

OJIBWE INAAJIMOWIN

THE
STORY
AS IT'S
TOLD

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MESSAGE FROM THE CHIEF EXECUTIVE



MELANIE
BENJAMIN
CHIEF EXECUTIVE

What a relief to see spring replace our hard and long winter! Those Band members who garden must have finished tilling the soil for the fall harvest. I was able to plant a couple of vegetables and flowers myself.

Here are two more signs of Spring: completing the Fun Run with the Nay ah shing students and, of course, commencement ceremonies! Congratulations to all who just graduated from high school, college or technical school. You bring honor to all of us with your achievement. I was especially proud to attend the University of Minnesota-Duluth Tribal Administration and Governance Master Program commencement. Seven of our Band Members received their Master's: Sam Moose, Joe Nayquonabe, Pete Nayquonabe, Becky Houle, Crystal Weckert, Carol Shaw and Shelly Day.

I was invited to speak at the Johnson O'Malley American Indian Graduation Banquet. Congratulations to our graduates from Isle: Samantha Benjamin, Brandon Boyd and Ricardo Reilly. From Nay Ah Shing: Kayla Cash, Marquita Eagle, Felicia Mitchell and Amber Shingobe. From Onamia: Anthony Calkins, Clay (James) Kalk, Darius Sam and Antoinette Stone.

For me the highlight of the banquet was the speech by Benjamin Sam, College of St. Scholastica student. Ben talked about transitioning from a small school to a large university and how his focus changed. He talked about having passion for what you do, giving 100 percent in everything.

We've held cabinet meetings recently with the Commissioners on how services are provided to Band members based on the strategic plan, implementation of the State of the Band address initiatives, and the budget for

the next two years. At the shareholder's meeting, Joe Nayquonabe, Commissioner of Corporate Affairs, gave a quarterly report and highlighted the responsibilities of the Corporate Commission.

Tribal officials met with Governor Mark Dayton in St. Paul in April. It's a good thing that he takes time to talk about issues on each reservation, but I'm hoping that in the future he'll schedule meetings with tribes on an individual basis. Sure, we all have similar issues throughout the state, but we also have issues that are unique to the individual bands.

The first of two Elder trips was completed, this one to Las Vegas. Over 200 Elders signed up for the trip. A drawing was conducted and 100 Elders were selected to attend the trip. After the initial planning, the announcement was mailed to the Elders.

I met with Curt Kalk, Secretary Treasurer, and John Gerdner, Commissioner of Finance, and was informed that the trip would have to be adjusted to meet IRS requirements based on a December 2012 correspondence from the IRS. The IRS ruling said that the trip's "fair value" has to be listed on the individual's tax form under "gross income," and a form 1099 would be issued. The trips are excluded from i

come and aren't taxable, but their "fair value" has to be reported to the IRS.

The IRS requirements caused concern to many of our Elders and many canceled their participation on this trip. I feel bad that this had to happen but when the IRS is involved, rules have to be followed. Overall, the trip was fun. The staff took some Elders on a sightseeing trip to the Red Rock Canyon. Some went to Freemont Street or to the

Strip. Because of the large group, we stayed in two different hotels: Gold Coast and the Palms. Many of the Elders thought they would be able to have smoking rooms and that didn't happen. Did they complain about that!

I did some traveling, too. The Native American Finance Officers Association annual conference was held in Nashville on April 18. I addressed the NAFOA audience about building effective partnerships.

Fifteen tribal leaders from across Indian Country were invited to meet with Sally Jewel, Secretary of Interior, at her office in Washington, D.C. A memo to the Secretary from the Mille Lacs Band summarized our history and priorities. The memo requested "concurrent" criminal jurisdiction on reservation and off-reservation trust lands. All that means is that we would join with existing law enforcement groups, such as a sheriff department, to strengthen public safety. This would expand the types of crimes that are subject to federal jurisdiction, supplementing law enforcement services from Mille Lacs County and the Band at no cost to state or local taxpayers. The White Earth Band received approval for this arrangement recently from the U.S. Department of Justice.

We brought up the wisdom of the newly signed "Violence Against Women Act," which strengthens efforts to eliminate domestic and dating violence in Indian Country. The new law allows tribal governments to prosecute non-Indian defendants who assault Native women on tribal land. This measure is long overdue. While in Washington, we also met with Congressman Rick Nolan and Sen. Al Franken to discuss our concerns.

The last month held more than formal meetings. Every year at Aazhoomoog (Memorial Day), we have a large feast at the graveyard and I always attend. We worried that it was going to rain, but it didn't. At least 200 people were there including lots and lots of children. Lee Staples provided the talk.

"Congratulations to all who just graduated... You bring honor to all of us with your achievement."

— Chief Executive Melanie Benjamin

Starting with the workplace

Ending 'Lateral Violence' in Indian Country

Deborah Locke Staff Writer

The workplace can be the setting for a lot of destructive behaviors that reduce productivity, lower esteem, and make people miserable and angry. "Lateral Violence" has been identified in Indian Country as workplace behavior that creates an unhealthy environment. It happens at every level of employment and includes gossip, sabotage, misuse of power, and a simmering anger that has its roots in a history that includes boarding schools and the repression of spirituality.

So how is the pattern reversed? It won't happen overnight, said Willie Wolf, enrolled member of the Cheyenne River Sioux Tribe. Change happens best when it starts at the top of an organization and filters down. "Change begins when we change ourselves, our families, our work units and then the whole organization," he said. "It's a sign of good tribal leadership to take the lead and I liked seeing that here. When change starts at the top, the messages are reached by everyone faster."

Willie knows what he is talking about: he's trained more than 10,000 people on how to recognize lateral violence and end it. He received an award for his healing abilities in 2006 from the International Indigenous Conference in Albuquerque, NM. This spring Willie trained a group of supervisors, commissioners and tribal council members from the Mille Lacs Band at a two-day session in St. Paul. In this story, the history and characteristics of lateral violence will be covered; next month we'll look at ways to stop it.

In a telephone interview Willie said that use of the word "violence" in "lateral violence" isn't an exaggeration.

"It's emotional abuse when you cut a person down," he said. "Research shows that a verbal attack has a longer effect than a physical attack. A lot of it goes back to cultural oppression."

"When change starts at the top, the messages are reached by everyone faster."

— Willie Wolf

That's because the history of Native people in North America is the story of trauma. American Indians have suffered the loss of culture, history and identification and consequently, experience ongoing grief and crises. Boarding schools taught generations of Indians to keep silent, never trust, and to stuff their feelings. The impact carried forward to today's generation of young people who learned the rules of keeping silent, never trusting, and stuffing their feelings from the older generation. "It's hard to arrive at work and be a team player when you've been taught to not trust people," Willie said.

When an employee shows up at work in the morning, his or her personal issues arrive, also. Couple problems at home with a lack of trust, jealousy, and damaging rumor mongering at work and it's easy to see why absenteeism can be a big problem.

Part two of this story, which offers solutions to lateral violence, will appear in the next edition of the newspaper.



Whitney Harrington, Senator Al Franken, Charisse Cash, and Kirby Benjamin

Nay Ah Shing Students See Government "Close Up"

Amanda Westerlund Nay Ah Shing School Social Studies Teacher/Photographer

Nay Ah Shing High School was very proud to send three students to Washington, D.C. to participate in the Close Up Foundation program. In this program Charisse Cash, Whitney Harrington, and Kirby Benjamin traveled to our nation's capital to take an extensive tour, learn about how our government works, and discuss our nation's important topics. The girls also got to meet with Minnesota Senators Amy Klobuchar, and Al Franken and our Representative Richard Nolan. During these visits the students discussed many issues that affect the Native American population in their area. The students were also privileged to attend an Indian Affairs Committee meeting where they discussed the budget for Native American Tribes. Senator Al Franken sits on that committee and was adamant about gaining funds for rebuilding tribal schools in Minnesota. The girls also met and had debates about important issues facing our na-

tion with other students from around the country, toured the capital, and met many new friends. This trip was a great learning experience for all and Nay Ah Shing will continue to send students to participate in this amazing opportunity.

The students on their experience:

- Whitney Harrington: "It was a great opportunity to look at the government and learn more about it."
- Kirby Benjamin: "I learned more about politics and how they shape our everyday lives."
- Charisse Cash: "My political efficacy is higher than it has ever been. I now understand that I should get more involved in politics to get my voice heard. It was an amazing experience."



BAND MEMBERS EARN

MASTER'S DEGREES

FROM

“ONE OF A KIND PROGRAM” AT UMD

Toya Stewart Downey Staff Writer **Shena Matrious** Photographer

Seven Mille Lacs Band members helped make up the first class of graduates of the University of Minnesota-Duluth’s inaugural cohort of the Tribal Administration and Governance program — the first of its kind in the nation.

The Band members, Sam Moose, Peter Nayquonabe, Joe Nayquonabe, Shelly Day, Carolyn Shaw, Becky Houle and Crystal Weckert, were among the 22 students who graduated with their master’s degree in May.

Corporate Commissioner Joe Nayquonabe said he was excited about the program because it offered a great “crash course” in tribal administration and governance.

“It was fun to set the stage for the program as the first cohort and I think we are willing to take on a bigger challenge to set a good example for future tribal leaders,” Joe said.

The master’s program is a unique course of study that is geared toward people who work on reservations, some of whom may already serve in leadership roles, said Tadd Johnson, who helped create the program and serves as the director for the American Indian Studies Department at the Duluth campus.

The program combines elements of a public administration and business management degree and was based on a unique need that tribes and their members expressed — a best-practices approach to working on a reservation, said Tadd, who is a member of the Bois Forte Band of Chippewa.

“The most compelling thing that I learned was our history as Native Americans and how we ended up living on reservations,” said Shelly Day, an administrative assistant in the compliance department for the Band’s Gaming Regulatory Authority. “We ended up on reservations based on acts of Congress and court decisions that have greatly impacted our people.”

Shelly said she hopes the knowledge she’s acquired will help her find a way to help the Band meet its future goals and challenges.

Becky Houle shares a similar sentiment. “It will always be an honor to think of ourselves

as pioneers in this field of study,” she said. “This program was the perfect complement to my math and business background and will allow me to use my strengths to better serve my tribe for years to come.

“The Mille Lacs Band has helped me achieve so many of my educational goals over the years and I feel more capable than ever to give back,” said Becky, the Director of Internal Audit for the Band’s Gaming Regulatory Authority.

Students took courses in federal Indian law and policy, leadership and ethics and tribal sovereignty, along with best practices in tribal accounting, finance and budgets.

“I feel more capable than ever to give back.”

– Becky Houle



Mortui Prosumus Vitae (“Even in death do we serve life”)

Arne Vainio, MD Family Practice Physician Stephan Hoglund Photographer

“My father is dying and I think he only has a day or two left. He’s getting really good care in hospice and my brother and I have been able to spend lots of time with him. There is something my brother and I have been thinking about and it’s something we really want to do, but we don’t know if it’s the right thing to do.”

“Tell me more.”

“He’s been a doctor and a teacher his entire life. He’s been a practical man and he doesn’t have any strong religious attachments to his body. We want to donate his body to the medical school so medical students can learn from him. I wanted to talk to you because my dad was a man of science and teaching and medicine was the essence of him. You are a man of science and I knew you would understand what this means.”

I understand exactly what this means. I have not thought back to my first year of medical school all those 23 years ago for a very long time. Medical school is grueling and the hours are long. Part of the curriculum is studying a human body in all its aspects in the anatomy lab. This

have been learning medicine since the beginning.

I don’t know what the other medical students in my group did before we started, but I put asemaa out and I thanked the creator for putting me in a position where I would be able to honor this gift and learn from someone else’s passing.

We listened to lectures, then we read about the heart and the cardiovascular system and then we went into the anatomy lab. There we studied the heart and looked into each chamber, carefully cut away the heart muscle to expose the valves and the coronary arteries. These are the arteries that get blocked when someone has a heart attack and several of the bodies had clots in those vessels and the heart muscle was damaged and scarred beyond those clots.

This is the same heart muscle that beats in each of us. Twenty four hours a day, seven days a week, three hundred and sixty-five days a year.

Assuming an average heart rate of 72 beats per minute, that works out to 4,320 per hour and 103,680 in a day, 725,760 in a week and 37,739,520 beats in a year. A heart beats somewhat less than 3 billion beats before it can beat no longer and there is no pump designed by man that can do better than that.

We listened to lectures and read about the lungs and respiratory system, then we studied them in the anatomy lab. The lungs are another miracle of nature and each of them has 300 million tiny air sacs called alveoli, 600 million total in both lungs. These tiny air sacs bring in oxygen and get rid of carbon dioxide, again, 24 hours a day, seven days a week, three hundred sixty-five days a year. If you could open each of these tiny sacs and lay them out flat side by side, the surface area would be about the size of a tennis court.

We never have to think about our next breath and it happens automatically. There is a French folk tale called Ondine’s curse. Ondine was a water sprite and she fell in love with a mortal man and he promised to be faithful to her and “every waking breath will be a testimony of my love”. But he was unfaithful to her and she cursed him so he would never be able to breathe without thinking of his next breath. He could never sleep and he could never do anything again except think about taking his next breath. He eventually fell asleep from exhaustion and died.

People with end stage emphysema from smoking sometimes spend their last days like that but for the most part we take this for granted. Several of the groups in the anatomy lab found lungs almost totally destroyed by smoking.



We listened to lectures on the digestive system and the liver and we read about them. Then we studied them in the anatomy lab. To hold a liver in your hands that was once an essential part of someone’s existence is a humbling experience. We cut sections through it to see how the ducts and lobules worked and filtered the molecules the intestines processed and sent to the liver. We studied the stomach and one of the groups found esophageal varices. These are veins that get huge when the liver becomes scarred with alcoholic (usually) cirrhosis and these can break and bleed. This bleeding is often fatal.

We spent a very long time listening to neuroanatomy lectures and we read about the brain and the spinal cord and the nervous system. In the anatomy lab, we were able to study the brain in detail and to see the convolutions on the surface. These ridges are there to make the gray matter of the brain have a larger **Continued on page 12**



The fact is medicine has made me more spiritual than ever. I see miracles every day and we all can if we only spend just a little bit of time looking.

means following every major nerve, every major blood vessel and every major organ system and studying them in detail.

There were four students working with the body we were studying and we didn’t know anything about him as a person. The medical school was very explicit that we were to carry ourselves with the utmost respect when we were in the lab with the body and we were to respect this gift that was given to us. This almost didn’t need to be said, but I’m glad it was. Very few people get the opportunity to study a body in detail and learn the anatomy as they learn the organ systems. There is no book, no video, no plastic model that can give the same experience. This is the way doctors

Katie Draper, Commissioner of Community Development

Toya Stewart Downey Staff Writer



Band member Katie Draper has been appointed the new Commissioner of Community Development.

As Commissioner, Draper will oversee the staff of the Community Development Department to develop and implement programs that benefit the community. In addition to her broader duties, Draper hopes to develop tools and strategies to allow Band members to improve personal financial planning and management so that all Band members and their families are financially secure.

Chief Executive Melanie Benjamin called Katie an invaluable addition to the Band’s leadership team.

“She brings deep experience and commitment to improving the lives of Band members and this new position will allow her to make an even bigger impact on our community,” Melanie said.

Before assuming her new role, Katie worked for the Band’s Department of Government Affairs and in District III as an assistant to Representative Diane Gibbs.



Drop Everything and Read

Wendy Merrill Family Service Worker

April 25th was our “Drop Everything and Read” (D.E.A.R) Day at Wewinabe Early Education. We were promoting early literacy and this day is a special reading celebration to remind and encourage families to make reading together on a daily basis a family priority.

We had so much fun and we invited everyone to read to a child in our program. We had Elders, K-4 students from Nay-Ah-Shing, parents, and guardians reading together!



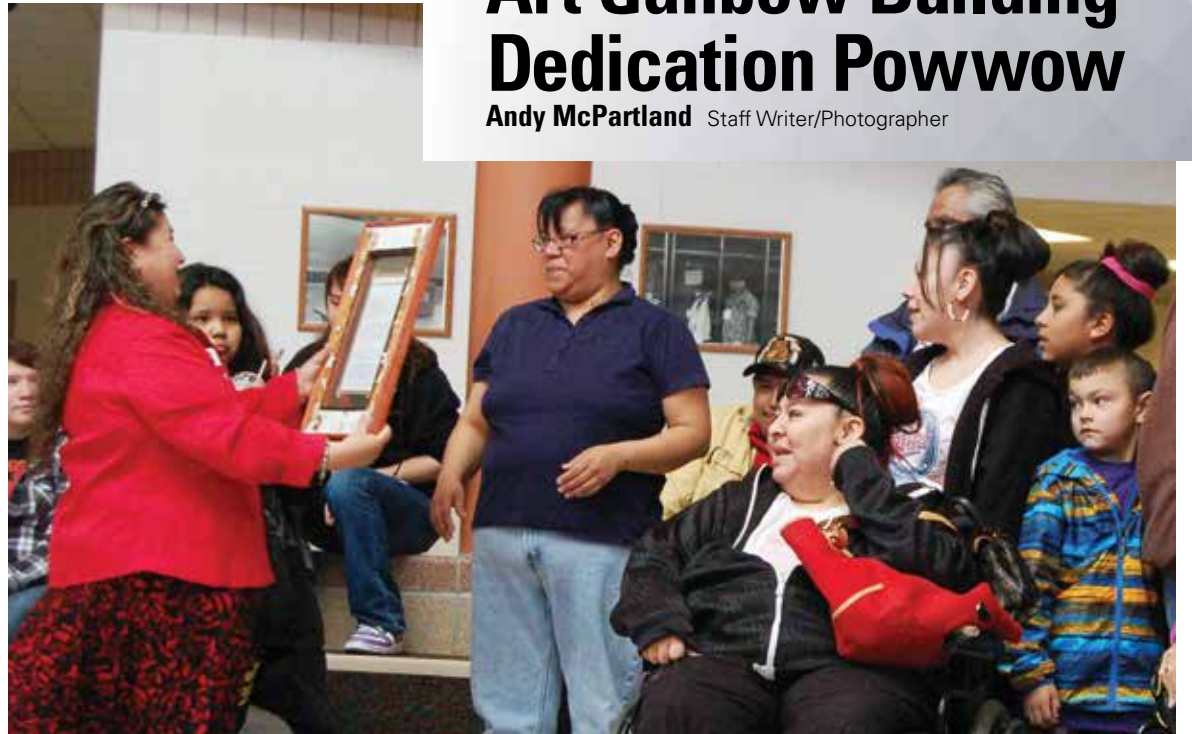
Interested in submitting to the *Inaajimowin*?

The deadline for the July issue is June 15th.

Send your submissions and birthday announcements to Andy McPartland at andy@redcircleagency.com or call 612-372-4612.

Art Gahbow Building Dedication Powwow

Andy McPartland Staff Writer/Photographer



Commissioner of Education Suzanne Wise presents a plaque to Art Gahbow's family members at the ceremony



On April 26, the Department of Education sponsored a Community Feast and Powwow in recognition of Art Gahbow Day. As part of the event, the new Wewinabi Early Education Center building was dedicated in honor of the former Mille Lacs Band Chief Executive.

The name Wewinabi was chosen for the building because the programs there will help young Band members

learn Ojibwe traditions. Art's Ojibwe name was Wewinabi, meaning, "sitting right." He was a proponent of education during his time in office, and the Nay Ah Shing School was opened under his leadership.

The event was attended by many of Art's family members, who helped dedicate the building in his memory.



Health and Human Services Commissioner Elected to Office on Midwest Indian Health Board

Deborah Locke Staff Writer



Sam Moose, Commissioner of Health and Human Services for the Mille Lacs Band, was elected vicechair of the newly formed Midwest Area Health Board.

The Board, which represents native communities in

Minnesota, Wisconsin and Michigan, first met in February 2013 in Washington, D.C.

Other elected members are Phyllis Davis, Gun Lake Tribe of Michigan; Carol LaPointe, Michigan Keweenaw Bay Indian Community; Randy Samuelsson, Lac du Flambeau, Wisconsin; Melinda Danforth, the Oneida Nation of Wisconsin; and Carri Jones, Leech Lake Band of Ojibwe, Minnesota.

The board's focus will reflect that of the National Indian Health Board, except on a smaller scale. The local board will inform state officials and medical providers from the Upper Midwest about local health issues.

"We'll be looking at policy issues, at state and federal programs, about sharing information and best practices," Sam said. The unpredictability of the federal budget has created concern about health care at reservations across the country. The budget and the impact of the Affordable Health Care Act on Medicare and Medicaid mean that changes are inevitable. The Board should help Indian communities stay abreast and even ahead of that type of change.

At least one federal initiative will be advantageous to American Indian tribes: the Affordable Health Care Act will allow more individuals to receive health insurance. If more American Indians are getting preventative care, for example, their health improves. An advantage to Indian health providers is this: their billings increase when more Indians are served.

"There will be more coverage and more people," Sam said. If a person in a tribal setting is uninsured or underinsured yet needs health services, the tribal health provider has to write off the cost.

The creation of the board increases the potential for collaboration and for the sharing of information. A lot of information filters to tribes throughout the country from Indian Health Services, and that's good, Sam said.

But it would be better if the knowledge right here at home were widely shared in spite of the geographical differences between communities, each with its own clinics, pharmacies and medical staff.

Tribal College to Expand Opportunities for Band Members

Toya Stewart Downey Staff Writer

Not only has the Mille Lacs Band Tribal College undergone a name change and moved to a new site, it is also changing the way higher education will be done on the reservation in the coming years.

Now known as Anishinaabe College and located in the Nay Ah Shing Upper School, the college is on its way to becoming an accredited institution that will one day offer Associate of Arts (AA) degrees.

"We currently offer classes taught by Central Lakes College that are housed here, and we'll continue to do that next year," said Suzanne Wise, the Band's Commissioner of Education. "But our goal is to offer our own classes that are taught by our own professors that will result in students getting their AA degrees."

The students would then be able to transfer credits to other colleges across the state to continue pursuing their Bachelor of Arts degrees through articulation agreements that will be in place as the college is becoming accredited. The accreditation process takes about five years.

"We would like to hire a Band member to become president and we're hoping to do that later this year," Suzanne added.

In the meantime, the recently appointed board of directors is busy working on the mission statement and the vision statement that will be used to guide the college though its inception and beyond.

Suzanne said she expects 12 students will be in the first cohort as the college gets underway in the fall of 2014.

"By having a college right here on the reservation it will be accessible to Band members and their families," she said. "We will offer interactive TV classes online so they won't have to travel and that will make it easier for some people so they won't have to come from other districts."

Suzanne added that though the college is still in its infancy, tribal leaders are excited about the possibilities and what it will mean for students.

"Our goal is to have more and more college graduates as time goes by," said Suzanne. "We want to eliminate the barriers to obtaining a higher education.

"We want our schools and our college to be the hub of the reservation. We want people to feel comfortable going there. Through this process and creating an accredited college, we are expanding opportunities for Band members and their families."

June Powwow Schedule

Lake Vermillion Traditional Powwow

Friday, June 14 – Sunday, June 16
Lake Vermillion Powwow Grounds
Website: boiseforte.com

Mountain Lake 79th Anniversary Powwow

Friday, June 14 – Tuesday, June 18
Mountain Lake, MN
Website: mountainlakemn.com

145th Annual White Earth Powwow

Friday, June 14 – Sunday, June 16
White Earth, MN – Tribal Grounds
Website: whiteearth.com/events

Waa Wiye Gaa Maag 9th Annual Traditional Powwow

Friday, June 21 – Sunday, June 23
South Lake, MN
Website: llojibwe.com

22nd Annual Grand Celebration Powwow

Friday, June 21 – Sunday, June 23, All Day Event
Grand Casino Hinckley – Powwow Grounds
Website: grandcasinomn.com



Child Support Update

What Are the Responsibilities of the Non-Custodial Parent in a Child Support Case?

- Cooperate with establishing paternity for the child by Recognition of Parenthood or genetic testing
- Respond to requests from the Child Support program for proof of income (if no income information is provided it will be imputed to determine the obligation amount for the order)
- Appear in all court proceedings to present your case information to assist with setting obligation amounts
- Know who your Child Support case manager is and their contact information
- Know what county or tribal Child Support program has your case
- Report any contact information updates to the Child Support office
- Know how payments are calculated and disbursed
- Be aware of fees or interest your case is accruing
- Stay in contact with your Child Support worker with employment or other financial updates
- Work with the Child Support office to enter into a repayment agreement to rectify arrears balance and avoid negative enforcement remedies
- Pay attention to billing statements to make sure payments are accurate
- Exercise your right to a full case review every 22 months
- Stay involved in your Child Support case from opening to case closing

Circle of Health Update

We are moving! By July 1, 2013, the Circle of Health offices will be located at the Ne la Shing clinic. New cards will have to be created and issued, and we ask for your patience as information on the back of your cards will change.

Circle of Health will be a program soon to be overseen by the Benefit Health Administrator. This new position will oversee Circle of Health and Indian Health Services/Contract Health service staff. In addition, this new position will accumulate, analyze, and initiate changes in relation to the Affordable Care Act (ACA). The ACA will definitely impact how we assist Band members with signing up and acquiring coverage.

The Mille Lacs Tribal Community, currently as a recognized sub-group, will also be evaluated to identify what best meets the needs of our band members. Please continue to follow our monthly updates.

Full time Student Descendant Coverage: Circle of Health is requesting proof of full time student status for your first line descendant child/children over 18 years of age. That proof can be the Education Plan from the

Mille Lacs Band Scholarship program or a class schedule/registration form from the school that you/your child is attending.

This information will be used to determine eligibility for Circle of Health benefits for that quarter/semester. Documentation is required for each quarter/semester and needs to be submitted within 30 days of the start of each new quarter/semester so eligible claims can be processed.

Public Health Department

“The Path Towards Accreditation”

The Mille Lacs Dept. of Public Health is in the early stages on the path towards accreditation from the Public Health Accreditation Board (PHAB). The recent Community Assessment Survey that many of you participated in was one of the first steps. Based on results of the survey we will be able to better assess the needs of each community. Results will be published and readily accessible. We plan on attending community meetings in each district to discuss the results and answer questions. Dates for the presentations will be published in future Band newsletters.

The next step on the path to accreditation will be to determine the top issues from survey results, and work towards developing a Community Health Improvement Plan. While the journey may be long and require a lot of effort, we will continue to forge ahead!

Elder Loan Changes

Recently the Band Assembly made some changes to simplify the Elder Loan Program. It is the Band Assembly's desire to streamline the loan process for Elders who may need to borrow on a short-term basis.

The Band may loan up to \$500 to a Band Elder payable over a six month term. The loan may now be paid back out of the Elder's monthly bonus distribution payments up to \$85.34 per month, provided the Elder has the available borrowing capacity in his/her bonus distribution payments. If the Elder defaults on a payment because of other garnishments or withholdings, the Elder must now wait one year after final payment before he/she can borrow again. Previously, elders could not have payments withheld from their bonus distribution payments and needed to pay off the loan separately through others means.

For additional information, please contact Pam Boyd, loan specialist, in OMB at 532-7467.



Summer Food Service Program

Nay Ah Shing School is participating in the Summer Food Service Program. Meals will be provided to all children, ages 1-18, without charge. Meals meet nutritional standards established by the U.S. Department of Agriculture (USDA). Acceptance and participation requirements for the program and all activities are the same for all regardless of race, color, national origin, gender, age or disability, and there will be no discrimination in the course of the meal service. Meals will be provided at the following sites and times:

Nay Ah Shing High School: 43651 Oodena Drive, Onamia, Minnesota 56359; 320-532-4695.

Breakfast will be served Monday through Friday, 8:30 a.m. – 9:30 a.m. Lunch will be served Monday through Friday, 11:30 a.m. – 12:45 p.m. Adults may purchase meals for \$3.00 for Breakfast, and \$4.00 for lunch. Adults may not eat from their children's trays, and all food must be eaten at the school.

Mille Lacs Band of Ojibwe

Summary of Expenditures and Financing Uses:	Approved Budget for FY 2013	Expenditures through 4/30/2013	% of Budget Expended
Administration (1)	12,595,370	6,654,913	52.8%
Workforce	16,909,971	3,281,884	19.4%
Judicial	1,444,526	438,357	30.3%
Law Enforcement	5,591,298	2,471,576	44.2%
Education	18,076,476	9,752,101	53.9%
Health and Human Services	23,187,861	9,424,856	40.6%
Circle of Health Insurance	7,637,383	6,559,444	85.9%
Natural Resources	6,984,493	3,582,862	51.3%
Community Development	38,732,171	9,120,882	23.5%
Gaming Authority	5,081,873	2,689,019	52.9%
Bonus Distribution	33,422,774	30,927,949	92.5%
Nelson Act Distribution	3,765,221	3,754,032	99.7%
Economic Stimulus Distribution	3,025,000	2,999,000	99.1%
Total	176,454,417	91,656,875	51.9%

(1) Administration includes chief executive, administration, finance, legislative, government affairs, and district operations.

(2) The amounts above do not include casino operations. However, they do include government operations funded by casino distributions.

(3) The Mille Lacs Band of Ojibwe has its financial statements audited every year by an independent public accounting firm. Audit reports from previous years are available for review at the government center upon written request.

(4) Economic Development appropriations have been excluded as of October 31, 1997.

As of October 1, 1997, The Band has separated accounting functions for the Corporate Commission from the tribal government.

New Ways to Help Stay Safe in Severe Weather

A Q&A with Barb Benjamin, Urban Administrator and Tribal Emergency Response Committee member

Deborah Locke Staff Writer



Everyone should know where to go in the house if a storm is brewing and have supplies on hand like flashlights, water, and a battery powered radio.

Where do most people get news about severe weather in their community?

A lot of people today get news online, rather than from newspapers or television. Facebook has more than a billion users, there are more than 550 million Twitter accounts.

What are the advantages to an organization of using social media outlets to get messages out?

The cost is minimal, and sending a message takes little time.

Who pays attention to social media?

The younger generation makes up the primary audience for social media through their Facebook, Twitter and texting activities. It's smart for organizations to keep that in mind because the ways to communicate today include more than just radio or television announcements.

What kind of emergency messages should go out via social media?

Just about any kind of an emergency message could be conveyed by social media, from a school closing to a tornado. In the most extreme cases, tornadoes pose huge safety challenges since not all homes located on the reservation — or even in an urban area — have basements.

Severe weather has been predicted for this spring and summer. How do we prepare for that?

Have a bookmark on your webpage for the county you live

in. The news about weather conditions will appear there first and give you instructions on what to do.

Consider this also: Add an application on your cell phone that warns you that bad weather is on its way. Each family needs to have its own plan in place. The first step is to have a contact person who should be called by everyone who could be affected. Have family members program the contact's phone number into their cell and use it when an emergency pops up.

If there isn't time to call or prepare, what do we do?

Take cover immediately. Everyone should know where to go in the house if a storm is brewing, to a basement or to an inner room of the house. Be sure to take your pets with you, along with pet food. Every home should have flashlights, a battery powered radio, jugs of water, non-perishable food, blankets, and a

basic emergency medical kit complete with a few medical supplies. Call everyone to one location, take your emergency kit and wait it out.

What is meant by "shelter in place?"

It means to take shelter no matter where you are and to move fast. People in cars are at severe risk. Stop your car, get out and lie face down in a ditch. Never try to outrun a tornado. If you are at home, run to the basement or an interior room.

Congratulations to the Urban Office Team



Misizaagaigining chi odena memengwag, for their stellar efforts in support of the American Indian Cancer Center Foundation's Powwow for Hope. The team raised \$600 in donations. Way to go!

Urban Area Meeting

Toya Stewart Downey Photographer



Chief Executive Melanie Benjamin addresses crowd at the Crowne Plaza



Urban Area Band members

Administration Advisory Committee

The Administration Department is seeking Band members to participate on an Advisory Committee that will examine a multitude of topics related to the Department's work.

Band members who have financial or administrative experience are encouraged to participate. The committee will meet quarterly and the first meeting is scheduled for July.

The Administration department directly oversees Human Resource, Grants, Information Systems, Tribal Employment Rights Office (TERO), Governmental Affairs, Department of Labor, Tribal Child Support, Self-Governance and Circle of Health.

An example of topics of examination include: how health care benefits will be impacted as the Affordable Care Act is implemented in October 2013. What changes are we to expect within the current benefits being offered? How does this change the new subgroup created, the Mille Lacs Tribal Community? Will there be areas of savings in collaboration with Circle of Health?

Interested parties should call Peter Nayquonabe, Commissioner of Administration, at 320-532-7480 or Michele Palomaki, Assistant Commissioner of Administration, at 320-532-7530 or submit a letter of interest to angel.oehrlein@millelacsband.com.

TRIBAL NOTEBOARD

Happy June birthday to Mille Lacs Band Elders!

Mary Ann Ailport
 Donald Ray Anderson
 Randall Wayne Anderson
 Ronald Dale Anderson
 Shirley Ann Beach
 Arvina Marie Benjamin
 Shirley Jane Boyd
 David Bradley, Jr.
 Clifford Kenneth Churchill
 Sherry Elaine Colson
 Brenda Lee Day
 Simon Eugene Day, Jr.
 Ellagene Diane Dorr
 Peter Jerome Dunkley
 Rosetta Marie Eagle
 Roberta Mae Fox
 George Allen Garbow, Jr.
 Melanie R. Garbow
 Marilyn Ann Gurneau
 Monica Louise Haglund
 Bruce Duane Hansen
 Devona Lee Haskin
 Catherine Hedstrom
 Shirley Ann Hillstrom
 Gwendolyn Holmes
 Robert Dwaine Keggs
 Marlowe James LaFave
 Kathy Anne Lathrop
 LeRoy Joseph Mager
 James Matrious
 Robert Wayne Mayotte
 Clarence Moose
 John Gene Morrow
 Georgia Louise Nickaboine
 Joel Jay O'Brien
 Alof Andrew Olson, Jr.
 Gordon Gail Parr
 Patricia Pindegayosh
 Alan Duane Ray
 Charlene Ann Shingobe
 Charles Duane Shingobe
 Warren Skinaway
 Frances Staples
 Francine Wanda Staples
 Pearl Anne St. John
 Judy Ann Swanson
 Ann Marie Thalín
 Arlene Rene Weous
 Loris Marie White
 Judy Jo Williams

Happy June birthdays:

Happy 5th Birthday **Tayaunna Boyd** on 6/1. Love Mom, Lydell, McKayla, Dad, Papa Ronnie, Gramma Gladys, Uncle Rol, Rol, Jr., Uncle Sud, Ashley, Aunty Meal, Uncle Lance, T-Rex, Tierra and LaDarius. • Happy Birthday **Tayaunna Boyd** on 6/1, with love from Auntie Tammy, Brandon, Brandi, Grant, Elias, TANK, Alizaya, and Rico. • Happy 50+ Birthday **Debbie Mitchell** on 6/2 from Katie, Destiny, Lil' Wax, and Doreen. • Happy 2nd Birthday **Carter Crannell** on 6/2, with love from Grandma D, the Thompson boys, and the rest of the family. • Happy Birthday **Gretchen** on 6/2 from Cassandra and Travis. • Happy Birthday **Carter Crannell** on 6/2 with love from Mommy, Daddy, and Corrina. • Happy Birthday **Carter** on 6/2, with love from Papa and Grandma. • Happy Birthday **Grandma D** on 6/2, with love from Baby Carter, Sarah, Greg, and Corrina. • Happy Birthday **Gretchen** on 6/2 from Auntie Karen, Cousin Crystal, and Leighnah. • Happy 2nd Birthday **Carter Crannell** on 6/2 from Gram and Papa. • Happy 2nd Birthday **Baby Tootle** on 6/2 from Auntie Brandy. • Happy Birthday **Ravin** on 6/3 from Antie Rae and Waylon. • Happy Birthday **Charles Shingobee, Jr.** on 6/3 from your kids Sam, Dan, Charles III, Hunter, Elvis, Amber, Sunshine, and granddaughter Emma. • Happy Birthday **Gilda Burr** on 6/3 from Debs and Leonard. • Happy Birthday **Gilda Burr** on 6/3, with love from Carrie,

Zachary, Jerry, Kira, Renae, and Bentley. • Happy Birthday **Nai Nai** on 6/4 from Antie Rae and Waylon. • Happy Birthday **Brenda Mitchell** on 6/4 from Katie, Destiny, Lil' Wax, and Doreen. • Happy 4th Birthday **Roland (Niizhoogwaneb) Smith, Jr.** on 6/4. Love Dad, Papa Ronnie, Gramma Gladys, Aunty Desi, Lydell, McKayla, Tayaunna, Uncle Sud, Ashley, Aunty Meal, Uncle Lance, T-Rex, Tierra and LaDarius. • Happy Birthday **Roland Smith, Jr.** on 6/4, with love from Auntie Tammy, Brandon, Brandi, Grant, Elias, TANK, Alizaya, and Rico. • Happy Birthday to my **Auntie Loris** on 6/5. Love You, Anna & Family. • Happy 10th Birthday **Elvis Smith** on 6/7 from Grandma June, Grandpa David, and Hunter. • Happy Birthday **Elliot Smith** on 6/7 from Mom, Dad, Elvis, Hunter and his kids Ethan, Jasmine, and Tyrese. • Happy Birthday **Addison Breth** on 6/7 from Granny and Papa Kev. • Happy Golden Birthday **Stina Pike** on 6/7. Love Mom, Kevin, Gramma, Uncles Jon and Adam, and Anna. • Happy Birthday **Spidey** on 6/8 from Katie, Destiny, Lil' Wax, and Auntie. • Happy Birthday to **Pickle** on 6/8, with Love, Auntie Anna and Family. • Happy 9th Birthday **Jake Sam** on 6/8 from Uncle Dust and Smuge. • Happy Birthday **Brandon Mitchell** on 6/8. Love Mom, Mataeo, Carmelena, and Jessica. • Happy Birthday **Joel R. Shaugobay** on 6/8. Love always, Mom. • Happy Birthday **Craig** on 6/9 from Rachel, Waylon, Cj, Jordy, Max, Aidan, Tony, Arielle,

Nick, and girls. • Happy Birthday **Sherry Harrington** on 6/9, with love from Mamaz, Gabbi, Shawntel, Sissy Pooh, Zachary, Jerry, Kira, Renae, Bentley, and Joel. • Happy Birthday to my husband **Rodney Boyd, Jr.** on 6/9. I love you! From your wife Melissa, Asia, and Aaralyn. • Happy Birthday **Witty Wisters (Cassandra Hill)** on 6/11. Love sis Kelly, nephew Tecer, and Grandma. • Happy Birthday **Aiden Breth** on 6/12 from Granny and Papa Kev. • Happy Birthday **Christina** on 6/13 from Rachel & Waylon. • Happy Birthday to my beautiful daughter **Christina Marie** on 6/13, with lots of love, Mom! Also from Clay, Stace, Cilla, Waylon, Lisa, Tehlisse, and Kiley! • Happy Birthday **Vince** on 6/13, with love, Auntie Anna and Family. • Happy Birthday **Vince Stobb** on 6/13, with love from Auntie Tammy, Brandon, Brandi, Grant, Elias, TANK, Alizaya, and Rico. • Happy 8th Birthday **Mataeo "Tato" Mitchell** on 6/13. Love you lots: Grandma Deb, Daddy, Auntie Jessica, Uncle Sean, Auntie Amber, Myles, and Carmelena. • Happy Birthday **Fabian** on 6/14. Love Mom, Dad, Ian, Detric, Nengwa, and Remigio (Javi). • Happy Birthday **Vince (Vinny Mac) Stobb** on 6/14. Love Dad, Mom, Desi, Lydell, McKayla, Tayaunna, Rol, Sr., Rol, Jr., Camille, Lance, Terrell, Tierra, LaDarius, Suddy, and Ashley. • Happy Birthday **Uncle Wyatt** on 6/15, with love from Baby Carter. • Happy Birthday **Sasha** on 6/16 from Cassandra and Travis. • Happy Birthday **Mathew**

Eagle on 6/16. Love from Mom, Kierra, all your nieces, nephews, brothers, and sister. • Happy Birthday **Mom** on 6/17. Have a good day from Autumn, Katryana, Lynnaya, and Travis, Jr. Love you! • Happy Birthday **Brandy Oswaldson** on 6/18, love Mom. • Happy Birthday **Roland Smith, Sr.** on 6/18. Love your son Roland, Jr., Mom, Dad, April, Desi, Lydell, McKayla, Tayaunna, Camille, Lance, Terrell, Tierra, LaDarius, Suddy, and Ashley. • Happy Birthday **Steven Hanks** on 6/18. Love Gladys, Ron, and family. • Happy Birthday **Auntie Brandy** on 6/18, with love from baby Carter. • Happy Birthday **Roland Smith, Sr.** on 6/18, with love from Auntie Tammy, Brandon, Brandi, Grant, Elias, TANK, Alizaya, and Rico. • Happy Birthday **Aidan** on 6/20 from Rachel, Waylon, Daddy, Cj, Jordy, Max, Tony, Arielle, Nick, and girls. • Happy 2nd Birthday **Aidan** on 6/20, with love from Mom, Grandma Tracy, Grandma Karen, Papa Bear, Jarvis, Jacob, Penny, Aiva, Emery, Mark, Max, Melodie, Sharon, Raven, Wally, Buddy, Cordell, Jameson, Nicole, and Jamie. • Happy Birthday **Candi** on 6/20 from Mom, Stepdad, Cyrell, Rachel, Kelia, Railei, Richard, Jeremy, and Sara. • Happy Birthday **Suzanne Wise** on 6/21. Love Gladys, Ron, and family. • Happy 19th Birthday **Chance Nickaboine** on 6/21 from you mom Dana. • Happy Birthday **Arianna Jackson** on 6/22, with lots of love from Elijah, Isaiah, Jerod, and Mommy! • **Continued on page 11**

JUNE CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9	10 DIII Annual Valleyfair Trip Valleyfair	11	12	13 Fatherhood Night 5 p.m.–7:30 p.m. Wewinabi School	14 Ceremonial Dance: Tim & Tom , East Lake	15 Ceremonial Dance: Tim & Tom East Lake
16	17	18 Urban Area: Anangoog Nandoné Awards	19 Legal Aid Outreach 10 a.m.–2 p.m., DIII Comm. Center Chiminsing Bingo 6 p.m., Chiminsing Comm. Center Graduation Recognition Ceremony Noon, Grand Casino Conv. Center, Biboon Rm.	20	21 22nd Annual Grand Celebration Powwow All Day Event Grand Casino Hinckley Runs from June 21–23	22 Urban Area: Elder Fishing Trip Birch Bark Harvest Workshop 12 p.m.–4 p.m., Mille Lacs Indian Museum. Must Register by June 19: 320-532-3632
23 Urban Area: Elder Fishing Trip Wrap Up Meeting Birch Bark Harvest Workshop 10 a.m.–2 p.m., Mille Lacs Indian Museum. Must Register by June 19: 320-532-3632	24 Health Heart 10:30 a.m., Chiminsing Comm. Center	25	26 District II-A Comm. Meeting 5:30 p.m. Chiminsing Comm. Center	27 District II-A Sobriety Feast 5:30 p.m., Chiminsing Comm. Center Urban Area Comm. Meeting 5:30 p.m., All Nations Church	28	29 Submit Birthday Announcements Send name, birthday and a brief message that is 20 words or less to andy@redcircleagency.com or call 612-372-4612. <i>The deadline for the July issue is June 15</i>
30	1	2	3	4	5	

Happy Birthday **Lance** on 6/23 from Rachel and Waylon.
 • Happy Birthday **Jessie Anderson** on 6/23 from your crazy Aunt Sherry Nielsen.
 • Happy Birthday **Tammy Smith** on 6/24, with love from Brandon, Brandi, and Grant.
 • Happy Birthday **Gramma Tammy** on 6/24, with love from Punky, TANK-O, Sissy Bear, and Rico Swabs.
 • Happy Birthday **Mom** on 6/26 from Doreen.
 • Happy Birthday to my We'eh **Roger Garbow, Jr.** on 6/28. Love we'eh Gladys, Uncle Ron, and family.
 • Happy Birthday **Juni** on 6/28, with love from Auntie

Tammy, Brandon, Brandi, Grant, Elias, TANK, Alizaya, and Rico.
 • Happy Birthday **Tiffany** on 6/29. Love Craig, Tori, Mom & Dad, Animoosh & Maximus Greenway.
 • Happy Birthday **Big John** on 6/29 from Auntie Tammy, Brandon, Brandi, Grant, Elias, TANK, Alizaya, and Rico.
 • Happy Birthday **Tammy** on 6/30 from Rachel, Waylon, Kelly, Jess, Mandy, Janie, Cici, Poose, and Panties.
 • Happy Birthday **Kayla** on 6/30 from Cassandra and Travis.
 • Happy Birthday **Kayla** on 6/30 from Mom, Grandma Linda, sisters, and niece Leighnah.

• Happy Birthday **Christina**, love your sister, Cilla.
 • Happy 3rd Birthday **Alizaya Jo Wagner** with love from Mommy, Grant, Elias, TANK, Rico, Gramma Tammy, and Uncle Brandon.

Happy belated birthdays:

Happy Belated Birthday **Joseph Eagle** on 5/31. Love you from Mom, tt, Makiah, Joella, your wife Chanda, all of your nieces, nephews and family members.

Other Announcements:

Congratulations to **Amber Shingobee** for receiving her high school diploma on May 8. We are very proud of you! From Grandma June, Grandpa David, Mom, Dad, Hunter, Elvis, Sam, Dan, Charles, Sunshine, Uncle Elliot, Uncle David, Aunt Elizabeth, Grandpa Shingobee, and family.
 • Happy 2 year wedding anniversary on June 17 to Michael and Judith Shaugobay-Hirsch, from Torri and little Michael.
 • June 26 would have been your

birthday. We will always remember the fun times we had and the great memories. Love you more than words can say. To the best mother ever! Beatrice June Mitchell — Gone but never forgotten.
 Love you Debbie, Doreen, Robert, Alan, Amy, Beth and all your grandchildren and great grandchildren.
 • Congratulations to all 2013 grads, especially the Master of tribal government graduates: Sam Moose, Carol Shaw, Crystal Weckert, Becky Houle, Shelly Day, Peter and Joe Nayquonabe, Jr.
 — Joe Nayquonabe



Three Mille Lacs Elders recently made 30 blankets for the Wewinabi school to use for nap time. Miigwech! Pictured (L-R): Maggie Kegg, Susan Shingobe, and Carol Nickaboine.

Veteran and Active Duty Family Flags



We are currently seeking out Mille Lacs Band families that intend to honor a family Veteran and/or Active Duty Band members by flying their US flag at the upcoming

47th Annual Mille Lacs Band of Ojibwe Traditional Powwow, August 16-18, 2013!

Please confirm with Tony Pike at email Tony.Pike@millelacsband.com, if your family intends to present its U.S. flag to be raised for the duration of the Traditional Powwow weekend. To ensure that we properly identify and honor each flag for the appropriate veter-

an and/or active duty military personnel we will require the following:

- the name of the Veteran and/or Active Duty Band member
- rank
- years of service
- Military Service; and/or
- Military Operations

If you do not have access to the internet please leave a message and the required information, along with your name and contact number, with Carla Big Bear at 320-532-7517.

Deadline to confirm your intentions is Friday, July 19, 2013!

Continued from page 5

Mortui Prosumus Vitae

surface area and still fit within the confines of the skull. To actually be able to feel the membranes that separate the brain into sections and to see and follow the blood vessels inside the brain itself locks this important anatomy into your own brain.

The brain is the seat of our consciousness, the source of our creativity, the well of our compassion and the birthplace of our ability to give and receive love.

We can understand the neural pathways of the brain and can find the nerve tracts that carry the impulses from one part of the nervous system to the next. We can see the huge optic nerves and see how much of the brain is dedicated to our sense of sight.

I am a man of science and I always worried that medical school and the amount of knowledge I would have to process would drown my spiritual side and make me see only facts.

The fact is medicine has made me more spiritual than ever. I see miracles every day and we all can if we only spend just a little bit of time looking.

Is giving this gift the right thing to do?

Dr. Blum was a teacher and his life was dedicated to science and medicine.

This could well be one of his greatest and most enduring lessons.

Arne Vainio, MD (Mille Lacs Band of Ojibwe Member) is a family practice physician on the Fond du Lac Ojibwe reservation in northern Minnesota.

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Heating, Water, and Maintenance Problems?

During normal business hours, tenants in Band rentals and Elders living within the service area should call 800-709-6445, ext. 7433, for work orders.

After business hours, tenants with maintenance emergencies should call 866-822-8538 and press 1, 2, or 3 for their respective district.

Bonus Distribution Notice

July bonus distribution payments will be distributed in all districts on Tuesday, July 2, due to the July 4th holiday.