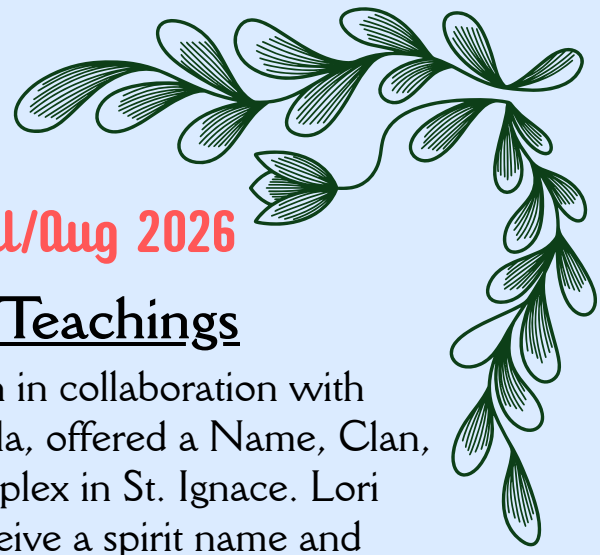


Community Health Education Newsletter

Jul/Aug 2026



Name, Clan, and Color Teachings

On Thursday, June 25th, Community Health Education in collaboration with Sault Tribe Traditional Medicine, led by Lori Gambardella, offered a Name, Clan, and Color Teachings class at the Sault Tribe Senior Complex in St. Ignace. Lori provided participants with information about how to receive a spirit name and why it is important.

Seven Grandfather Teachings

On Tuesday, June 30th, Community Health Education hosted a workshop that included traditional art and the Seven Grandfather Teachings. Materials were provided to paint stones as reminders of the moral teachings. Sue St.Onge, YEA Coordinator, led the teachings. The Seven Grandfather Teachings are a set of guiding principles from Anishinaabe culture that have been passed down for generations. Love, respect, bravery, truth, honesty, humility, and wisdom represent the Seven Teachings.

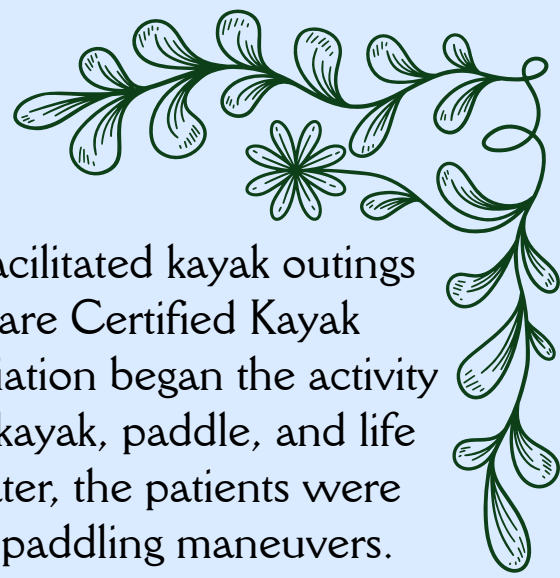
The teachings emphasize that no single principle stands alone. Each must be lived in balance with the others. For example, wisdom without love is incomplete, and honesty without respect is hollow. They encourage living in harmony with the Earth, honoring relationships, and making choices that reflect integrity and care for all life. These teachings remain relevant today, guiding individuals and communities toward peace, respect, and sustainable living.

Sault Area Arts Council (SAAC) Partnership

Community Health Education continues to partner with SAAC to offer traditional programming. In June, the SAAC provided classes on Black Ash Medallions, Sweetgrass Medallions, and Buffalo Hide Moccasins.



Kayaking with the Medical Fitness Program



The Community Health Medical Fitness Program facilitated kayak outings in July. Exercise Physiologists, Josh and Eric, who are Certified Kayak Group Leaders through the American Canoe Association began the activity by demonstrating the proper use of the equipment (kayak, paddle, and life jackets) on land at Harvey Marina. Once on the water, the patients were instructed on the proper handling of the kayaks and paddling maneuvers. Once they had an understanding of how to maneuver the vessels, they set sail for Voyager Island. The participants were able to see the goats on Steere Island, which is always a unique experience.



Community Health Education Group Lead Hikes

Community Health Educator, Cody McLaren, facilitates weekly 1 hour group hikes on Tuesdays from 10:30am-11:30am that promote physical activity, diabetes prevention, and obesity prevention. The walks rotate between 4 different walking trails within Sault Ste. Marie city limits. Attendance is recorded to incentivize participation. Prizes are awarded after completing 2 months of participating in the trail walks.



The Community Walking Group is still going strong at the Big Bear in-door track on Wednesdays from 10:00-11:00am. For more information, contact Cody @ 906-632-5210.



Canning and Preserving Workshops



Workshops were taught in Munising and Sault Ste. Marie by MSU-Extension food safety educator, Stephanie Ostrenga-Sprague. She provided education on water-bath canning and the importance of following food safety guidelines. Participants learned how to safely prepare ingredients, different canning tools, and the process of canning using recipes. Participants took part in each step from prepping and cooking the food to filling and water-bath canning their own jars of strawberry jam. During processing times, Health Education provided teachings on traditional language and nutrition about wild berries.

Our next workshop will be located in the Sault on 7/21/26.

Call Community Health for more information @ 906-632-5210.



Freezer Jam : St. Ignace on 7/27/26,

Hessel on 8/10/26, and

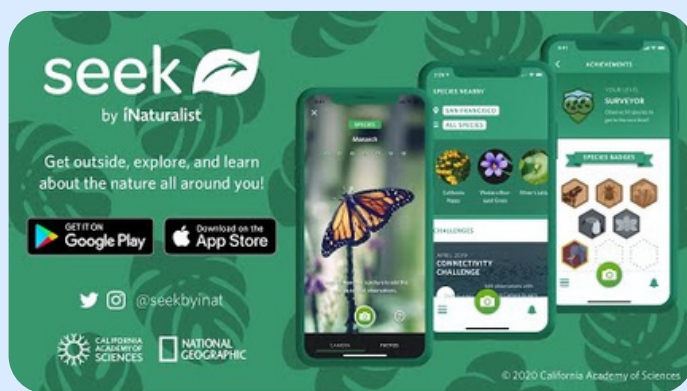
DeTour on 8/24/26

Community Health Education has partnered with Sault Tribe Nutritional Services to provide freezer jam workshops. Contact Terri Allan for more information @ 906-643-6869.



St. Ignace YEA Plant Identification Hike

Health Education partnered with St. Ignace YEA for a snack and hike. Using the iNaturalist app, we hiked the National Forest trail and identified many different plants. The children were given a check list of plants to find. Discussions were held about which plants were safe and how they were and are used by Native Americans for sustenance and healing.



Youth Education Programming

Community Health Education collaborated with Sault Tribe Early Childhood Education to offer interactive health and nutrition programming. Integrated into the parent/child after school meetings, Health Education offered 3 workshops in May/June: Three Sisters Planting, Wild Berry Smoothie, and Freezer Jam.

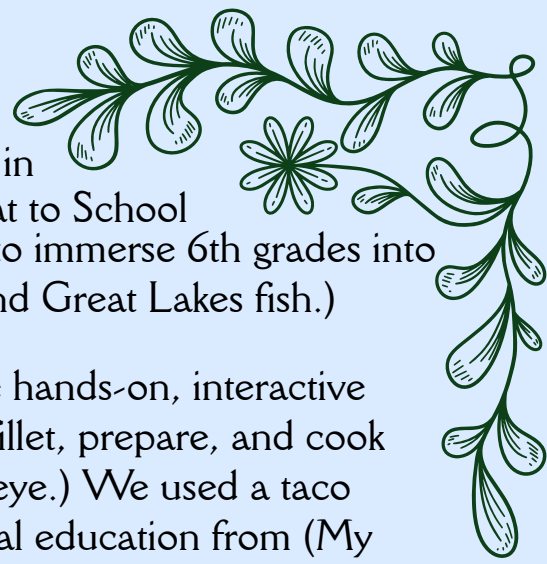


Youth Education Programming cont.



Health Education took part in JKL Bahweting school's Boat to School week (a program designed to immerse 6th grades into local food sovereignty around Great Lakes fish.)

The youth were able to see hands-on, interactive demonstrations on how to fillet, prepare, and cook the fish (whitefish and walleye.) We used a taco recipe to reinforce nutritional education from (My Native Plate) adding whole grains, fruits, and vegetables to the recipe/food sample.



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