

Life is Sacred | Keep it Sacred

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Partner Agencies



Inter-Tribal Council of Michigan



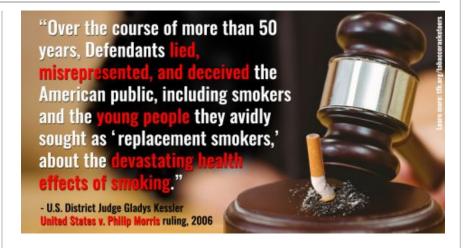
California Rural Indian Health Board



Great Plains Tribal Chairmen's Health Board

SEARHC

SouthEast Alaska Regional Health Consortium



Tobacco Companies to Run Court-Ordered Ads Telling the Truth About Their Deadly Products

By Stacy Smith - SEARHC

JUNEAU, Alaska – On November 26, under court order, tobacco companies Phillip Morris USA, Lorillard, R.J. Reynolds Tobacco Co. and Altria Group began a year-long advertising campaign telling the American people the truth about the deadly consequences of smoking and secondhand smoke.

In 2006, a federal court ordered the companies to make these "corrective statements" after finding them guilty of violating civil racketeering laws and how they marketed to children. The reason the ads began in 2017 rather than soon after the 2006 ruling is due to eleven years of appeals by the tobacco companies. During that time they fought, successfully, to remove the phrase "here is the truth"

from the corrective statements, which would have highlighted the fact that the industry deliberately deceived the public.

Public health advocates in Alaska welcome the corrective statement ads as they focus attention on the enormous public health problem caused by tobacco use and the need for significant action to save lives.

Despite significant progress in reducing smoking, tobacco use is still the leading preventable cause of death and disease in the United States, killing more than 480,000 Americans and costing the nation about \$170 billion in health care expenses each year.

"These ads serve as a reminder that tobacco's terrible toll is no accident. It is caused directly by the deceptive and even illegal practices of the tobacco industry," said Tammi Meissner, a SEARHC Health Educator and member of The Partnership for a Tobacco-Free SouthEast. "These ads should inspire our communities to stand up to the tobacco industry and take strong corrective action to reduce tobacco use and save lives in Alaska. That includes comprehensive smoke-free and tobacco-free policies."



In Alaska alone, 11.1 percent of high school students still smoke and 17.7 percent use electronic cigarettes. Every year, 300 kids become regular smokers. Tobacco use claims 600 Alaska lives and costs the state \$438 million in health care bills annually.

"The tobacco industry has long profited from deceptively promoting products that lead to disease, death, and economic hardship,' said Jessica Voeller, Tobacco Prevention Coordinator with Hoonah Indian Association, also a member of the Partnership for a Tobacco-Free SouthEast. "In Alaska, tobacco companies spend \$17.7 million yearly to market cigarettes and other tobacco products to young adults. Not surprisingly, nine out of 10 tobacco users start before the age of 18. We're hopeful these corrective statements will shine the light on the tobacco industry's decades long deceit and encourage political leaders to enact policies to help bring about the first tobacco-free generation."

In 1999, the U.S. Department of Justice sued the major cigarette manufacturers, charging they had violated the civil provisions of the Racketeer Influenced and Corrupt Organizations Act (RICO) and other laws. Tobacco company defendants in the case include Altria, its Philip Morris USA subsidiary, and R.J. Reynolds.

On August 17, 2006, U.S. District Judge Gladys Kessler issued her verdict against the companies. In a 1,683-page final opinion, she detailed how the tobacco companies "have marketed and sold their lethal products with zeal, with deception, with a singled-minded focus on their financial success, and without regard for the human tragedy or social costs that success exacted." Importantly, Judge Kessler concluded, "The evidence in this case clearly establishes that Defendants have not ceased engaging in unlawful activity."

Hudge Kessler ordered the tobacco companies to publish corrective statements on five topics about which they had deliberately deceived the public:

- the adverse health effects of smoking;
- addictiveness of smoking and nicotine;
- lack of significant health benefit from smoking "low tar," "ultra light," "mild," and "natural" cigarettes (products that have been deceptively marketed as less harmful than regular cigarettes);
- manipulation of cigarette design and composition to ensure optimum nicotine deliver; and
- adverse health effects of exposure to secondhand smoke.

"It is a step forward that Big Tobacco has been forced to issue these long-overdue corrective statements, but it's far from enough," said Kristin Cox, Tobacco Prevention Coordinator with the National Council on Alcoholism and Drug Dependence and member of the Partnership for a Tobacco-Free SouthEast. "The industry continues to market their deadly products to young people as well as target certain populations including racial and ethnic minorities, LGBTQ individuals, low-income communities, and people experiencing mental illness. Big Tobacco also continues to fight against the most effective policies to reduce commercial tobacco use."

The corrective statement ads started running November 26 in print and online in about 50 newspapers specified by the court. They will also run during prime time on the major television networks such as ABC, NBC, and CBS for one year. The ads are paid entirely by the tobacco companies. Once implementation details are finalized, tobacco companies must also publish the corrective statement son their websites and cigarette packs.

The corrective statement newspaper ads must run in the front section of Sunday newspapers such as the New York Times, USA Today, and the Wall Street Journal on November 26, December 10, January 7, February 4, and March 4.

Monica Martin joins CRIHB and NNN Team

The National Native Network welcomes Monica Martin to our team. Monica Martin has recently joined our team with the California Rural Indian Health Board as a Health Education Specialist. Monica will be helping with NNN work along with other CDC grant duties. Monica comes armed with public health and community level experience and hopes to strengthen tribal communities by providing education and technical assistance.

Inspiring others to live their healthiest and happiest. That is a motto that Monica lives and works by. Her greatest passion is helping community members adopt healthy lifestyles and





NNN Technical Assistance Webinars

The National Native
Network produces their
webinar series "Cancer Risk
Reduction in Indian Country
several times a year. Check
out our website for the
latest information.

For more information or to register for a webinar, visit us on <u>Facebook</u>, <u>Linked-In</u>, and <u>www.keepitsacred.org</u>.

Podcasts

We are adding podcasts to our resource line-up. Inter-Tribal Council of Michigan staff Josh Mayo is interviewing tribal experts in the field of public health and will release podcasts in the new year. Featured experts include Dr. Donald Warne from North Dakota State University, Dr. Linda Burhansstipanov from Native American Cancer Research, and the NNN Board of Directors.

gain access to resources that improve their environment. She truly believes education leads to empowerment.

Monica has enjoyed applying this philosophy in facilitating federal, state, and local health education courses on nutrition, physical activity, tobacco prevention, and mental health. She says that it is a pleasure teaching physical and mental fitness, healthy dieting, creating community gardens, developing health fairs, and sustaining community coalitions. When she is not teaching, she enjoys writing fiction and being outdoors.

As a health educator at California Rural Indian Health Board, Monica's focus will be on providing support to tribes who are working to address commercial tobacco prevention and cessation. her intent will be focused on providing program implementation and sustainability along with wellness trainings and conferences.

Monica's educational background includes a masters of science in public health education and promotion and a masters of public health from Walden University. She also has a bachelor's of arts in sociology from Georgia State University. She is also certified in various other health education programs.

Monica can be contacted at mmartin@crihb.org or 916-929-9761 x. 1524. Learn more about CRIHB at http://www.crihb.org/.

NNN & IHS HP/DP Webinar Archive — Traditional Tobacco

VIEW WEBINAR HERE

The Inter-Tribal Council of Michigan's National Native Network with Indian health Service Health Promotion & Disease Prevention present a webinar series: Cancer Risk Reduction in Indian Country.

Title: Traditional Tobacco

Presenter: Terra Houska, Tobacco Health Educator, Great Plains Tribal

Chairmen's Health Board

VIEW WEBINAR HERE

Learning Outcomes/Objectives:

By the end of the webinar, participants will be able to:

- 1. Examine the cultural and spiritual importance of traditional tobacco employed by the Lakota/Dakota.
- 2. Differentiate between traditional tobacco and commercial tobacco health effects.
- 3. Educate tribal communities on the harmful health effects of commercial tobacco use and assist with identifying resources for prevention and control.

Target Audience: Nurses, health educators, administrators, and support staff working with American Indian and/or Alaska Native communities.



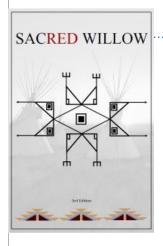
Terra Houska, Tobacco Health Educator at Great Plains Tribal Chairmen's Health Board.

Cervical Health Awareness Resources

VIEW RESOURCES HERE

January is Cervical Health and Cervical Cancer Awareness Month. Great Plains Breast and Cervical Cancer Early Detection Program (GP-BCCEDP) has created multiple resources to share in order to increase cervical cancer screening and HPV vaccination awareness. Below you will find a link to two HPV information sheets, a social media guide tailored to American Indian/Alaska Native individuals, and a cervical cancer factsheet. GP-BCCEDP encourages you to join in raising awareness about the devastation of cervical cancer as well as the hope that early detection can provide to women and families.

VIEW RESOURCES HERE



Sacred Willow Book

DOWNLOAD BOOK HERE

The Great Plains Tobacco Prevention Project developed the Sacred Willow Book to share stories about traditional tobacco. Traditional tobacco is tobacco and/or other plant mixtures grown or harvested and used by American Indians and Alaska Natives for ceremonial or medicinal purposes. There is a variety of "traditional tobacco" that the different tribes of the Great Plains use, in this book traditional tobacco is referred to as the plants that the Lakota/Dakota use as offering, smoking during prayer and ceremony. The book also describes the burdens of commercial tobacco and information about the Great Plains Region.

DOWNLOAD BOOK HERE

In a Good Way: Indigenous Commercial Tobacco Control Practices

LINK TO TOOLKIT HERE

This report intends to highlight tribally-based strategies developed over a 10-year period through the Centers for Disease Control and Prevention's (CDC's) formerly funded national Tribal Support Centers and through ClearWay MinnesotaSM's Tribal Tobacco Education

and Policy (TTEP) grant initiatives. The CDC's Tribal Support Centers were charged with advancing commercial tobacco control in tribal and American Indian/Alaska Native (AI/AN) communities across the country, and the TTEP initiative worked on advancing commercial tobacco-free policies on tribal lands in Minnesota. Both projects have worked to promote health in Indian Country for at least eight

to 10 years, working to reduce the harm of commercial tobacco and restoring traditional tobacco practices. It is crucial that we acknowledge that tobacco exists in two ways in American Indian communities. Commercial tobacco use causes death and disease and is marketed for pro t. Traditional tobacco use honors the Creator and is governed by cultural and ceremonial protocols.



This report is by no means intended to be a comprehensive look at the broad work around commercial tobacco education, advocacy and policy reform across the breadth of AI/AN communities, but we hope that it captures the key lessons and spirit of a time where increased resources were available to tackle one of the toughest health issues facing indigenous populations in the U.S. It is imperative to not approach the search for and replication of solutions with a 'one-size-fits-all' approach. Each of these communities is different, with varying traditions, cultural practices and relationships to traditional tobacco. Mainstream public health has largely failed to decrease commercial tobacco use rates in these communities. Solutions that have shown impact largely come from within the communities themselves: not top-down solutions, but those emerging from the grassroots.

The raw material for this report came in two forms, the rst of which was a two-day meeting at the offices of ClearWay MinnesotaSM in October of 2016. That meeting was followed by a series of individual interviews with the participants which gave the interviewer the opportunity to gather more details on issues and themes that had emerged in the meeting. What follows here will touch on these themes:

- The Role of Tobacco Traditions in Indian Country
- Reframing "Best Practices" From an indian Point of View
- Interventions That Empower All Generations

- Honoring Relationships, Building Capacity With Partnerships
- The Historical Context of Policy in Al/AN communities
- Building In-Roads Within Gaming Establishment
- Culturally Appropriate Messaging
- Educating Funders, Stakeholders, and Researchers
- The Power of Tribal Specific Data
- Reawakening and Reconnecting with Traditional Medicine

LINK TO TOOLKIT HERE

"Every Try Counts" Introduces Motivational Messaging at the Commercial Tobacco Point of Sale

The U.S. Food and Drug Administration announced an adult smoking cessation education campaign aimed at encouraging cigarette smokers to quit through messages of support that underscore the health benefits of quitting. These messages will be displayed in and around gas stations and convenience stores – retail locations where smokers face a multitude of triggers and that typically feature cigarette advertisements. The "Every Try Counts" campaign targets smokers ages 25-54 who have attempted to quit smoking in the last year but were unsuccessful.

"The 'Every Try Counts' campaign encourages smokers to rethink their next pack of cigarettes at the most critical of places - that point of sale. Commercial tobacco campaigns have long used advertisements at convenience stores and gas stations to promote their products, and we plan to use that same space to embolden smokers to quit instead," said FDA Commissioner Scott Gottlieb, M.D. "The FDA is committed to reducing commercial tobacco-related disease and death by helping people quit combustible cigarettes and implementing comprehensive policies to reduce addiction to nicotine."

"Cigarette smoking is responsible for an estimated 480,000 deaths in the U.S. each year. Despite declining rates of use among adults, 15 percent (36.5 million) of adults in the U.S. were cigarette smokers in 2015. Of those adult smokers, about 2 out of 3 (more than 22 million) say they'd like to quit. While more than 55 percent of adult smokers made a quit attempt in 2015, only about 7 percent were successful.

"Every Try Counts" seeks to celebrate each quit attempt as a positive step toward success because research shows those who have tried quitting before are more likely to try again, and those who have tried to quit multiple times have a higher likelihood of quitting for good. To further assist smokers trying to quit, the FDA has partnered with the National Institutes of Health's National Cancer Institute to create EveryTryCounts.gov, which provides smoking cessation resources and tools.

"Every Try Counts" is a part of the FDA's ongoing efforts to reduce the enormous public health burden of commercial tobacco use and will complement the agency's at-risk youth and young adult education campaigns aimed at prevention. The two-year campaign launches next month in 35 U.S. markets and features print, digital, radio, and out-of-home ads, such as billboards.

How Exercise is Key to Successfully Quitting Smoking

FULL ARTICLE HERE

New research has confirmed that exercise can help smokers finally kick the habit.

Experts at St. George's University of London, have examined the mechanism underlining exercise's way of protecting the body against nicotine dependence and withdrawal.

The study reveals that even moderate intensity exercise markedly reduces the severity of nicotine withdrawal symptoms.

Researchers also showed there was an increased activation of a type of receptor in the brain called α 7 nicotinic acetylcholine, which is a target of nicotine.

The findings support the protective effect of exercise preceding smoking cessation against the development of physical dependence, which may aid smoking cessation by reducing the severity of withdrawal symptoms.

Dr. Alexis Bailey, Senior Lecturer in Neuropharmacology, at St. George's, University of London, said: "The evidence suggests that exercise decreases nicotine withdrawal symptoms in humans; however, the mechanisms mediating this effect are unclear.

"Our research has shed light on how the protective effect of exercise against nicotine dependence actually works."

In the study, nicotine-treated mice that were undertaking two or 24 hours a day of wheel running exercise displayed significant reduction of withdrawal symptom severity compared with the sedentary group.

The research is published in the British Journal of Pharmacology.

Story Source:

Materials provided by University of St George's London. Note: Content may be edited for style and length.

Journal Reference:

Helen Keyworth, Polymnia Georgiou, Panos Zanos, Andre Veloso Rueda, Ying Chen, Ian Kitchen, Rosana Camarini, Mark Cropley, Alexis Bailey. Wheel running during chronic nicotine exposure is protective against mecamylamine-precipitated withdrawal and upregulates hippocampal a7 nACh receptors in mice. British Journal of Pharmacology, 2017; DOI: 10.1111/bph.14068

Promising Practices to Build Healthy Active Native Communities

VIEW RESOURCES HERE

The Association of American Indian Physicians' (AAIP) Healthy Active Native Communities project is working toward increasing access to and impact of obesity prevention projects in American Indian and Alaska Native (AI/AN) communities.



Through evidence-based research, the Centers for Disease Control and Prevention (CDC) Winnable Battles to prevent obesity have been found to be effective in non-Al/AN communities; however, are these nationally recommended obesity prevention strategies generalizable, culturally adaptable, and truly effective in Al/AN communities?

Japanese Company Gives Non-Smokers 6 Extra Holiday Days a Year to Compensate for Cigarette Breaks

FULL ARTICLE from MSNBC.com HERE

A Japanese company has granted non-smoking members of staff an additional six days of paid holiday a year after they complained they work more than colleagues who take cigarette breaks.

Marketing firm Piala Inc. introduced the new policy in September after members of staff expressed frustration over some colleagues going on smoking breaks throughout the day.

And since bosses announced the rule two months ago, 30 employees have taken advantage of the extra paid leave.

Hirotaka Matsushima, a spokesman for the company, told The Telegraph: "One of our non-smoking staff put a message in the company suggestion box earlier in the year saying that smoking breaks were causing problems.

"Our CEO saw the comment and agreed, so we are giving non-smokers some extra time off to compensate."

He said non-smoking employees were frustrated because the office is located on the 29th floor of a Tokyobased office block so anyone wanting a cigarette would need to travel down to the basement, taking up around 15 minutes of working time.

The CEO of the company, Takao Asuka, told Kyodo News that he hoped the incentive would encourage people to quit smoking.

It has so far helped four people to give up smoking.

Articles, Publications, and Research

- Campaign for Tobacco-Free Kids U.S. Racketeering Verdict Big Tobacco Guilty as Charged Corrective Statements Social Media Press Releases Resources to Share
- MMWR Prevalence of Obesity Among Adult, By Household Income and Education United States, 2011-2014
- MMWR Prevalence and Disparities in Tobacco Product Use Among American Indians/Alaska Natives United States, 2010-2015
- MMWR State Laws Regarding Indoor Public Use, Retail Sales, and Prices of Electronic Cigarettes U.S. States, Guam, Puerto Rico, and U.S. Virgin Islands, September 30, 2017
- CDC New Journal Supplement Examines Disparities in Cancer Survival
- <u>PubMed.gov</u> <u>The Relationship Between Neighborhood Disorder and Barriers to Cessation in a Sample of Impoverished Inner-City Smokers in Baltimore, Maryland, USA</u>
- PubMed.gov Attitudes Toward Smoke-Free Public Housing Among U.S. Adult, 2016
- Smoke-Free Multi-Unit Housing Calculator
- PubMed.gov Race/Ethnic Variations in Quitline Use Among U.S. Adult Tobacco Users in 45 States, 2011-2013
- CDC CDC Activities for Improving Implementation of Human Papillomavirus Vaccination, Cervical Cancer Screening, and Surveillance Worldwide
- MMWR Smoke-Free Policies in the World's 50 Busiest Airports August 2017
- MMWR Racial/Ethnic Health Disparities Among Rural Adults United States, 2012-2015

Opportunities

- Funding Opportunity Robert Wood Johnson Foundation Policies for Action: Policy and Law Research to Build a Culture of Health Due December 31, 2018
- Employment Opportunity Prevention & Policy Coordinator AICAF
- Employment Opportunity Research Manager AICAF

Events

January 18, 2018 - WEBINAR - "Business or Exploitation?" Exposure of the tobacco industry's exploitation of individuals with mental health conditions. - REGISTER

February 2, 2018 - EVENT - It's About a Billion Lives Symposium - LEARN MORE

April 11-13, 2018 - EVENT - Dialogue for Action - LEARN MORE

September 17-20, 2018 - EVENT - National Indian Health Board's 35th Annual National Tribal Health Conference - WEBSITE

FOR MORE AND THE LATEST EVENTS, VISIT KEEPITSACRED.ORG

SIGN UP FOR OUR NEWSLETTER HERE: http://keepitsacred.itcmi.org/about-us/contact-our-team/

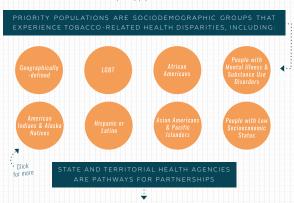
If you have an event or opportunity to share in the next NNN Newsletter, please call or email the National Native Network team at 906-632-6896 x108 or nnn@itcmi.org

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State and territorial health agencies develop and implement public health programs and policies to reach populations within their jurisdictions. In tobacco control and prevention, state and territorial health agencies have an important role to play in addressing the tobacco-related health disparities among priority populations.



Community agencies and partners are key to reaching priority populations. The CDC Consortium of National Networks to Impact Populations Experiencing Tobacco-Related and Cancer Health Disparities develops strategies to reduce the burden of tobacco on priority populations. The consortium is a resource to help state and territorial health agencies understand and reach these populations.

Click on the logos below for a link to each network and key stakeholders to engage for their respective priority population:



OPPORTUNITIES FOR STATE AND TERRITORIAL PUBLIC HEALT! LEADERS TO PRIORITIZE THESE POPULATIONS



ENGAGE

 Work with community members representing the priority population to find solutions.

Build long-term
relationships and trust
within the priority
population.

TAILOR

 Develop linguisticallyand culturally-appropriate materials in partnership with community members.

Emphasize importance of family support.



INTEGRATE

 Incorporate tobacco cessation and prevention into existing services and outlets that already reach priority populations.



EXPAND

 Increase health insurance and healthcare access for priority populations.

 Create community-clinical linkages with organizations whose missions support priority populations in a culturally-specific way.

The Association of State and Territorial Health Officials (ASTHO) is the national nonprofit organization representing public health agencies in the United States, its territories and freely associated states, Washington, D.C., and the more than 100,000 public health professionals that these 59 agencies employ. ASTHO members, the chief health officials of these jurisdictions, develop and influence public health policy and ensure excellence in governmental public health practice.

To learn more, please visit ASTHO.org.







COMMERCIAL TOBACCO USE

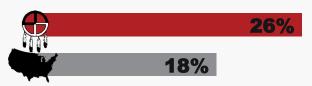


1 in 4

Al/AN adults smoke cigarettes.

At **26%**, that's **1.5 times**

greater than the US smoking rate.





Out of the 10 leading causes of death among AI/AN, 6 of them have been

linked to smoking.



Smoking commercial tobacco can damage every part of your body. Poisons in cigarette smoke weakens the body's immune system.



Smoking commercial tobacco causes cancer, heart disease, stroke, lung diseases, diabetes, and many other life-threatening diseases.



People who stop smoking commercial tobacco greatly reduce their risk for cancer, heart disease, lung disease, and early death.

There are health benefits from quitting smoking at any age.

WHAT YOU CAN DO



Tobacco users

- Call the quitline today (1-800-QUIT-NOW) for information, advice, support, and referrals to help you quit. The sooner you quit, the sooner your body can begin to heal, and the less likely you are to get sick from commercial tobacco use.
- Never smoke commercial tobacco in your home, vehicles, or around nonsmokers, especially children, pregnant women, and persons with heart disease or respiratory conditions.
- Ask a health provider or traditional healer for help quitting.



Community members

- Make your home and vehicles 100% smoke-free 24/7 from commercial tobacco smoke.
- Don't start, if you aren't already using commercial tobacco.
- Tell your community leaders you support commercial tobacco control programs and smoke-free policies in all indoor air environments.
- Teach children about the health risks of smoking commercial tobacco and secondhand smoke.
- Encourage friends, family, and coworkers to quit. Support them in their efforts.



Health care providers

- Ask your patients if they use commercial tobacco; if they do, help them quit.
- Advise all patients to make their homes and vehicles 100% smoke-free 24/7 from commercial tobacco smoke.
- Make quitting commercial tobacco part of an overall approach to health and wellness.
- Advise nonsmokers to avoid secondhand smoke exposure, especially if they are pregnant or have heart disease or respiratory conditions.
- Refer patients to recommended resources and support groups.



Community leaders

- Fund comprehensive commercial tobacco control programs.
- Designate all indoor air environments 100% smoke-free from commercial tobacco smoke
- Increase the price of all commercial tobacco products.
- Implement hard-hitting media campaigns that raise public awareness of the danger from commercial tobacco use and secondhand smoke exposure.
- Reduce commercial tobacco use by making these products less accessible, affordable, and desirable.



This infographic was supported by the Cooperative Agreement Number DP004979 funded by the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention or the Department of Health and Human Services.

A Federal Court has ordered R.J. Reynolds Tobacco, Philip Morris USA, Altria, and Lorillard to make this statement about the health effects of smoking.

- Smoking kills, on average, 1,200
 Americans. Every day.
- More people die every year from smoking than from murder, AIDS, suicide, drugs, car crashes, and alcohol, combined.
- Smoking causes heart disease, emphysema, acute myeloid leukemia, and cancer of the mouth, esophagus, larynx, lung, stomach, kidney, bladder, and pancreas.
- Smoking also causes reduced fertility, low birth weight in newborns, and cancer of the cervix.



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