Bush season. The Raphael and Concannon families have been practicing sugar bush for many generations and the two bring a great deal of experience with hosting events, cooking for gatherings, and teaching sugar bush traditions. We will be planning for a BIG sugar bush season in 2025, with the GTB Sugar Bush on Putnam Road expanding to include nearly 600 taps; up from 250 taps in 2023. As many of you recall we did not tap trees in 2024 due to the unusually warm winter weather. Tribal communities from around the upper Midwest also did not tap. Tanya and Wa'Sinade are in the early phases of planning for the 2025 Sugar Bush Season, but tentatively are planning on hosting a Sugar Bush Camp that will involve cooking outside and spending several days helping the GTB community connect with this important Winter and early Spring tradition. With this 2025 programming we hope to have new outdoor signage made as well as a welcome sign and other infrastructure that will make the GTB Sugar Bush more conducive to hosting the school field trips, community events, and other programming.



## EGLE GRANT CONCLUDED; MORE FUNDING EN ROUTE

In 2021 GTB Agriculture Manager William Derouin applied for and received ~\$400,000 to begin a fish waste composting program at the Peshawbestown Farm. In September 2024 we concluded this grant period. This grant funded a new tractor, a flatbed truck, a 40'x 60' fish hydrolysate (liquid fertilizer) production facility, as well as tools and equipment to make fish compost and a fish hydrolysate. Over these three years over 160,000 pounds of fish were diverted from landfill and either composed or turned into hydrolysate at the GTB Peshawbestown Farm. GTB Agriculture no longer purchases bulk fertilizer and rather is able to create all the fertilizer needed. In the same month, GTB Agriculture sought more funding from the State of Michigan EGLE Organic Waste Infrastructure Grant to fund more equipment and supplies to continue this work through 2027. It is expected that we will be awarded these additional funds by the end the



year. These new funds will provide a larger tractor for managing the compost piles, a compost screener for making more desirable compost, and a covered concrete compost bay system that will allow for more secure and stable storage of the finished compost.

## NMÉ (LAKE STURGEON) PERMIT LOTTERY

The Grand Traverse Band of Ottawa and Chippewa Indians Natural Resources Department (GTB-NRD) is excited to announce a unique opportunity for fishing enthusiasts: a permit lottery for the harvest of Lake Sturgeon in Black Lake, located in Cheboygan and Presque Isle counties. This special permit will be valid until **December 31, 2025**, offering anglers a rare chance to participate in the sustainable harvest of this important species.

Individuals interested in entering the lottery can submit their names through a variety of convenient methods. Participants can call the department directly, send an email, visit in person, or utilize the newly developed app. To make it even easier, simply scan the QR code provided to access the app.

**The DEADLINE for all entries is JANUARY 10<sup>TH</sup> AT 5 PM**, so be sure to act quickly to secure your chance in this exciting lottery.

For further details or to enter your name into the lottery, contact the Natural Resources Department:

Phone: 231-534-7500 (Leave a message if no one answers)  
Email: [NRD@GTB-NSN.GOV](mailto:NRD@GTB-NSN.GOV)  
App: [HUNT@GTBINDIANS.ORG](mailto:HUNT@GTBINDIANS.ORG) (Scan the QR code for quick access)



This initiative not only promotes the conservation of Lake Sturgeon but also encourages community engagement and sustainable fishing practices. Don't miss out on this incredible opportunity to make your mark in the world of fishing!



# NATURAL RESOURCES DEPARTMENT JANUARY NEWS



# JANUARY IS NATIONAL RADON ACTION MONTH!

Radon is an odorless, invisible, and radioactive gas naturally released from rocks, soil, and water. Radon can enter homes and buildings through small cracks or holes and accumulate in the air.



### Radon can enter your home in many ways:

- Cracks in solid floors
- Construction joints
- Cracks in walls
- Gaps in suspended floors
- Gaps around service pipes
- Cavities inside walls
- The water supply



[www.epa.gov/radon](http://www.epa.gov/radon)

\*You do NOT need to have a basement for Radon to be in your home.\*

## Radon Facts:

- #1 environmental cause of any cancer
- #1 cause of lung cancer among people who have never smoked.
- There is a **10x** risk of lung cancer among people who smoke compared to never smokers
- On average, **1-in-4** Michigan homes have Radon levels exceeding 4.0 pCi/L
- If Radon levels exceed 4.0 pCi/L, it is recommended to install a **Radon Mitigation System**

### Radon Test Levels pCi/L



- 0.4 - The U.S. outdoor average
- 1.3 - The U.S. indoor average
- 2.7 - WHO recommended Radon Action Level
- 4.0 - EPA recommended Radon Action Level. Retest and consider installing a Radon Mitigation System
- Over 4.0 - Retest and install a Radon Mitigation System

## RESEARCHING LAKE TROUT & LAKE WHITEFISH

GTB's Natural Resources Department (NRD) have been braving the elements as a part of a research effort to learn more about Namegos (Lake Trout) and Adikameg (Lake Whitefish) out in Grand Traverse Bay. These fish populations are lower than historic numbers and face several obstacles.

These fish gather near the rocky nearshore reefs in Grand Traverse Bays to spawn in the fall and early winter. A research grant was awarded to deploy cameras underwater to see when and how many fish are gathering near the reefs. Cameras are placed in a waterproof housing and attached to frames we call "pods". Each pod has two paired cameras per side, two facing forward, and two facing backwards. This camera setup allows us to identify the number, size, and species of the fish that swim by the cameras.



Currently, these cameras are set out for an hour at a time, and we are working towards long-term deployment soon. Keep an eye out for more updates as we continue to gather and review footage. The Natural Resources Department is excited to continue this research project and learn more about when and how many of these important fish are gathering to reproduce in the freshwater reefs.

# PUBLIC SAFETY

## GTB Appoints Emergency Management Deputies & Adopts Hazard Mitigation Plans

The Tribal Council appointed a GTB Emergency Manager Coordinator First Deputy and Second Deputy on 11/27/2024 to coordinate all mitigation, preparedness, response, and recovery activities for all emergency or disaster situations. Congratulations to Scott Mitchell as the EMC First Deputy and Dan Black as the EMC Second Deputy. Both individuals participate on GTB Local Planning Team meetings and have received emergency preparedness trainings and certifications to coordinate and respond to emergencies within GTB.

GTB also adopted by Motion the Natural Hazard Mitigation Plans for Antrim, Benzie, Leelanau and Manistee counties as GTB has tribal lands in those counties. The Natural Hazard Mitigation Plans specifically addresses hazard mitigation strategies and plan maintenance procedures with the effect of protecting people and property from loss associated with those hazards. These plans will also make the Grand Traverse Band eligible for funding to alleviate the impacts of future hazards on tribal lands.

## Heating Your Home Safely This Winter

As temperatures drop and winter sets in, home heating becomes a necessity. However, did you know that home fires occur more frequently in the winter months than any other time of the year? The Grand Traverse Band of Ottawa and Chippewa Indians Public Safety Department reminds everyone to follow these critical tips to keep your family safe and warm this season.

### HEATING SAFETY TIPS

- **Keep a Safe Distance:** Ensure that anything flammable is kept at least 3 feet away from heat sources such as fireplaces, wood stoves, radiators, space heaters, and candles.
- **Avoid Dangerous Shortcuts:** Never use an oven to heat your home. It's not designed for this purpose and can be a fire or health hazard.
- **Space Heater Safety:** Turn off space heaters when leaving a room or before going to bed. Unattended heaters can quickly lead to fires.
- **Maintain Equipment:** Have your heating equipment and chimneys inspected and cleaned annually by a professional to prevent blockages and hazards.

### PORTABLE GENERATORS AND WINTER STORMS

Winter storms often bring power outages, making portable generators essential for many households. However, unsafe use can result in serious injuries or even death.

### FOLLOW THESE GUIDELINES WHEN USING A GENERATOR:

- **Use Generators Outdoors:** Operate portable generators in well-ventilated areas outside, far from doors, windows, and vents to prevent carbon monoxide (CO) poisoning.
- **Install Carbon Monoxide Detectors:** CO is an odorless, invisible gas that can be deadly. Install detectors and test

them regularly.

- **Avoid Wet Conditions:** Never use a generator in a wet area, as this can cause shock or electrocution.
- **Use Proper Cords:** Connect appliances to the generator using heavy-duty extension cords designed for outdoor use.
- **Refuel Safely:** Never refuel a running generator. Spilled gasoline on a hot engine can ignite and start a fire.

### NATURAL GAS SAFETY

For homes that rely on natural gas, safety is equally important. Be alert and prepared:

- **Gas Leaks:** If you smell gas or suspect a leak, evacuate immediately and call 911 once you are safely outside.
- **Know the Shut-Off Valve:** Familiarize yourself with how to shut off your gas supply in case of an emergency.
- **Install CO Detectors:** As with generators, ensure your home is equipped with carbon monoxide alarms for added safety.

By following these tips, you can prevent dangerous situations, protect your home, and keep your loved ones safe throughout the winter season.

For more winter safety resources, contact the Grand Traverse Band Public Safety Department or visit [www.gtbindians.org/publicsafety.asp](http://www.gtbindians.org/publicsafety.asp). Stay safe and stay warm!

## Be Prepared for Winter Storms

and install smoke and carbon monoxide detectors with battery backups.

- **Gather Supplies:** Have enough food, water, medications, and pet supplies for at least 3 days.
- **Emergency Car Kit:** Include jumper cables, sand, blankets, warm clothes, bottled water, non-perishable snacks, and a full gas tank.

### DURING THE STORM

- **Stay Indoors:** Dress warmly and avoid going outside unless necessary. If you must go out, wear layers and watch for signs of frostbite and hypothermia.
- **Stay Off Roads:** Travel only if essential. If trapped in your car, stay inside for warmth and safety.
- **Use Generators Safely:** Operate generators outdoors, away from windows, to prevent carbon monoxide poisoning.
- **Shovel Safely:** Avoid overexertion when shoveling snow to reduce the risk of heart attacks.

### RECOGNIZE FROSTBITE & HYPOTHERMIA

- **Frostbite:** Numbness, white/grayish skin, or waxy texture. Warm affected areas gently—do not massage.
- **Hypothermia:** Shivering, confusion, slurred speech, and drowsiness. Warm the center of the body first and use blankets.

### POWER OUTAGE ESSENTIALS

- Flashlights and spare batteries
- Battery-powered radio
- 3-day supply of food and water
- Phone chargers

Stay informed by monitoring weather alerts and checking on neighbors, especially older adults and children. Preparation is key to staying safe and warm during winter storms.

Learn more about winter and cold weather safety by scanning the QR code or following: [www.gtbindians.org/publicsafety.asp](http://www.gtbindians.org/publicsafety.asp)



Winter storms bring extreme cold, snow, ice, and high winds, increasing the risk of car accidents, hypothermia, frostbite, carbon monoxide poisoning, and heart attacks from overexertion. The Grand Traverse Band of Ottawa and Chippewa Indians Public Safety Department urges everyone to take steps to prepare and stay safe.

### BEFORE THE STORM

- **Prepare Your Home:** Insulate your home, prevent pipes from freezing,



# FIRE & RESCUE



## Cultural & Ceremonial Fire Safety in Winter

For many tribal communities, fire plays a vital role in cultural and ceremonial practices. During the winter months, when gatherings often take place indoors or around contained outdoor fires, it is essential to prioritize fire safety to protect both participants and sacred traditions.

### SAFE PRACTICES FOR CEREMONIAL FIRES

- 1. Designated Fire Keeper:** Assign a responsible individual as the fire keeper, ensuring that someone is always monitoring the fire to maintain control and safety.
- 2. Proper Location:** Ensure ceremonial fires are held in open, well-ventilated spaces. If indoors, confirm that the venue allows for open flames and has proper fire safety measures in place.
- 3. Weather Precautions:** For outdoor fires, choose a location protected from strong winds. Have water, sand, or fire extinguishers on hand to quickly manage unexpected flare-ups.
- 4. Fire Pit Maintenance:** Use fireproof materials to build the fire pit. If it's a permanent site, check for cracks or wear in the structure to prevent embers from escaping.
- 5. Clothing Awareness:** Encourage participants to wear non-flammable, fitted clothing to reduce the risk of accidental ignition near the fire.
- 6. Material Selection:** Burn only natural materials, such as untreated wood, to avoid toxic fumes.

Avoid accelerants, as they can cause uncontrollable flames.

- 7. Clear Boundaries:** Set up a clear perimeter around the fire to prevent individuals, especially children, from getting too close.
- 8. Ventilation for Indoor Fires:** If the ceremonial fire is held indoors, use proper ventilation to reduce smoke buildup and the risk of carbon monoxide poisoning. Carbon monoxide detectors should be in place and tested before the ceremony.

### EDUCATING THE COMMUNITY

The Grand Traverse Band Fire Department encourages tribal members to balance cultural practices with modern safety precautions. Hosting community workshops or distributing educational materials on ceremonial fire safety can help spread awareness and ensure safe practices are followed.

### RESPECTING TRADITIONS WHILE ENSURING SAFETY

Fire ceremonies carry deep spiritual significance, and safety measures should enhance, not hinder, these practices. By incorporating fire safety into cultural traditions, tribal communities can honor their heritage while safeguarding lives and property.

The GTB Fire Department is committed to supporting the community in maintaining safe ceremonial practices. If you have questions or need assistance, contact us for guidance.

## New Year, New Commitment to Fire Safety

As the New Year unfolds, the Grand Traverse Band is championing a fresh commitment to fire safety within the community. This initiative aims to raise awareness and instill proactive measures to safeguard homes and families throughout the upcoming year.

### Building a Fire-Safe Home:

- 1. Check Smoke Alarms:** Start the year right by ensuring that smoke alarms are in working order. Test alarms monthly and replace batteries at least once a year to guarantee optimal functionality.
- 2. Home Fire Drills:** Make practicing fire escape plans a priority. Conduct regular home fire drills with family members to ensure everyone knows the quickest and safest way out of the house.
- 3. Kitchen Vigilance:** The heart of many homes, the kitchen demands special attention. Keep flammable materials away from the stove, never leave cooking unattended, and have a fire extinguisher within easy reach.

### Preventing Electrical Fires:

- 4. Electrical Inspections:** Schedule a professional inspection of your home's electrical system. Addressing potential issues can prevent electrical fires, protecting your home and loved ones.
- 5. Plug Safety:** Avoid overloading electrical outlets and power strips.

Unplug appliances and devices when not in use to reduce the risk of electrical fires.

### Winter Fire Safety:

- 6. Heating System Maintenance:** Ensure your heating system is in peak condition. Regular maintenance can prevent malfunctions that may lead to fires, especially during the colder months.
- 7. Space Heater Caution:** If using space heaters, keep them at a safe distance from flammable materials and turn them off before leaving the room. Consider investing in newer models with safety features.

### Community Collaboration:

- 8. Spread the Word:** Encourage neighbors and friends to prioritize fire safety in their homes. Establish a community dialogue about the importance of prevention and preparedness.
- 9. GTB Fire Department Partnership:** Foster a connection with the GTB fire department. Attend community events, engage in fire safety workshops, and explore ways to collaborate on initiatives that benefit everyone.

By making fire safety a resolution for the New Year, the Grand Traverse Band community can collectively contribute to a safer and more secure environment. Let's ring in 2023 with a commitment to protecting what matters most – our homes and the well-being of those we hold dear.

## Firework Tips to Celebrate New Year's Safely

As festivities light up the night, prioritize safety for a spectacular celebration. Choose an open area away from structures and dry vegetation. Opt for quality fireworks, following instructions diligently. Assign firework duties to responsible adults, keeping kids and pets at a safe distance. Wear safety gear, secure loose clothing, and have water nearby for emergencies.

Remember the one-at-a-time rule when lighting fireworks,

maintaining a safe distance. Never relight malfunctioning ones. Stay sober; alcohol and fireworks don't mix. After the display, soak used fireworks in water before disposal.

In case of a firework disaster, please call 911 promptly. By embracing these firework safety essentials, you can ensure a joyous New Year's Eve without compromising on safety.

Celebrate responsibly, and welcome the new year with both dazzle and caution.

**Fireworks** start an average of 18,500 fires each year, including **1,300 structure fires**, 300 vehicle fires and nearly 17,000 other fires!

**Sparklers** alone account for more than **25%** of emergency room visits for fireworks injuries. For **child under 5**, sparklers accounted for **nearly half** of the total estimated injuries.

Consider using safer alternatives, such as glow sticks, confetti poppers, or colored streamers for your celebration!

Advertisements, call 231-534-7008 or Email: [GTBGovt.News@gtb-nsn.gov](mailto:GTBGovt.News@gtb-nsn.gov)  
 Subject: "Classifieds". Please have all submissions & payments sent by the 3<sup>rd</sup> Friday of each month. Classified rates: \$10 for 15 words or less, and 75 cents per additional word. Any thumbnail image costs an additional \$15. \*Postings are subject to change daily.

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100 Employment

Government Operations

AFS Victims Shelter Coordinator (FT)

Associate's Degree in Social Work, Sociology, Psychology, Family Studies, or related field, or a min. of (3) years' direct management experience in an emergency shelter, group home, crisis intervention, or homeless shelter services required. A min. of (2) yrs experience as a professional/paraprofessional experience in prevention and the provision of services to survivors of domestic violence, sexual assault, stalking, dating violence & victims of crime required. A min. of (1) yr experience of case management required. Must have a valid unrestricted Driver's License & be insurable by the GTB insurance carrier. -\$47,987/yr 8.8.23- until filled

Behavioral Health Supervisor (FT)

Master's Degree in Psychology, Counseling, Social Work, Psychiatric Nursing, or related field required. State of Michigan full Licensure required. Min. of 4yrs experience providing substance abuse and/or mental health counseling of high risk populations including mental health, substance abuse and addictive disorders, and/or prevention/community education services required. Min. of 3yrs experience in a supervisory position required. Certified Advanced Alcohol & Drug Counselor (CAADC), or ability to obtain within 1yr. Must have a valid unrestricted driver license & be insurable by the GTB insurance carrier. -\$76,174/yr DOE - until filled

Benefits Coordinator - PRC (FT)

Associate's Degree in Business Administration, Social Work, Health Administration or related field required. Must have direct experience and demonstrated proficiency working with Medicare Part A, B & D, Medicaid, SSI, VA, and other medical billing. Must have a valid unrestricted driver license & be insurable by the GTB insurance carrier. -\$47,987/yr - until filled

Dental Hygienist (FT)

Associates Degree in Dental Hygiene and Licensure in State of Michigan.(24) hrs of biennial continuing education including four hours' HIV-AIDS & (3) hrs CPR training. Competence in operation of standard dental equipment: cavatron, prophyljet, X-ray, radiograph processor, panelipse, dental chair & unit, sterilizers, hand scalers, and currettes. At least (1) yr of experience as a full time dental hygienist preferred. -\$36.62/hr - until filled

EHS Education & Family Services Coordinator (FT)

Must have a BA in Human Services or Social Work field. Must have experience in a supervisory position, with strong team leadership skills. One to three years experience in working in an Early Head Start and/or Head Start program preferred. Previous experience in the field, with skills in classroom

management, and curriculum planning. Must obtain CPR/First Aid certification. - \$ 4 3 , 7 5 0 / y r 9.21.22- until filled

EHS/HS Bus & Classroom Aide (PT)

Must have High School diploma or GED. Must be able to effectively communicate with children & adults in an appropriate manner. Must be willing to obtain a CPR/First Aid certification. Ability to observe & evaluate children in a non-biased manner. Must be willing to & as well as obtain a CDA within first (2) yrs. of hire. -\$16.17/hr - until filled

EHS/HS Health & Disabilities Coordinator (FT)

Bachelor's Degree with strong emphasis in Health, Social Services, Psychology or Early Childhood Education. 1-3 yrs. experience preferred. Advanced knowledge of applicable law, regulations, rules & procedures of the Head Start/Early Head Start program. Must maintain current CPR/First Aid Certification -\$43,750/yr - until filled

(2) EHS/HS Home Visitor (FT)

An Associates Degree in Early Childhood Education required. A Bachelor's Degree & (1) yr of direct experience preferred. (3) yrs. of directly related experience. -\$19.52/hr - until filled

Facilities Maintenance I (FT)

High School diploma or GED. Must have at least three to (5) yrs experience in commercial building maintenance. Must have carpentry, plumbing & electrical repair experience. Must have knowledge of safety procedures & safety equipment recommended for use during the course of duty. Must pass test with 85% or better, practical test 100%. -\$17.29/hr - until filled

Head Start Teacher (FT)

Associates Degree, with a Child Development Certification, with emphasis in early childhood development, Bachelor's Degree preferred. Previous experience preferred with skills in classroom management & curriculum planning. Must maintain current CPR/First Aid certification. Must be proficient in the use of computers & programs such as word processing. Able to develop & implement short & long term educational goals. Good observational skills & ability to summarize observed learning/social behaviors in children. -\$19.52/hr - until filled

Housing Utility Worker (FT)

High School Diploma or GED preferred. Must have some housekeeping experience. Must have a valid Michigan Driver's License and be insurable by the GTB insurance carrier. -\$16.17/hr - until filled

HS Bus & Classroom Aide (PT)

Must have High School diploma or GED. Must be able to effectively communicate with children & adults in an appropriate manner. Must be willing to obtain a CPR/First

Aid certification. Ability to observe and evaluate children in a non-biased manner. Must be willing to & as well as obtain a CDA within 1st 2yrs of hire. -\$16.17/hr - until filled

Law Enforcement Specialist/Program Director (FT)

Associate's Degree in Office Management or related area and four years of administration and secretarial experience required. A combination of education and work experience in the criminal justice field, sex offender management or closely related criminal justice field working with database information sharing implementation. Must have experience with SORNA Code, management and requirements to maintain SORNA compliancy requirements. Must have experience with assisting victims of crime. Must have a valid unrestricted driver license & be insurable by the GTB insurance carrier. -\$43,188/yr - until filled

On-Call Receptionist - Charlevoix (ON-CALL)

Must have High School Diploma or GED equivalent. Prefer (1) yr experience in office management. Must have basic math skills & written skills. -\$14.22/hr - until filled

Police Officer COPS (FT)

Must be at least 21 Years of Age at the time of hire High School diploma required, Associates Degree preferred in law enforcement, criminal justice, corrections or related field. (1) yr. prior experience working in a law enforcement setting preferred. Must be certified or certifiable by Michigan Commission on Law Enforcement Standards Certification (MCOLES) required. Must obtain & maintain a BIA (Special Law Enforcement Commission) Must become LEIN certified Must complete Field Training Officer (FTO) Program for continuation of employment. Must be thoroughly familiar with all applicable policies & procedures, Federal Regulations, GTB Tribal Police Department Policies & Procedures, Tribal and State Criminal Codes, Children's Code, Tribal Constitution, Michigan Motor Vehicle, GTB Personnel Policy, Police Department Organic Resolution & Code, & all other applicable rules, regulations and statutes. -\$27.24/hr - until filled

Revenue Cycle and Data Manager (FT)

Bachelor's Degree in Business Administration or Finance. Thorough understanding of billing, collections & payment posting, revenue cycle, & third-party payers. Thorough understanding of budget management and reporting for business planning and development, as well as program-specific management & reporting. Thorough understanding of Database creation, data analysis, compiling and interpreting data from several systems. Two (2) to three (3) yrs. progressive & successful management experience preferred. Must have a valid unrestricted driver license and be insurable

by the GTB insurance carrier. -\$69,450/hr - until filled

Student Support Advisor - Charlevoix/Antrim (FT)

Associates Degree is required in social work, education, counseling, or related field\* Must have a valid unrestricted Driver's license & be insurable by the GTB insurance carrier. Must have a valid Chauffeur Driver's License. A min. of (3) yrs. experience working with Native American youths. Must maintain current CPR/First Aid certification. - \$ 1 9 . 5 2 / h r 10.25.22- until filled

Teacher (FT)

Must have a Bachelor's Degree and a valid Michigan Secondary Certificate. Must have one year min. of teaching experience working with students. Must have a valid unrestricted Driver's license & be insurable by the GTB insurance carrier. Must be able to attain and have a valid Chauffeur driver license. Must be able to attain and maintain current CPR/First Aid certification.. -\$43,750/yr - until filled

Tribal Prosecutor - Contractual (FT)

Any person shall be eligible to serve as Tribal Prosecutor only if he/she: Is an attorney in good standing licensed to practice law in any state in the United States and/ or is a member of the Grand Traverse Band who has attained the age of eighteen (18); preferably a licensed attorney in good standing. Has not been convicted, within ten (10) years of such appointment, of any felony by a court of competent jurisdiction; and 2+ yrs. of professional related experience in prosecution; or any equivalent combination of education, experience, & training that provides the required knowledge, skills, & abilities. Must have a valid, unrestricted driver's license & be insurable with GTB's insurance carrier. -\$DOE - until filled

Utility Worker 2nd Shift (FT)

High school diploma or GED is preferred. Knowledge of safety procedures and safety equipment recommended for use during the course of duty. Must have good work habits, i.e., punctuality, and low absenteeism. -\$16.17/hr - until filled

Victims Shelter Assistant (FT)

Associates Degree in Social Work or a related field (Bachelor's Degree preferred). 1-year of case management experience. Successful work or volunteer experience in a human service setting preferred. 1-year or more years direct service experience in an emergency shelter or homeless service. 1-2 years of professional/paraprofessional experience in prevention and the provision of service to survivors of domestic violence, sexual assault, stalking, dating violence and victims of crime. Multicultural awareness. Must have a valid unrestricted Driver's License and be insurable by the GTB insurance carrier.

-\$21.75/hr - until filled

RFP - Corrective Exercise Instructor

The Bidder, through its written proposal, provide evidence of ability and experience to undertake the specified objectives/duties in this Request for Proposal. -\$RFP - until filled

RFP - Dental Hygienist (PT) Contractual 2024

Hygienist provider for patients in all age groups. The contract is for as-needed services when the staff Hygienist is unavailable. Hygienist will be paid for patient cancellations and GTB closure days (excludes Holidays). Commitment for (3) yrs. to the position. Must be a Licensed Hygienist in Michigan to include a CPR license. Liability insurance is required. -\$RFP - until filled

RFP - Medicine Lodge Housekeeping

The contractor will be responsible for providing all labor and equipment used to complete the requested Special Requirements - Contractor shall use caution to: Exercise care to prevent damage to all Tribal Ensure that existing buildings in the area can operate normally without disruption to daily working activities of The Grand Traverse band of Ottawa and Chippewa Indians. Ensure the facility will be secured after

RFP - Personal Trainer 2024-2025

Requesting bid proposals from companies or adult individuals for a Certified Personal Trainer position at the Strongheart Civic Center in Leelanau County. -\$RFP - until filled

RFP - Snow Removal and Lawn Maintenance 2024

Lawn maintenance for sidewalks and common areas by site. Snow removal for sidewalks. Liability insurance is required. -\$RFP - until filled

RFP - Survivor Legal Aid Attorney

All applicants must be State of Michigan bar licensed attorneys in good standing. All applicants should have experience with GTB Tribal laws, Indian Child Welfare Act (ICWA), Custody, Personal Protection Orders, Divorce, and the State of Michigan Laws, as well as be willing to apply and gain admission in The Grand Traverse Band Tribal Court if not already. -\$RFP - until filled

RFP - Yoga Instructor 2024-2025

GTB is looking to contract yoga instructor(s) for Leelanau County to lead yoga/meditation courses. Yoga classes will be one (1) hour sessions, held once a week at the Strongheart Civic Center. The contract will run from November 2024 through May 2025. -\$RFP - until filled

RFP - Serenity Ranch, LLC

Serenity Ranch, LLC is seeking proposals from qualified grant writers to assist in securing funding for our non-profit organization. The selected individual will be responsible for researching potential grant opportunities,

developing grant proposals, & submitting applications on behalf of Serenity Ranch. Interested parties should submit a proposal outlining their experience, qualifications, and proposed approach to securing grants for our organization. Please submit proposals to [info@serenityranchllc.com](mailto:info@serenityranchllc.com)

We look forward to partnering with a skilled grant writer to help further our mission at Serenity Ranch, LLC. . -\$RFP - until filled

120 Announcements

(2) VACANCY ON THE COMPENSATION COMMITTEE

(1) two-year term appointed by Tribal Council ending on November 16, 2024 and (1) two-year term appointed by Tribal Council ending on January 18, 2025. Submit letters of interest to [Amanda.golden@gtb-nsn.gov](mailto:Amanda.golden@gtb-nsn.gov)

(2) VACANCY ON THE ELECTION BOARD

(2) Open vacancies on the Election Board. Any interested Tribal Members send a letter of interest to Monique Clifford. Attn.: GTB Election Board 2605 N West Bay Shore Dr. Peshawbestown, MI 49682

150 Bereavement

Linda Stewart GTB Tribal Elder

Traverse City, MI 8/17/1947 – 11/25/2024 Respectfully Acknowledging Our Loss



Ernestine Dunaway GTB Tribal Elder

Winterhaven, FL 1/24/1947 – 12/15/2024 Respectfully Acknowledging Our Loss



Thelma "Tammy" Bullis GTB Tribal Elder

Suttons Bay, MI 3/25/1946 – 12/16/2024 Respectfully Acknowledging Our Loss



# HOME FOR SALE



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- Move-In Ready
- 1,930+ SF
- 4 Bedrooms | 2 Baths
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- Convenient Laundry Room
- Gas Fireplace
- 2 Main Living Spaces
- 2-Car Carport
- 3 Outdoor Sheds



231.492.0072



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Traverse City, MI  
49684



Holly Hack & Kate Reichard

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## Election Board Vacancy Announcement

The Grand Traverse Band of Ottawa and Chippewa Indians Election Board is Looking for Interested Candidates For Two (2) Open Vacancies On The Board. **Open Until Filled.**

Any Interested Tribal Member Please Send a Letter of Interest to Monique Clifford at:

**ATTN: GTB Election Board  
GTB Membership Department  
2605 N West Bay Shore Dr,  
Peshawbestown, MI 49682**

Grand Traverse Band News

Submissions due by the 3rd Friday each month  
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2605 N West Bay Shore Drive,  
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49682-9275

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**CHANGE OF ADDRESS FOR THE NEWSPAPER MUST BE DONE THROUGH THE MEMBERSHIP OFFICE.**

# TIERS to a New Year at Leelanau Sands Casino

WIN A SHARE OF UP TO

# \$45,000

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**SUNDAYS IN  
JANUARY**

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LeelanauSandsCasino.com | 800.922.2WIN

Please see Players Club for promotional rules and details. GTB Gaming employees are not eligible. Management reserves the right to alter or withdraw this promotion at any time. Owned and Operated by the Grand Traverse Band of Ottawa and Chippewa Indians.

# There are enough things out there going viral.



Get your COVID-19  
and flu vaccines.

Help keep your immune system  
from going viral. Talk to your  
health care provider.

[Michigan.gov/COVIDFluRSV](https://Michigan.gov/COVIDFluRSV)

