

Sault Tribe Health Division Presents



Community Health Education Newsletter

September/October 2026

Sault Tribe Fall Health Fairs

Harvest your Health

All fairs are from 10am-2pm

October 1

St. Ignace Kewadin Casino Tent

October 2

Manistique Tribal Health Center

October 6

Sault Kewadin Casino Theatre
Sault Tribe Marquette Community Center

October 8

Detour EUP Fine Arts Hall
Munising Tribal Health Center

October 9

Hessel Tribal Youth & Fitness Center
Sault Tribe Escanaba Community Center

Community Health Education's Walking Group



Health Education's outdoor walking group hiked among the blueberries in the Hiawatha National Forest in Raco. For more information about our walking groups, call Community Health at 906-632-5210.



ACA Group Leader Kayak Training

Sault Tribe Community Health Educators, Cody McLaren and Lyndee Zeigler, together with Diabetes Fitness Trainer, Ryan Jones, attended an American Canoe Association (ACA) Level 2: Essentials of Kayak Touring and Trip Leader Skills Course in Marquette, Michigan on August 17 and August 18. James Lasak III, an avid winter kayaking surfer and owner of Apostle Islands Kayaking Express, organized, facilitated, and instructed the course.

Participant's built confidence and technical paddling proficiency on calm inland and coastal waters, along with training in group management, risk assessments, on-water leadership, and trip planning.



Drum Workshop



Sault Tribe Health Education partnered with Language and Culture to facilitate a hand drum workshop for the Sault Tribe YEA summer program on August 4th at the McCann Building in St. Ignace. Drum teachings were provided and students learned a song in Anishinaabemowin. When the children finished their drums, Health Educator, Terri Allan, taught the children how to fasten tobacco ties.



Sault Riverfest

Sault Tribe Health Education collaborated with the Sault Ste. Marie Building a Healthier Community Coalition (BHCC) and the Chippewa County Community Foundation to host the annual Sault Ste. Marie Riverfest Event to attract community families and highlight the area's many opportunities for outdoor and water-based activities.





Pow Wow Teachings



On August 8th, Community Health Education partnered with Sarah Archer to provide a Pow Wow teachings workshop. The workshop took place in the Long House on the grounds of the St. Ignace Museum of Ojibwa Culture. Sarah shared teachings on different dance styles: Traditional, Fancy, and Jingle. Sarah also provided instruction on dance steps, including the two step and round dance. A discussion was held on how to choose what dance is best for each dress during lunch and participants asked many questions. All participants were able to practice each dance step. Furthermore, Pow Wow etiquette was discussed with participants. Visitors to the Museum grounds passed through and were able to hear our teachings being provided.



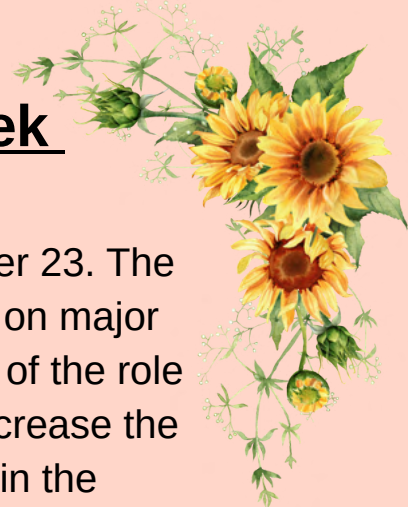
Regalia workshop for Early Childhood Education

Community Health Education and the Early Head Start program came together to create regalia for their end of the year celebration. Dalinda Brissette shared her vast knowledge and skills in sewing with the participants; teaching them how to thread a sewing machine, layout of the material, cutting of the material, and a few other fundamental sewing techniques to help them create their project.





National Health Education Week



National Health Education Week is October 19 to October 23. The purpose of this week is to increase national awareness on major public health issues and promote a better understanding of the role of health education; and the mission of this week is to increase the awareness of health education specialists' capacity in the community and schools and to promote the health of society.

In honor of health education week, our health education team was asked why they love the work they do and here are their responses:

Terri Allen: *I love being a Community Health Educator because I enjoy working with and helping others gain new knowledge, especially through Anishinaabe traditional practices.*

Cody McLaren: *I love being a health educator because we get to help people in ways that are relevant, useful, and truly important for overall mental and physical health, throughout their lifespan!*

Tina Robinson: *I love being a Health Educator because I find it incredibly rewarding to empower others with the knowledge they need to make positive changes.*

Barb Smutek: *I love Community Health Education because we can make a real difference in our communities by increasing prevention, health, and wellness for our people in meaningful ways.*

Lyndee Zeigler: *I love being a health educator because our work helps spark 'ah-ha' moments. It's rewarding to witness folks understand and take ownership of their personal wellbeing and to see the reach of our work extend across the Upper Peninsula.*

Erin Tigue: *As a Community Health Educator, I love that I get to work with so many different people and organizations who share a common goal - helping each other live a good life. Together we can take on global health challenges like chronic disease and substance misuse, using solutions that are grounded in our local communities' strengths.*

Josh Firack: *I enjoy helping people through education and hands on instruction. The work is important because so many people quit or never get started with fitness because they don't know what to do.*



New Community Health Educator

Erin Tigue is our new Community Health Educator based in Marquette. She earned a BA in Public Policy from the University of Michigan and a MS in Public Health from the Johns Hopkins School of Public Health, focusing on human nutrition. For the past 15 years she has worked to build healthy, resilient communities through education, research, and policy. She was most recently a health educator with MSU Extension focused on nutrition education and tribal food sovereignty. She enjoys hiking, skiing, kayaking, and generally just getting outdoors as much as possible with her husband, son, and two dogs.

Health Education Team

Barb Smutek, MS
Health and Wellness Manager
Sault Ste. Marie
bsmutek1@saulttribe.net
(906) 632-5210 ext. 45255

Cody McLaren, BS, ACSM-EP
Health Educator
Sault Ste. Marie
cmclaren@saulttribe.net
(906) 632-5210 ext. 41111

Tina Robinson, BS, TTS, ACSM-CEP
Health Education Supervisor
Sault Ste. Marie
trobinson@saulttribe.net
(906) 632-0571 ext. 41372

Josh Firack, BS, ACSM-EP
Health Educator
Big Bear Sault Ste. Marie
jfirack1@saulttribe.net
(906) 635-4991 ext. 54991

Erin Tigue, MSPH
Health Educator
Marquette
etigue@saulttribe.net
(906) 442-0106 ext. 60007

Terri Allan, BS, TTS
Health Educator
St. Ignace
tallan1@saulttribe.net
(906) 643-8689 ext. 34536

Lyndee Zeigler, TTS, ACSM-EP, EIM2
Health Educator
St. Ignace
lzeigler@saulttribe.net
(906) 450-7329

