

OJIBWE INAAJIMOWIN

THE
STORY
AS IT'S
TOLD

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BAND MEMBERS RETURN FROM FIGHTING FIRE IN OREGON

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Pictured (L-R): Cortney Nadeau,
Richard Shaugobay, and Jeremy Boyd

48TH ANNUAL
POWWOW
RECAP

EAGLE WAS
A KEEPER
OF CULTURE

BAND LEADERS
STRONGLY
OPPOSE PIPELINE

'HUNGRY JOHNNY'
DISHES UP ELDER
KNOWLEDGE

MESSAGE FROM THE CHIEF EXECUTIVE

MELANIE
BENJAMIN
CHIEF EXECUTIVE



What a wonderful Powwow! It was so exciting to see everyone enjoying dancing on that fresh, soft new grass on our newly renovated Powwow grounds. Miigwech to the Powwow Committee and our Community Development staff for their hard work in getting the grounds ready for what was a fantastic Powwow weekend!

The end of August is always so busy, with families preparing to send their youth and little ones back to school. This is also the time we prepare for our hunting and fall ricing season. Miigwech to the DNR for organizing and inviting the community to a ceremony and potluck for wild ricing season held on August 27. The DNR will also host a Waawaashkeshi Harvesting Ceremony on September 8, at the Powwow grounds at 11:00 a.m. to prepare for the deer harvest. These community gatherings are a wonderful opportunity to come together and honor our relationship with the earth and all the gifts from the Creator.

The Tribal Executive Committee (TEC) of the Minnesota Chippewa Tribe met in August, where our new Secretary-Treasurer Carolyn Shaw-Beaulieu was sworn into office by MCT President Norman Deschampe. There are four MCT Subcommittees, and Carolyn and I have divided our duties to ensure the Band is represented on each. Carolyn is now serving on the Education and Legislative Subcommittees, and I am serving on Natural Resources and Finance. After our TEC business was concluded, I attended a two-day planning meeting with the Finance Committee.

An area of focus for the Band right now is the Sandpiper pipeline project, which Enbridge is currently proposing to go through the District II area. A spill would be devastating to the Big Sandy Lake and Rice Lake watersheds, threatening our water, wildlife and wild rice stands in that region. I've spoken with Governor Dayton about this matter and have also been working through the Tribal National Leadership Council that I am a member of, which advises U.S. Attorney General Eric Holder about matters important to Indian tribes. Band DNR

Commissioner Susan Klapel and her staff have also been working this matter with attorneys, so please take a few moments and read about this important matter in this issue of the Band news.

August also brought the 10th annual meeting of Women Empowering Women for Indian Nations (WEWIN), and I was thrilled that 40 Mille Lacs Band women were able to attend this important conference, due to hard fund-raising work over the year. Miigwech to everyone who supported our golf tournament this summer, which raised more than \$10,000 for Band members to attend WEWIN. As any woman who attended this conference will tell you, it was a powerful coming-together of Native women from across the country that always inspires and motivates all women, regardless of where they are at in their lives, to work hard to improve their communities and their lives. Workshops included covered many great topics, including Language Revitalization, Running for Office, The Affordable Care Act, Human Trafficking, and workshops about taking better care of ourselves. The Body, Spirit & Mind workshop was one of the most popular with our Band attendees, which tells me that we should each be doing more in our community to take care of ourselves, male or female.

I attended an Urban Area meeting on August 28th and enjoyed catching up with Band members who were able to attend. Several people expressed concern about problems they are having with enrolling with MNSure. There are certain exemptions in the law for American Indian people, including allowing a person to be 300% over the poverty guidelines, so if you or a family member are being told you are ineligible, please contact our staff at Circle of Health at 320-532-7741. I've passed on other concerns and question raised at the meeting to the appropriate commissioners, and have directed that they follow up and schedule their own visits to the Urban Area as well to connect directly with Band members.

I'll be holding a Cabinet meeting in early September, where our Commissioners will be focusing on streamlining policies

and procedures to better serve Band members. I also look forward to input from our Elders in meetings I've scheduled for early September in each of the three Districts and the Urban Area, so please mark your calendars if you are an Elder and would like to attend. Meetings in Isle, McGregor and Vineland will take place on September 9th; the Urban Area on September 15th, and Hinckley on September 16th. Additional details are included in this issue of the Band news, but please call my office at 320-532-7486 if you would like more information.

Finally, I want to remind all Band members who are looking for work or who have family members looking for work that as of August 27th when I checked, we have over 120 position openings with Band government, our casinos and small businesses! Please check the Band website and review those openings if you are looking for work, and if you think you might be qualified for a position, please apply even if you think there might be barriers preventing you from being hired. The only way we will be able to take down those barriers is if we know where they are. One of my top priorities is making sure that any Band member who is willing to work hard and wants to work can get a job, regardless of mistakes that might have been made in the past. We need to focus on the future and get our community as fully employed as possible.

I hope everyone who wants to rice is able to get out onto the water this fall, and encourage Band members to bring along one of our youth whenever possible. These opportunities only come along one time per year, and our children grow so quickly! Miigwech to our elders and every Band member who has taken time this season to teach our young ones about who they are and where they come from as Anishinabeg. Have a great September, and Miigwech for all you do!

Chief Executive's Fitness Challenge Kicked Off in July

Toya Stewart Downey Staff Writer Tiffany Bolk Photographer



"By committing to a healthy lifestyle, you have given yourselves the gift of health and that's priceless." – Chief Executive Melanie Benjamin

The second round of the Chief Executive's Fitness Challenge is underway and 130 people have signed up in an effort shed the extra pounds and begin living healthier lives.

"The overall goal is to develop a healthy community by helping Band members experience benefits of exercise, healthy eating and weight loss," said Jim Ingle, the Band's fitness director.

The 16-week contest began on July 28 and runs through Nov. 14. There are 90 teams this time around because more participants are lone contestants rather than on family teams.

For the first challenge approximately 150 signed up to participate and collectively lost nearly 1,500 pounds. Band member Bobby Anderson and his wife Heidi Krone lost a combined total of 132 pounds and were awarded first place in the contest. The couple took the top prize of \$5,000.

Chief Executive Melanie Benjamin said she was proud of all the Band members who have participated in the challenge so far. "By committing to a healthy lifestyle, you have given yourselves the gift of health and that's priceless," she said.

All Band members, along with their significant others and family members living in the same household, were eligible to make up a team. Even those who participated in the first challenge were able to join in the second contest.

The biggest loser will win \$5,000 as a first place prize, \$3,000 for second place and finally \$2,000 for the third place.

For questions or fitness tips contact Jim Ingle at the District I Fitness Center at 320-532-7547.

Band Leaders Work to Stop Proposed Pipeline Route

Concerns mount over proposed 610-mile Sandpiper project

Toya Stewart Downey Staff Writer

For many months the Band's elected leaders have expressed grave concerns about a proposed pipeline that would run through the District II region, with the potential to cause catastrophic damage to northern lakes, wetlands and streams in the event of a spill. They've written letters, testified before lawmakers and initiated conversations with key players across the state, all in a bid to put a stop to the proposal.

Their efforts have not gone unheard.

In late August the state's Department of Natural Resources suggested that alternative routes be considered for the Sandpiper pipeline project proposed by the Canadian-based Enbridge Energy company.

"This is solid progress, and while it is good to have the DNR on-board proposing a new route, but we need to keep working this issue to make sure this project is re-routed. The level of risk to our water, land, wild rice and resources is simply unacceptable" said Chief Executive Melanie Benjamin.

In 2010, an Enbridge pipeline burst and spilled into the Talmadge Creek, a tributary of the Kalamazoo River, pouring over 1,000,000 gallons of oil into local waters and making it the largest inland oil spill and costliest in U.S. history. Four years later, clean-up efforts are still on-going. Band officials are doing all they can to stop the proposed route for the Sandpiper line.

With the DNR on-board re-routing the project, that makes the second state agency that has weighed in on the crude oil pipeline project. The DNR request was made to the state Public Utilities Commission (PUC). It asked the commission to consider an alternative route that would result in fewer impacts on natural resources than the route currently proposed by Enbridge.

Earlier in August the Public Utilities Commission unanimously agreed to study a southern route that would avoid areas most important to the Band, including the wetlands, wild rice areas, many of the state's lakes and the headwaters of the Mississippi River.

The Band's leaders have been clear about their position on the Sandpiper project long before the DNR weighed in. They had previously asked the Public Utilities Commission to decline Enbridge's proposal.

Both in writing and conversations, the Band's leaders have expressed opposition to the current proposed route for the Enbridge Sandpiper pipeline that borders the Minisinaakwaang (East Lake) Community and threatens the Big Sandy Lake and Rice Lake watersheds.

The Band, however, supports the existing Northern Man corridor where a thorough federal, tribal and state review process has occurred.

The Band's primary opposition to the pipeline is due to concerns regarding:

- Historical spills and consequent risk to surface and ground water
- Vital cultural practices such as harvesting wild rice within the Big Sandy Lake and Rice Lake watersheds, including the Rice Lake National Wildlife Refuge
- Lack of Tribal consultation, specifically with the Band's Tribal Historic Preservation Office (THPO), to identify lands of historical, archeological and cultural significance
- Procedural considerations regarding the MPUC role versus Federal Agency Lead

In July, MLB Chief Executive Melanie Benjamin met with Minnesota Governor Mark Dayton and talked with him about the potential negative impact the proposed pipeline would have to the Band if it were built.

She also shared concerns with the U.S. Department of Justice through her role as a representative of midwest tribes on the Tribal Nations Leadership Council (TNLC). The TNLC is a group that advises the Department of Justice on legal matters of importance to Indian tribes – such as the Sandpiper proposal and mining activities that could threaten the federal rights of tribes.

The \$2.6 billion project would run 610 miles and has been approved by North Dakota, which has a booming oil industry. The route Enbridge prefers would run in a Z-shaped path heading east from North Dakota to Clearbrook in the northwest part of Minnesota, south past Park Rapids, then going east again to Superior, Wisc. The pipeline would deliver 375,000 barrels of oil per day to Superior.

Susan Klapel, the Band's Commissioner of the Department of Natural Resources, said that if the proposed pipeline were ever to rupture it would threaten the Big Sandy Lake and Rice Lake watersheds. She added that such a rupture would create a complex, multi-layered nightmare that the Mille Lacs Band Department of Natural Resources wants to avoid.

"To choose a route that borders our Minisinaakwaang community — without the Band's Historic Preservation Office input — raises serious concerns regarding Enbridge's ability to identify and avoid sites of historical, archeological, and cultural significance and the thoroughness of the selection process,"

Susan said.

Though the Enbridge proposal mentions its intent to consult with the state's Historic Preservation Offices, to date the Band's Tribal Historic Preservation has not been contacted, Susan said.

"That is of enormous concern," said Susan. "The Band was not consulted in this process, and should have been offered an opportunity to weigh in much earlier, prior to the public comment period."

Susan also noted that Enbridge was responsible for more than 800 spills in the U.S. and Canada between 1999 and 2010, totaling almost seven million gallons of oil.

The proposed pipeline has drawn attention beyond the Band and throughout Indian Country because of its potential impact that would threaten the Sandy Lake and Rice Lake wild rice sanctuaries, which generations of Band members have relied on to gather manoomin.

A few weeks ago environmental activists, led by Winona LaDuke, gathered on horseback in East Lake (District II), near the Rice Lake National Wildlife Management Area, to begin a "Ride for Mother Earth" — as close to the proposed pipeline as possible. They ended the ride two weeks later on the White Earth Reservation. The effort was organized by Honor the Earth, a Native American environmentalist organization.

Other tribal organizations opposing the proposed route including the Minnesota Chippewa Tribe, the White Earth Reservation Tribal Council and dozens of organizations including lake associations, hunting and fishing clubs and environmental organizations such as Friends of the Headwaters.

Currently, an environment review is underway by the Minnesota Commerce Department and it includes a comparison of the several other routes that have been proposed. The state has to approve the route and the environmental review before work can move forward. Public hearings are planned for later this year, and a decision is likely to be made in 2015.

The Band's DNR will continue to follow the developments related to the proposed pipeline and welcomes any questions and comments from Band members. For questions or concerns contact Todd Moilanen. He works on environmental cleanup projects with the Band's DNR. Todd can be contacted at 320-532-7439.

Deborah Locke contributed to this article, which also included information from the Star Tribune, Brainerd Dispatch and Forum News Service.

National School Success Month

Tammy Moreland Performance Improvement Manager **Tiffany Bolk** Photographer



A parent's attitude towards school will always be reflected in the child. A good way to help your kid get excited about school is to help them be fully prepared.

Did You Know...

- More learning happens in our first five years of life than during any other period of our lives.
- Children learn the skills they need to become literate during these first five years.
- Literacy is more than just learning how to read. It is learning how to understand, comprehend, compute, rationalize, analyze, decide, weigh options, problem solve, create, and learn more.
- Any reading is helpful. But reading with a child while asking

questions — and stimulating a dialogue with the child — develops their understanding of books and words, stimulates their curiosity and creativity, and improves literacy. One of the most effective, impactful activities to develop literacy is the act of reading to a child 20 minutes every day

So, let's get started!

- Use positive and descriptive words when talking with a child.
- Read books with children of all ages.
- Encourage dialog while reading.
- For preschoolers, ask questions about words and pictures.

For school age children, take turns reading, and talk about the story. Words matter!

Band Members Return from Fighting Fire in Oregon

Mille Lacs Band DNR Contributing Writer

Three Mille Lacs Band member firefighters recently returned from a trip to Oregon, where they were helping to control the wildfire in Williamette National Forest.

Band members Jeremy Boyd, Richard Shaugobay, and Cortney Nadeau were sent to Oakridge, Oregon and stationed at Deception Creek.

Mille Lacs Band DNR Commissioner Susan Klapel and Dean Staples requested an honorable mention for at the 48th Annual Traditional Powwow on August 15-17.

During the powwow, fellow Band members were asked to pray for their safe travels. Jeremy, Richard, and Cortney returned safely at the end of August.

The Deception Complex fire, a group of five fires west of Oakridge, has grown to 2,196 acres, according to the inter-agency team fighting the fire.

The DNR office explained that the fire crew is similar to a soldier being deployed and requested the same honor for these men as they are Ojibwe and representing the Mille Lacs Band of Ojibwe.



A group of firefighters sent from Minnesota. Circled in red are Jeremy Boyd, front row, and Richard Shaugobay, back row.



Helicopter water drop.



Supper line at base camp.

Chief Executive Benjamin Elected to MCT Tribal Executive Committee

Mille Lacs Band Chief Executive Melanie Benjamin was recently elected by members of the Tribal Executive Committee (TEC) of the Minnesota Chippewa Tribe (MCT) as Secretary of the Minnesota Chippewa Tribe Executive Committee.

"Melanie is a proven leader," said Norman Deschampe, Chairman of Grand Portage and President of the MCT Officers. "Her experience and expertise will be an asset to the MCT administration."

The Minnesota Chippewa Tribe is the umbrella governmental organization comprised of six constituent Bands of Anishinabe, including the Bois Forte, Fond du Lac, Grand Portage, Leech Lake, Mille Lacs, and White Earth reservations. While each of the Bands are sovereign, self-governing Indian tribal governments that in large part function independently of one another, they come together as the Minnesota Chippewa Tribe for specific limited purposes set out in the MCT Constitution, such as determining enrollment and managing lands and resources held jointly by the MCT. The MCT mission statement states that the MCT "promotes and protects the member Bands while providing quality services and technical assistance to the reservation governments and tribal people".

The Tribal Executive Committee is composed of the Chairman and Secretary/Treasurer of each of the six Minnesota Chippewa Tribe Reservations. These officials are the governing body for the Minnesota Chippewa Tribe. They meet quarterly. Four officers are elected by the Tribal Executive Committee to serve the Tribe: President, Vice President, Secretary, and Treasurer. As the Band's Secretary-Treasurer, Carolyn Shaw-Beaulieu recently joined Melanie in serving on the TEC when she and the other Secretary-Treasurers were sworn into office on August 12, 2014.



Secretary/Treasurer Carolyn Shaw-Beaulieu and Chief Executive Melanie Benjamin.

Tribal Executive Committee Officers

- **Norman W. Deschampe:** President, Grand Portage Reservation Chairman
- **Karen R. Diver:** Vice President, Fond du Lac Reservation Chairwoman
- **Melanie Benjamin:** Secretary, Mille Lacs Band Chief Executive
- **David C. Morrison:** Treasurer, Bois Forte Reservation Secretary/Treasurer

Mille Lacs Band Secretary/Treasurer **Carolyn Shaw-Beaulieu** was sworn in by the MCT Tribal Executive Committee at the same meeting.

September is Thyroid Cancer Awareness Month — Spread the Word

Linda Moses Circle of Life Coordinator

According to the National Cancer Institute, there are about 56,000 new cases of thyroid cancer in the US each year, and of those diagnoses are papillary thyroid cancer—the most common type of thyroid cancer. Females are more likely to have thyroid cancer at a ratio of 3:1. Thyroid cancer can occur in any age group, although it is most common after the age of 30, and its aggressiveness increases significantly in older patients. Thyroid cancer does not always cause symptoms; often,

the first sign of thyroid cancer is a thyroid nodule. Some signs and symptoms include a hoarse voice, neck pain, and enlarged lymph nodes. Although much as 75% of the population will have thyroid nodules, the vast majority are benign. Less than 1% of all thyroid nodules are malignant (cancerous).

Most thyroid cancers are very curable. In fact, the most common types have a 97% cure rate. These cancers are often cured with simple (complete) surgical therapy alone. This var-

ies from patient to patient and cancer to cancer. Some patient's may need radioactive iodine treatment along with surgical removal. The bottom line is that most thyroid cancers are papillary thyroid cancer, and this is one of the most curable cancers of all cancers. Treated correctly, the cure rate is extremely high.



Welcome to Our Land: Part 1

Arne Vainio, M.D. Family Practice Physician **Stephan Hoglund** Photographer

The small plane was at the mercy of the wind as we were coming in to the remote airport. I could see the pilots in the cockpit and see the small airstrip we were aiming for through the windshield. The plane drifted wildly back and forth and the turbulence picked up as we were coming in. The airstrip would go out of view, then back in, then disappear out the other side of the windshield as the plane twisted from side to side. At the very last second, the pilot straightened out the plane and the propellers roared to slow the plane as we bounced down the runway. I came to know this as a pretty typical landing coming in to the remote First Nations reserves in Northwest Ontario, Canada.

It was early March in the middle of the polar vortex that had been freezing Canada and most of the United States. I had been brought in to these remote reserves by the Northwest Community Care Access Center (Thunder Bay) to show *Walking into the Unknown* and to somehow see if a better link could be established between these remote communities and the medical providers who served them. I really had no idea what to expect and no idea how I would be received. Over the course of four days we flew into two communities that are fly-in only with the exception of a short-lived winter road made of packed snow and ice. Big trucks tear up these roads and make the 12-hour drive to the next town long and treacherous. We drove into two slightly less remote reserves. On the fifth day I was scheduled to be one of the keynote speakers at a large diabetes conference and I had no idea what I was going to say.

Nancy picked us up in the first village and as we drove through the rough streets she asked, "anybody want a dog?" This was hilarious as the dogs followed us through the village and waited for us outside the community center. There was a meal and maybe thirty people were there. As I started the film, most of them left and there were less than ten who watched the film. But one of them was a member of the tribal council and she worries for the health of her people.

The next day we flew in to another remote community and Gary picked us up. He had the entire day planned and we were busy going from one place to the next. We toured the village and he brought us to the tribal center. The council was in session and there were two Elders with them. We were introduced and the Chief stood solemnly and told us about their community. He showed us a painting on the wall with all of the clans represented. He talked of them and what they mean and then he turned around and said with great formality:

"Welcome to our land. Thank you for bringing something good to our people."

We went to the radio station and spent about a half hour on the air and I was able to talk about the film and tell the

community to come to the showing. The film showing was well attended and Gary and Starsky were hooking old speakers to an equally old amplifier with cables that didn't look like they were going to fit. They showed the film on the wall with an ancient projector and this was technically one of the best showings of the film ever. The room was silent afterward and no one had any questions. I talked for a while about our risks for diabetes and the need for us to address our medical conditions so we can live to be the Elders our children and grandchildren will depend on. One woman shyly raised her hand and asked a question about medicines and then the floodgates opened. They asked and I answered questions for almost an hour after the film was over. I was told later, "I don't know what you said to them, but I've never seen people so excited about anything!"

The next day we flew from Thunder Bay to Kenora. Every flight we were on had multiple stops in small communities. We drove to one of the remote communities and were met by Carol. She took us to tour the clinic and we went to the school. In the last four weeks this community had suffered four deaths, including one of their most traditional and beloved Elders. The last death was the suicide of a young girl and the community was still reeling in shock and devastation and the fear of what could come next. We met with one of the counselors from the school and the film was scheduled to show in the Trapper Hall at 1:00 right after lunch. He asked if I could come and talk to the teachers and counselors at 12:20 during their lunch break.

When I came back all of them were waiting for me in the library. The tension in the room was palpable as I put *Walking into the Unknown* into the video system and the lights went off. I showed the suicide segment of the film and when the lights came back on there was total silence. I began to talk to them.

"Our children need you. In a 24-hour day, if they sleep for 8 hours it means they spend fully half their lives with you. You have a huge influence on how they see themselves and how they see the world. They depend on you for knowledge and they depend on you to teach them fairness and trust and love. They need you to show them there is something outside these walls to live for. They need you to show them inside these walls lives safety and forgiveness and to remind them of the dreams they had when they were small.

There has been tragedy here and this is not new. Our people used to raise our children as communities and all of us watched out for each other's children. We moved to the sugar bush and the ricing camps as a community and our children were taught by our Elders to be the Elders of the future. The Elders told our creation stories and our children learned to be part of that community through our stories.

Time and mercury poisoning and drugs and alcohol have done us deep harm. We had several generations of children taken from our families and put into boarding schools and our

stories were made to be forgotten. We no longer raise our children as a community and we need to get this back. There are many working on this, but that is still in the future.

You need to know if you live among us and teach our children, you are a part of this community. The color of your skin means nothing. We need your knowledge and our children need your understanding and they need to see your hope for them in your eyes. My people are good at seeing insincerity in others and they are good at seeing defeat. You carry much of the hope for our children and you need to always remember why you came into our communities in the first place. Your coming here was an act of faith and an act of love. Our children need you. We need you.

Welcome to our land. Thank you for bringing something good to our people."

Afternoon classes were about to begin and the teachers had to leave. One of them was crying and she came up to me and said, "I've been here for six years and no one ever told me I was a part of this community." She leaned in close and hugged me and whispered, "Thank you."

Another teacher told me he was watching for four kids in particular and was going to hug them in the hallway and tell them what they did right that day.

As I left the school, the dogs in the community were outside playing with the kids. There were three second or third grade boys jumping from a snow bank and they had to make sure I saw each of them jump, "Watch me! Watch me!"

I asked them to show me again. We were all laughing as I walked to the car to show the film for the community at the Trapper Hall.

This unscheduled showing of *Walking into the Unknown* for our teachers is possibly the single most important thing I have ever done as a father and a husband and a doctor. This impromptu meeting in the library is exactly why I was on all those plane rides and all those wild landings.

Those boys jumping from the snow bank are the future suicides in our communities, but only if we allow it. What we tell our children and what we say to each other makes a difference.

I saw two doctors and a lawyer jumping from that snow bank.

"Watch me! Watch me!"

I'm watching.

We all need to be.

Arne Vainio, MD (Mille Lacs Band of Ojibwe Member) is a family practice physician on the Fond du Lac Ojibwe reservation in northern Minnesota. He has been writing health articles for News From Indian Country, and other tribal and non-tribal newspapers, for over 4 years.

48th Annual Traditional Powwow a Success

Carla Big Bear Contributing Writer **Chad Germann** Photographer

It was another successful year for the Mille Lacs Band of Ojibwe Traditional Powwow that was held on August 15-17. We had a grant reopening for our new arena on August 14th. We had about 3,000 guests per day on Friday and Saturday, including 21 craft vendors, 15 food vendors, 23 drums, more than 600 dancers, and 300+ Band employees who staffed the powwow throughout the weekend.

Powwow royalty and winners

Congratulations to the 2014-2015 Mille Lacs Band royalty and this year's winners!

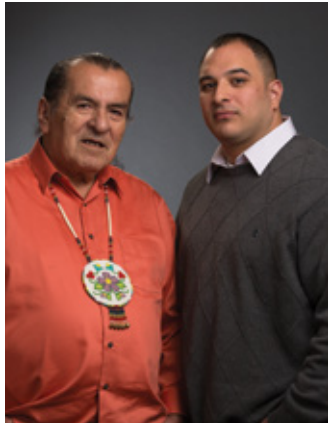
- 2014-2015 Mille Lacs Band of Ojibwe Royalty
 - Algin Goodsky, Sr. Brave
 - Tayo Jo Boyd, Jr. Brave
 - Trina Fasthorse, Sr. Princess
 - Nelly Boyd, Jr. Princess
- Parade Contest
 - 1st Place: Am Vets
 - 2nd Place: Deilyah
 - 3rd Place: Joe Walsh
- Rez Car Contest
 - 1st Place: Cameron Wind, Mille Lacs
 - 2nd Place: Adrian Wade, Mille Lacs
 - 3rd Place: Ramona Washington, Mille Lacs
- Department Float
 - DNR
- Moccasin
 - 1st place: Joe Montano's team
 - 2nd place: Herb Weyaus' team
 - 3rd place: Alan Weyaus' team
 - 4th place: Richard Davis' team
- Horseshoe
 - Most Ringer Will Korpela
 - 1st Place: Will Korpela and Joseph Tiessen
 - 2nd Place: Phil Harrington and Jeremy Harrington
 - 3rd Place: Dylan Sam and Darryl Smith

Thanks to volunteers and contributors

The powwow committee would like to thank everyone for their support this year. It is a big responsibility to plan and coordinate this event every year; we could not accomplish such a major community event without the combined efforts of the Band's various departments and employees. A huge thank you goes to the Community Development Department and the employees who worked so hard on getting the powwow grounds ready for the weekend. Also thank you to the Department of Labor crews who helped on the grounds as well. We also wish to extend our appreciation to our neighbors who donated time and gifts towards making the 48th Annual Mille Lacs Band Ojibwe Traditional Powwow such a success!







Niizhing Akeyaa Ge-Izhi-Gikinoo'amawind A'aw Anishinaabe-Abinoojiinh

Two Ways of Educating Anishinaabe Children

Lee Staples Gaa-Anishinaabemod Obizaan Chato Gonzalez Gaa-Anishinaabewibii'ang Ombishkebines

Mii-go noomaya gii-maajitaawaagwen ingiw abinoojiinyag gikinoo'amaagoziwaad. Niizhiing i'iw akeyaa ge-izhi-gikinoo'amawind a'aw Anishinaabe-abinoojiinh niwii-tazhindaan.

It was just recently that the kids stared back to school again. I am going to talk about the two ways in educating Anishinaabe children.

Mii i'iw nitam waa-tazhindamaan a'aw wayaabishkiiwed akeyaa ezhi-gikinoo'amaaged. Ishke ani-asemaakawind a'aw Anishinaabe-abinoojiinh, mii imaa ani-dazhinjigaadenig da-wawiiingezid a'aw Anishinaabe-abinoojiinh da-wenda-gikendang inow wayaabishkiuwen akeyaa izhi-gikinoo'amaagenid. Mii imaa ge-ondinigid isa da-gashki'ewizid weweni da-bami'idizod oniigaaniiming.

The first form of education I want to talk about is the education offered in non-Indian schools. When tobacco is offered up to benefit our young Anishinaabe, the speaker asks the Manidoog that the child is real efficient learning all he can about the white mans books. It is from there that he will get his ability to support himself.

Ishke ingiw gaa-nitaawigi'ijig aanawi-go gii-kikendanzigwaa zhaaganaashiimowin booch igo ingii-ayaangwaamimigoog da-gikinoo'amaagoziyaan.

Even though those old people who raised me knew very little English they still encouraged me to pursue my education in that other world.

Ishke wayeshkad gii-kikinoo'amaagoziyaan, mii eta-go bezhig abiwining imaa gii-ayaamagak da-dazhi-gikinoo'amaagooyaang gakina. Moozhag dash ingii-tazhindaan aakoshkadeyaan. Ishke dash mindimooyenyiban gaa-ikidod, "Gaawiin weweni gii-kiziibiiginaaganesiidogenag ingiw ikwezensag imaa gaa-tazhi-gikinoo'amaagozijig." Mii dash a'aw mindimooyenyiban gaa-ikidod, "Booch igo giwii-ayaawin da-gikinoo'amaagooyan, mii dash waa-izhichigeyaan, mashkimod giwii-ozhitamoon, mii dash onaagaans, emikwaanens, onaagan da-atooyaan, mii dash endaso-giizhik da-maajidooyan da-aabajitooyan inow azhigwa ashamigooyan, da-bi-azhegiwewidooyan dash weweni inda-giziibiiginaanan." Mii dash i'iw gaa-izhichigeyaan endaso-giizhik.

When I first went to school I went to a one-roomed schoolhouse where we all attended classes. I came home quite often and complained about having stomachaches. That old lady said, "The young girls who were doing the dishes at the school must not be doing a very good job at cleaning the dishes." And then that old lady said, "I want you to continue your schooling. What I will do is sew you a bag where I will put your cup, spoon, and plate. Each day you will take those with you to school to use when they feed you, and then you will bring those home and I will wash them out good." So that is what I did each day when I went to school.

Miinawaa a'aw akiwenziyiban ingii-wiindamaag, "Ayaangwaamitoon igo da-agindaman da-dazhiikaman inow mazina'iganan gaa-pi-giwwewidooyan. Gego babaamendangen da-biindigeniseyan naa gaye nibinaadiyan, niin igo gakina gidani-giizhiikamoon ge-gii-izhichigeyamban." Mii dash i'iw gaa-izhichigeyaan azhigwa gaa-ishkwaa-aabitaad-dibikak gii-kiizhiikamaan inow mazina'iganan.

That old man also told me, "Work hard at reading and studying your books that you brought home. Do not worry about hauling in wood and hauling in water, I will take care of the chores that you should be doing. That is what I did; I worked on my studies until after midnight.

Azhigwa dash gaa-kiizhiitaad a'aw nisayenh dabazhish asind megwaa gikinoo'amaagozid, gaawiin ogii-ayaanziin nawaj ishpiming da-izhaapan gekinoo'maagozid. Gaawiin bemiwizhiwed gii-pi-izhaasiin imaa Aazhoomog gii-taayaang.

When my older brother finished the lower grades there was no way to continue his education. He had no way to get to high school since there was not bus that went to Aazhoomog where we lived at the time.

Mii dash ingiw nigitiziiminaanig gaa-nitaawigi'ijig ogii-tiba'anaawaa abiwini imaa Gaa-zhiigwanaabikokaag. Mii dash imaa agaamikana gii-atemagak i'iw gikinoo'amaadiiwigamig gii-izhaad nisayenyiban nawaj ishpiming gii-izhaad gikinoo'amaagozid.

So our parents, those old people who raised me rented an apartment in Hinckley. The high school was across the road from the apartment so my brother could go to high school.

Ishke dash gaye gaa-izhichigeyaan miskodesiminag ingii-mawinz endaso-niibing. Mii dash imaa gaa-ondinagwaa ingiw zhooniyaansag gii-asigishimaad a'aw mindimooyenyiban gii-maajiniza'waad gii-tiba'ang nibiizikaaganan gebiizikamaanin azhigwa gii-maajitaayaan gii-kikinoo'amaagoziyaan. Mii a'aw ishwaaso-miskwaabikoons endaso-dibaabiishkoojigan ingiw miskodesiminag, mii

iw minik gaa-izhi-diba'amaagooyaan. Ishke dash mii imaa waabanjigaadeg gaa-izhi-apiitendamowaad weweni ani-giizhiikamaan gikinoo'amaagoziyaan ingiw gaa-nitaawigi'ijig.

What I also did was pick beans every summer. It is from there that I got the money that the old collected and that she sent off to pay for my school cloths to wear when I started school. I was paid eight cents a pound to pay for the beans that I picked. It shows here how those old people who raised me valued the importance of my education.

Ishke dash ingiw niizh nawaj gaa-gichi-aya'aawijig apii dash niin gaa-tazhiganawenjigaazoyaan ogii-kiizhiikaanaawaa weweni gii-kikinoo'amaagoziwaad. Ishke dash mii imaa gaa-onjikaamagak ge-niin da-kiizhiikamaan weweni. Gaawiin ganage ingii-pabaamendanziin da-bagijwebinamaan da-ni-giizhiikanziwaan gikinoo'amaagoziyaan.

The other two that were older then me and that were raised with me completed their education. As a result it never occurred to me to even think about dropping out and not finishing my schooling.

Azhigwa ishpiming gii-izhaayaan gekinoo'amaagoziyaan eta-go niizh gii-anishinaabewiyaang ingiw naanimidana gaa-kikinoo'amaagozijig. Gaawiin ingii-aanishendanziin megwe-chimookamaaning gikinoo'amaagoziyaan, Mii eta-go gii-ayaangwaamitooyaan wii-gagwe-gikendamaan gaa-gikinoo'amaagooyaan. Ishke ingii-wenda-minwendaan gii-aada'wagwaa chi-mookimaanensag niiji-gikinoo'amaaganag. Ginwenzh igo ingii-nanaamadab gii-tazhiikamaan nimazina'iganan.

When I went on to high school there was only two of us that were Anishinaabe in a class of fifty. I was not discouraged being taught among white people. All I did was concentrate on my studies. I really enjoyed getting better grades than my fellow white classmates. I sat for a long time working on my studies.

Mii gaye i'iw akeyaa gaa-izhi-gikinoo'amaagooyaan da-wenda-gikendamaan i'iw akeyaa gaa-izhi-miinigooowizid a'aw Anishinaabe ge-izhi-bimiwidood i'iw bimaadizid. Mii eta-go gii-ojibwemotaagooyaan endaso-giizhik gabe-giizhik gaye. Ishke dash mii i'iw wenji-gikendamaan ojibwemoyaan. Naa-go gaye apane ogii-naadamawaan inow owiiji-anishinaabeman a'aw akiwenziyiban ganoodamawaad odasemaawaan miinawaa zagaswe'idinid. Mii-go apane gii-paa-wiijiwag a'aw akiwenziyiban gii-o-bizindawag. Ishke dash mii imaa gaa-ondinamaan ani-gikendamaan da-ganoodamawag a'aw Anishinaabe ani-asemaaked biinish gaye ani-zagaswe'idid.

The other way I was taught was to be sure that I know the teachings that we were given as Anishinaabe; our way of life. Those old people only spoke Ojibwe to me all day everyday. That is why I know the language. That old man also always spoke for the Anishinaabe's tobacco and for their feasts also. I always went with that old man and listened to him. It is from there that I have the ability to speak for Anishinaabe's tobacco and for their feasts.

Mii gaye gaa-izhichiged a'aw akiwenziyiban gii-maajaa'iwe. Ishke dash a'aw mindimooyenyiban naa gaye niin nigii-paa-wiijiwaanaan endasing gii-maajaa'iwed. Weweni dash ingii-pizindawaanaan ani-gaagiigidod ani-maajaa'iwed. Ishke mii iw maamawi-zanagak iko maajaa'iwed awiya, ogii-wenda-nitaa-waniiken gegoo imaa ge-gii-ni-dazhindangiban imaa maajaa'iwed.

That old man also did funerals. That old lady and I always went with him when he did funerals. We listened to him carefully when he talked at the funerals. Talking at these funerals is one of the hardest things to do, because of that the old man had a tendency to forget everything that needed to be said at these funerals.

Ishke dash gaa-izhichigeyaan azhigwa gaa-pi-giwweyaang, mii imaa gii-ni-dazhindamaang gaa-waniiked a'aw akiwenziyiban megwaa imaa gaagiigidod imaa gii-maajaa'iwed. Gegapii-go a'aw mindimooyenyiban ogii-ozhibii'aaan gaa-waniiked a'aw akiwenziyiban gii-ni-gaagiidod. Ishke dash mii i'iw wendinamaan gikendamaan ezisijigaadeg gaagiigidod awiya imaa maajaa'iwed.

After we would get home from each funeral we would sit down with him and cover what he forgot while he was doing the funeral. After awhile that old lady wrote down what he forgot to mention at the funeral. It is from there that I know how the talk goes for these funerals.

Mii gaye endaso-zaagibagaag miinawaa endaso-dagwaagig, mii iw gii-paa-wiijiwagwaa gii-naazikawaawaad inow Anishinaaben niimi'idiikenid imaa Neyaashiing miinawaa Minisinaakwaang naa-go gaye Gwaaba'iganing. Ishke a'aw akiwenziyiban ogii-kanawenimaan inow Manidoo-dewe'iganan a'aw noongom Amikogaabaw naa gaye niin genawendamaageyaang. Continued on page 7

Every spring and every fall I would go with them to the ceremonial dance out in Mille Lacs, East Lake, and Sawyer. That old man was a drum keeper, the same drum that Larry Smallwood and I take care of now.

Ishke dash mii imaa wendinamaan gikendamaan gaagiigidoowin miinawaa ezhichiged a'aw Anishinaabe ani-niimi'idiiked. Mii-go gaye apane gii-paa-wiijiwagwaa gii-naadamaagewaad midewichigewaad ingiw Anishinaabeg miinawaa ingii-owiidabamaa a'aw nizhishenyiban Mizhakwadoban gii-midewi'iwed. Mii dash imaa wendinamaan gikendamaan izhi-gaagiigidod awiya midewi'iwed.

It is from there that I know the talk that is used at these ceremonial dances and what is done at these dances. I always went with them when they went to Midewiwin ceremonies and I also sat with my uncle Albert Churchill when he did Midewiwin ceremonies. It is from there that I know the talk that goes with running a Midewiwin lodge.

Ishke mii imaa ani-miigwechiwi'agwaa ingiw Manidoog gii-inendaagoziyaan ingiw gechi-aya'aawijig imaa gii-ayaawaad gii-nitaawigi'igooyaan Ogimaawabiban naa Nazhikewigaabawiikweban. Ishke ani-aabaji-ayaayaambaan da-gii-ni-aabaji-wiij'ayaawaawagwaabanen dedebinaawe nigitiziimag gaawiin indaa-gii-gikendanzin

a'aw Anishinaabe o'ow akeyaa gaa-izhi-miinigoowizid wawaaj igo gaawiin indaa-gii-gikendanzin da-ojibwemoyaan.

I express my gratitude to those Manidoog for my being raised with this elder couple John Benjamin and Sophia Churchill-Benjamin. If I would have been raised by my biological parents, I would not have known the way of life that the Anishinaabe people that were given to live and I would not even of known the language.

Ishke dash mii i'iw ge-biminizha'ang a'aw Anishinaabe i'iw akeyaa da-izhi-nitaawigi'aad inow oniijaanisan. Ishke i'iw akeyaa gii-izhi-nitaawigi'igooyaan ingii-kikendaan ge-naazikamaan gii-nishwanaajibeingeyaan maa minik imaa i'iw akeyaa gaa-izhi-bimiwidooyaan bimaadiziyaan. Ishke gii-tebwewag ingiw akiwenziyibaneg gii-ikidowaad, mii iw ge-baazhidaakonigod a'aw Anishinaabe oniigaaniiming.

This is what the Anishinaabe should pursue to raise their child with in a similar manner. When I was raised with this background I knew where to go for help when I was having a difficult time in my life. It was true what the old men said, that it was these teachings that will carry us over those hurdles in life.



'Hungry Johnny' Dishes Up Elder Knowledge, Native Culture in Children's Book

Konnie Lemay Writer, Indian Country Today Media Network

We've all known (or raised) a child like the title character in Cheryl Minnema's first children's book, *Hungry Johnny* (Minnesota Historical Society, 2014). He's chock full of energy and impatient to have things right now — like dinner — because after all, Johnny likes to “eat, eat, eat!”

The Johnny in Minnema's life, the one after whom the character is named and to whom the book is dedicated, is her brother Johnny Bubba, as he was nicknamed.

“It's based on a memory,” Minnema told Indian Country Today Media Network. “I had a little brother named John, and our grandmother lived with us.”

Like the young boy in her book, Cheryl's little brother did run into the kitchen, just about to snatch something to eat. His grandmother stopped him with the reminder that the food was for a ceremony and had to be blessed first and that at the event, elders get served before anyone else. Just like the Johnny in the book, her brother had to learn to wait.

Minnema hopes her book is “teaching children about being patient and about respecting Elders and to show a change in my character, Johnny,” she said. “That point where Johnny finally gets to eat — that's his moment of change.”

It's at that moment, when he finally gets his turn at the table, that Johnny proves he has learned his grandmother's lessons. But we won't give away the ending.

For Minnema, Mille Lacs Band of Ojibwe member — who said she's been writing since she was 12 or so — this is a year of beginnings. Besides from having her first children's book published, she just completed her first year at Hamline University in St. Paul, Minnesota. Although writing is a familiar craft for Minnema, her usual genre is poetry, not children's literature. She did find similarities between the two genres, though.

“I was so used to having limited space,” Minnema said of the condensed storytelling in a children's work. “To write a children's picture book, you only have very few pages to work with... You squish it all together in one text. It felt the same [as poetry] to me. That's what I enjoyed about it.”

Minnema used her writing group and also her two children, ages 12 and 8, as sounding boards.

“I read my manuscript over and over and over to them,” she said with a chuckle.

Even before Minnema found a publisher, her story of *Hungry Johnny* proved to be a winner. She entered it in a 2012 competition at the Loft Literary Center in Minneapolis and won some critiquing time with award-winning children's author Susan Marie Swanson.

“That process really helped me to polish up the story,” Minnema said. “Once it was where it should be, I sent it out; I don't know to how many publishers. The first response I got

back was an email [from the Minnesota Historical Society Press]. They were excited to have *Hungry Johnny* come through... They had recently put out there that they wanted to increase their children's picture books section, particularly with Native American characters. It was a blessing, they said, to have *Hungry Johnny*.”

Unlike with development of many children's picture books, the author was included in the process of finding an illustrator. The artist chosen, Wesley Ballinger, also happens to be Mille Lacs Ojibwe.

“I feel very fortunate that I was a part of that project,” Minnema said. “I was able to send the illustrator some family pictures to inspire him.”

The image of her uncle became the inspiration for the elder saying the prayer at the community gathering. Portraits on the wall in Johnny's home are from Minnema and Ballinger's own families.

Minnema is already hearing how satisfying her book is for Native children.

“I've been getting a lot of great feedback, especially from teachers, from Ojibwe reservations,” she said. “There is so much the children can identify with from their own lives, to see themselves in children's book. To see themselves today, not in outdated stereotypes.”

In another of her endeavors, Minnema also blends cultural sensibilities with modern-day inspirations. She is an accomplished bead artist, most recently creating a series of four season-inspired bandolier bags with Ojibwe-style floral beadwork. She calls the work Mino Bimaadiziwin — the Good Life Ojibwe Beadwork Project.

“I come from a very traditional family of mostly women — my mother, my grandmother and my first cousins,” she said. “We've done a lot of beadwork. It was mostly for regalia.”

She does not consider herself an artist per se, or at least not until recently.

“I've only been open for the last couple of years to being called an artist,” she said. “It took awhile for me to wrap my head around that: How our way of life could be called out... I take traditional style and I incorporate my own ideas.”

Her relatives taught her how to do her best beadwork, how to take apart and redo something that didn't quite work.

“When I was younger, my relatives were very helpful in teaching me how to do beadwork,” Minnema said. “I had grown up watching them sew and learned a lot just by watching. When I started practicing, they were encouraging and



Hungry Johnny illustrator Wesley Ballinger and author Cheryl Minnema.

when my work wasn't turning out, they knew what I was doing wrong just by looking at it. I learned to be patient as my skills slowly improved.”

These days she is the one handing down the knowledge.

“The relatives who taught me how to do beadwork have mostly passed on now, so I no longer receive their direction,” she said. “They do continue to inspire my work on many levels, such as the use of their favorite colors and flowers.”

Minnema finds that the skills she has honed in a lifetime of beadwork also aid in her writing.

“Having patience and becoming inspired translates directly over to my writing,” she said. “Writing is a process, and learning the different crafts of writing is also about improving skill.”

More children's books are likely for the author and crafter, perhaps again with Johnny. She also has a special writing project and a commitment to seeing it published, a tenacity that in itself could inspire children and adults alike.

“I have a poetry manuscript I've been working on for quite a few years,” said Minnema. “It will be published, because I refuse to give up.”

Niigaan Program Holds First Annual Canoe Race



Participants that competed in the canoe race pose for a photo.



The Mille Lacs Band of Ojibwe Niigaan Program held the first annual canoe race on Saturday, August 16. The race began at Indian Point on Mille Lacs Lake and finished at the Iskigamizigan Powwow Grounds.

The two-mile race was completed in about forty minutes. Four teams competed in the event, comprising of eight kids: Cody Moose, Zack Moose, Dezyre Eischens, Derik Smith, Sherranie White, Will Sayers, Amelio Merrill and Elias Altman.

The MLB DNR followed along in a boat to ensure the kids made it safely from start to finish. Adult supervisors on the water were Adrienne Benjamin and Laurie Harper.

Canoe race results

- **1st place:** Sherraine & Will
- **2nd place:** Zack & Cody
- **3rd place:** Dezy & Derick
- **4th place:** Amelio & Elias

The Niigaan Program is a community youth organization serving all Mille Lacs Area youth, grades K-12. Areas of focus include: character & leadership development, the arts, education & career development, sports, fitness & recreation. More pictures of the race event can be found at their Facebook page: <http://on.fb.me/1oWXfID>

Are you an Elder or do you know an Elder who has a story to tell?

The *Ojibwe Inaajimowin* is looking for Elder stories for upcoming issues.

Send your name, contact information, and a brief description of the Elder you would like to feature to Andy McPartland at andy@redcircleagency.com or call 612-248-2051.

Native American Keith Harper Named U.S. Ambassador

Andy McPartland Staff Writer



Keith Harper

On June 3, the US Senate confirmed Cherokee Nation citizen Keith Harper as an ambassador to the United Nations Human Rights Council. The appointment made him the first Native American to ever become a U.S. Ambassador.

Mille Lacs Band Chief Executive Melanie Benjamin attended the swearing-in.

Calling it a "historic vote," Melanie noted that "Keith has a long history of advocacy for Indian people and tribes as an attorney and tribal court judge."

Harper was a partner at the Washington, D.C. law firm Kilpatrick Townsend & Stockton, where he focused on litigation and Native American affairs, representing both tribes and individuals.

Harper is widely known for being a lawyer in the Cobell trust litigation, the class-action lawsuit brought by Native American representatives against two departments of the US federal government. The 1996 case was on behalf of upwards of 500,000 Native Americans; it was resolved in 2009 with the

Obama administration agreeing to a \$3.4 billion settlement.

The day after being sworn in, Harper flew to Geneva, Switzerland to participate in the 26th regular session of the Human Rights Council.

Formed in 1947, the Human Rights Council is an inter-governmental body within the United Nations system made up of 47 states responsible for the promotion and protection of all human rights around the globe.

"As the first tribal citizen to serve as an ambassador, Keith has broken the barrier for all those who will follow him," Cherokee Nation Chief Bill John Baker said in a statement. "I know Keith will do so with integrity and compassion for Indigenous people worldwide."

"His confirmation is especially meaningful for Indian Country, because the United Nation's World Conference on Indigenous Peoples will be later this year and he will have an important role in protecting the rights of Native people," Baker added. "He will be a staunch advocate and champion for all Indigenous people."

Former Presidents of the National Congress of American Indians called Harper a "role model" in an article praising the nomination.

"We are living in historic times for Indian Country," they wrote.

Elder Health Stories

Elders shared their health stories in a recent Public Health newsletter. Here are some of those stories. More to come in upcoming issues of the *Ojibwe Inaajimowin*.

Barb M. White



On April 22, Kim Leschak, LPN visited with Barb White at her home in Isle. Barb shared her personal story of receiving a kidney transplant. In 2007, she was diagnosed with kidney failure. With her kidney only functioning 30%, she had to begin dialysis.

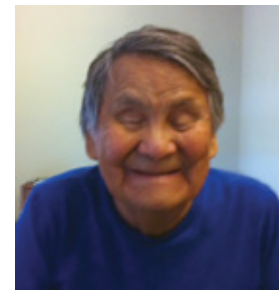
She opted to do peritoneal dialysis in her home. She continued this form of treatment for 5-6 years and then started having the discussions with her doctor about a kidney transplant.

January 2013, she got the call saying they had a match and that she would be getting a kidney. She started to get nervous and scared, but her son reminded her that she didn't want to have to be on the machine the rest of her life. The last thing she remembers as she was getting drowsy from the anesthetic was her grandson Brandon coming in. The surgery was successful and she says her life is a whole lot better now.

Also, living with diabetes Barb would really like to see some changes made to help make diabetic food accessible at the local grocery store, feasts and meals on the reservation.

Her message to the younger generations is "Watch your health. Quit smoking. Brush and take care of your teeth!" For years she didn't bother with her diabetes because she didn't believe it. She is now working closely with the Diabetes team at the Ne la Shing Clinic and continues to follow up with her doctor and lab work.

Doug Eagle



Jackie Jensen, Homecare Coordinator and RN for Public Health recently sat down with Doug Eagle at his home in the ALU at Mille Lacs and discussed the struggles that alcoholism and drug dependency have caused him.

Doug was a severe alcoholic and suffered many health related problems because of his drinking. Kidney failure, fatty liver, delirium tremors (DTs) and continuous vomiting from hangovers were part of his life before he got help.

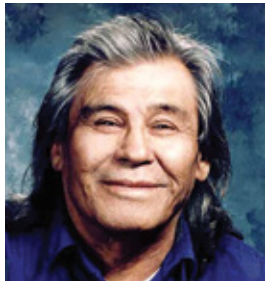
Doug is part of several programs on the reservation that are supporting his efforts to stay sober. He attends Alcoholics Anonymous (AA) group on Monday evenings, counseling with a Mental Health Psychologist where he receives one-on-one therapy, attends ceremonies and wellbriety events.

The message he would like to send to younger generations is, "Get involved in prevention programs, learn your culture, respect your body and use our traditional healer."

Some of the traditions that helped him through his recovery process have been sweats, being around others who are also interested in our traditions, drumming and singing.

Sharing his story is important to Doug as he hopes that others may learn from his history and mistakes and want to stay alive. He states, "I feel if I went back to drinking, I would not be alive right now."

He encourages those struggling to get involved in AA meetings, seek medical attention, attend healing groups and sweats. His advice, "Find your inner power and use it."



Melvin Eagle

Eagle Was a Keeper of Culture

Dr. Anton Treuer Contributing Writer, Mille Lacs Messenger

It is a marvel to many Ojibwe people how a community like Neyaashiing on the Mille Lacs Indian Reservation could be so successful in maintaining their culture. They've fared better than most of their neighbors in this regard in spite of the fact that they are located a little over 100 miles from Minneapolis and have a small population surrounded by a sea of white resorts, hotels and summer homes. They've managed to keep Big Drum culture in particular flourishing despite consistent efforts to remove them from their homeland, including the burning of their homes in 1901 and the withholding of allotments for all who did not relocate to White Earth until 1926.

Melvin Eagle would be the first person to say that power of the Drums themselves did much to protect the people of Neyaashiing and their cousins to the east in Sandy Lake and Lake Lena. However, the unbending faith of the Drum Keepers did much to protect the Drums and everything associated with them as well. It was the strength of traditional Ojibwe religion and the tenacity of traditional Ojibwe people that enabled Mille Lacs to keep so much in spite of the enormous pressures to relinquish all they had.

Melvin Eagle was one of Mille Lacs' most stalwart cultural keepers. From his birth in Zaagiing (Vineland) on Nov. 4, 1931, to his last breath on Aug. 9, 2014, he gave all he had to the Ojibwe people. Melvin was born to Joseph Eagle and Catherine Littlewolf.

Melvin Eagle, whose anishinaabe name is Miskwaanakwad (Red Sky), grew up hearing the legends of his grandfathers Chief Migizi and Jim Littlewolf, both of whom were prominent religious and political figures in their community. As a small boy, his uncles and a number of older men from the community at Neyaashiing forced him to sit and listen to their stories about history, culture and daily life.

When he was first sent to day school at Onamia, Melvin spoke nothing but his first language, Ojibwe. The school was run entirely in English, and through the power of immersion and embarrassment, Melvin quickly acquired knowledge of the English language. However, he never forgot Ojibwe; and throughout his schooling in reading, writing and arithmetic, Melvin continued to be instructed about Big Drum, hunting,

and fishing and ricing by numerous elders in his community.

Melvin came from a large family and built a large one of his own, raising 10 children and staying highly involved in the lives of his 41 grandchildren, 39 great-grandchildren, and two great-great-grandchildren. His family grew with the addition of many nieces, nephews, and step-children, and Melvin's influence as the family patriarch grew and grew.

As a young man, Melvin was commissioned to take one of the permanent seats on the Mille Lacs Big Drums. There he began his formal education in the songs and speeches used at the ceremonial dances. He would eventually become a member on the Ladies Drum at Mille Lacs and two more Big Drums. The miraculous story of his healing at the Drum and reaffirmed faith in Ojibwe culture is told in detail in the story to follow.

As Melvin approached middle age, his knowledge of the Drum and fluency in the language proved to be assets well appreciated by his peers, as Melvin was raised up on one of the Big Drums to the position of Drum Chief. From then on, Melvin was to be not only a student of Indian ways, but an increasingly recognized and respected teacher of Ojibwe culture. He spent a great deal of time helping advise and counsel people on traditional healing, medicines and drum culture. For nearly 20 years he served as spiritual advisor and lead oshkaabewis on the ceremonial drum in White Earth, a strong testament to the respect afforded to Melvin even far from his home community.

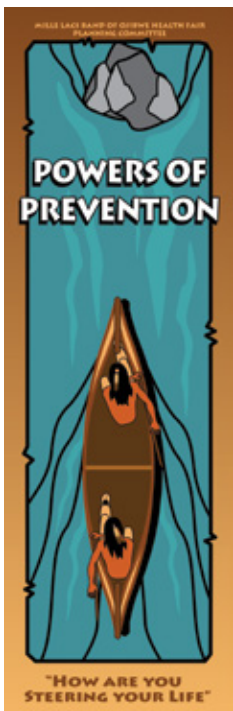
Melvin worked several jobs, sometimes as far away as Minneapolis. However, he never relinquished Mille Lacs as his home base and spiritual center. In retirement, Melvin was busier than ever.

With his passing, Melvin leaves an amazing legacy of spiritual leadership and service to others. He will be succeeded, as the ceremonial life of the Ojibwe must live beyond each person's time on earth, but he will never be replaced. His raucous humor, contagious laugh, and deep knowledge will be deeply missed. But Melvin's greatest gifts are the ones that live on in his family and ceremonial circle in the music, language, and laughter of the living culture that Melvin devoted his life to preserving and strengthening.

Dr. Anton Treuer, is executive director of the American Indian Resource Center, Bemidji State University.

Save the Date for Powers of Prevention

Mille Lacs Band of Ojibwe Health Fair



Make sure to save the date for the 2014 Mille Lacs Band of Ojibwe Health Fair; additional details below.

– **Tuesday, October 14, 10 a.m.–3 p.m. (District III)**

Aazhoomog Community Center
45471 Grace Lake Road
Sandstone, MN 55072

– **Wednesday, October 15, 10 a.m.–3 p.m. (District II)**

East Lake Community Center
46666 State Hwy 65
McGregor, MN 55760

– **Thursday, October 16, 10 a.m.–3 p.m. (District I)**

Mille Lacs Community Center,
43500 Virgo Road,
Onamia, MN 56359

– A healthy lunch will be provided so bring the family!

– There will be 30+ booths promoting health and wellness including: flu shots available, mammogram mobile unit, blood typing, yoga, Elder massages, coloring contest, drunken goggles/safe & sobe, blood pressure, diabetes screening, fire truck tours, and door prizes.

For additional information, contact Megan Cummings at 532-7776, ext. 2413

Central Lakes College Holds Workshops at Anishinaabe College



D2L Online Learning

September 10
2:00 p.m. – 3:00 p.m.

Test Anxiety

September 17
2:00 p.m. – 3:00 p.m.

Time Management

September 24
2:00 p.m. – 3:00 p.m.

Active Learning Strategies

October 1
2:00 p.m. – 3:00 p.m.

College Level Writing

October 8
2:00 p.m. – 3:00 p.m.

Collaborative Learning and Conflict Resolution

October 15
2:00 p.m. – 3:00 p.m.

All classes take place at the Anishinaabe College Classroom

Head Start and Tiny Tot Royalty Powwow

(to be held during the September 2014 Family Activity Night)

Wednesday, September 24
5:30 p.m.–7 p.m.

Emcee: Tammy Wickstrom
Arena Directors: Gaylene Spolarich
Host Drum: Nay Ah Shing Singers

Children must currently be enrolled at the Mille Lacs Early Education Program for the 2014-2015 school year.

Parents can pick up their royalty registration forms at the Wewinabi School front desk from Tiffany Sam or Stacy Boyd.

Registration deadline: Friday, September 19. NO EXCEPTIONS.

Contact Tiffany Sam or Stacy Boyd at 320-532-7590 with any questions or concerns. Miigwech.

Band Member Working Construction on Vikings Stadium



Wesley Dorr Jr.

Mille Lacs Band member Wesley Dorr Jr. was chosen as a supervisor on the construction of the new Minnesota Vikings stadium, which is scheduled to open in the summer of 2016.

Wesley, who has been an electrician for 32 years, is a member of the International Brotherhood of Electrical Workers — Local 292. He is employed by Parsons Electric of Minneapolis.

“Way to go, Dad! We’re very proud of you,” wrote his children Angela, Brian, and Maria as well as his wife, Carmen.

“Gloves for Hides” Exchange Gears Up to Restock Supply

Deborah Locke Staff Writer

For many years the Mille Lacs Band Department of Natural Resources has kept a reserve of deer hides for cultural use. That reserve is low right now and needs to be replenished.

The department instituted a “Gloves for Hide” exchange program which means that if you bring in a hide, you’ll get a pair of insulated leather gloves in exchange.

The tanning process will be completed by Band members with expertise in the traditional method.

It is hoped that as many as 50 hides are placed in reserve, said Brad Kalk, DNR Executive Director. “It is important to restock a valuable renewable resource we use for cultural and traditional practices” he said.

If you have fresh hides you would like to donate, call DNR licensing agent Kevin Stobb at 320-532-7439. In addition, the DNR will contract with tanners who use the traditional method. Call Kevin if you have that expertise and would like to finish some hides.

Interested in submitting to the *Inaajimowin*?

Send your submissions and birthday announcements to Andy McPartland at andy@redcircleagency.com or call 612-248-2051.

The October issue deadline is September 20.

American Indian Cancer Foundation Announces New Board of Directors Members

Group includes MLB Commissioner Sam Moose



Sam Moose, Commissioner of HHS

The American Indian Cancer Foundation, a national nonprofit committed to eliminating cancer and its impact on American Indian families, has announced the new members that will join its board of directors in October 2014: Andrew Adams III, JD (Muscogee Nation), Bret R. Benally Thompson, MD (White Earth Ojibwe), Mary Fairbanks, DNP (Leech Lake Ojibwe), Mark Fox, JD (Mandan Hidatsa Arikara Nations), Margo Gray (Osage Nation), Samuel A. Moose, MTAG (Mille Lacs Band of Ojibwe) and Kalina Newmark (Sahtu Dene First Nations). These individuals bring an impressive set of energy, passion, partnerships and skills to the board that will help the foundation advance its mission. In addition to their service with the American Indian Cancer Foundation, the new members serve in many professional and volunteer capacities devoted to improving and strengthening American Indian communities.

The AICAF Board of Directors is made up of 12 American Indian leaders from across the United States. The seven founding board of directors who successfully launched this foundation have served their maximum terms. The current board of directors led the process to identify and elect new board members to join the AICAF board of directors and guide the next phase of the organization’s development.

“We are so honored to welcome the new additions to the American Indian Cancer Foundation Board of Directors. Their

individual and combined dedication and service to serving American Indian communities are well known and respected across the nation. Their drive is just what we need as we work to expand our capacity to address cancer issues in American Indian communities across the country” said Kristine Rhodes, executive director of the American Indian Cancer Foundation.

The US has celebrated declining rates of cancer mortality over the past two decades, yet American Indians face increasing cancer mortality compared to other populations.

Today, many American Indians face alarming inequities in cancer incidence and mortality. Cancer rates vary by tribe, region, and gender. But according to a 2014 American Journal of Public Health special issue, cancer is now the No. 1 cause of death for American Indian men and women in many states and for all American Indian women in the United States.

The American Indian Cancer Foundation (AICAF) is a 501(c)3 nonprofit organization established to address the tremendous cancer burden faced by American Indians. Its mission is to eliminate the cancer burdens on American Indian families through education, prevention, early detection, treatment and survivor support. AICAF supports transformational interventions that engage communities in the discovery of best practices. AICAF believes that communities possess the wisdom to discover the solutions to effectively address challenges but are often looking for resources and support. The American Indian Cancer Foundation strives to be a partner trusted by tribes and organizations working toward effective and sustainable cancer solutions.

For more information: AmericanIndianCancer.org

Teamwork Saves Eagle

Deborah Locke Staff Writer Mille Lacs Band DNR Photographer

On July 18, 2014, Mille Lacs Band member Nora Benjamin called Mille Lacs Band DNR conservation officer Mike Taylor to report she had seen an eagle that was unable to fly in a ditch next to Shakopee Lake Road. Mike notified Kelly Applegate, MLB Wildlife Biologist. With the help of staff volunteer Jeff Mau, Kelly, captured the young bald eagle and delivered it to Dr. Debbie Eskedahl at the Garrison Animal Hospital.

Dr. Eskedahl is in charge of the Hospital’s “Wild and Free” program, a non-profit initiative that helps to rescue, rehabilitate and release orphaned and injured wildlife. The malnourished eagle was successfully rehabilitated and made a full recovery after about three weeks of care. It was released in Kathio State Park on Aug. 8. Band member Henry Sam said a prayer for the eagle upon its release.

Band members, staff and guests witnessing the release included the band’s Chief Executive Melanie Benjamin, DNR Commissioner Susan Klapel, and DNR Executive Director Brad Kalk. Nora Benjamin was also present for the release.

Kelly said that it took a strong team effort to capture, reha-



The eagle, diagnosed as malnourished, was successfully rehabilitated and made a full recovery.

biliterate and finally release the eagle, adding that many people shared credit for the success. He said special credit goes to Dr. Eskedahl, whose rescue program operates entirely from donations.

“It was great to see so many people turn out to see the beautiful Migizi released back to its home. It was a great honor for me,” Kelly said.

Thinking Ahead

Manoomin study to provide data for scientists of the future

Deborah Locke Staff Writer Kelly Applegate Photographer



Counting rice stems

The Mille Lacs Band Department of Natural Resources is participating in a three-year pilot study to learn more about the science, protection and preservation of manoomin (wild rice) in all three districts. The data will provide a comparative baseline that shows patterns of growth or decline at several of the Band's rice producing lakes.

"We are fortunate to be in some of the best rice growing areas in the country," said Kelly Applegate, an MLB Wildlife Biologist. The sustainability and harvest of the food source is an important part of Ojibwe history and culture. The study will show trends, and will also generate information about manoomin to pique the interest of young people so they carry on the ricing traditions. Kelly said there are MLB elders who recall the rice camps of their childhoods. Today, as members of the older generation pass away, it becomes even more important to ensure that youth will assume the tradition.

The study was funded through the Bureau of Indian Affairs Circle of Flight program. Since the late 1990s several tribes have utilized Circle of Flight funding to restore thousands of acres of wild rice and wetland/waterfowl habitats throughout Minnesota, Wisconsin and Michigan.

With plastic pipe carefully placed around nine square feet at sample points, plots of rice are examined for the height and density of the stalk. One rice bed could contain up to 40 plots. The technicians look for any blemish or "brown spot" on the stalks, denoting disease. Kelly said that Lake Onamia was a prime study area in August because of its layer of lush rice.

Manoomin is picky about where it grows. The water can be no deeper than four feet, and there must be a slow, steady flow of fresh water through the area. Each spring the seeds from the previous year germinate and send a single floating leaf blade to the surface. At this point the rice is vulnerable to wave action and other disturbances. After a few months, the leaves appear as floating grass, flowing like a horse's mane.

Then in July a transformation takes place: almost miraculously the plant forms a thick stalk from the slender grass blades and stands rigidly in the water. In late August through early September the rice ripens, and harvesters throughout the Upper Midwest take on the labor-intensive task of manoomin harvesting. Photos of the harvest and canoes slipping through still water appear pastoral and beautiful, disguising the intense push-pull labor affiliated with ricing.

The work ties today's Ojibwe with a centuries-old tradition. Kelly said that some Band members — like Leonard Sam — were so astute about the harvest that they could look at the size and color of one grain of rice and know which area lake

it grew in. Leonard also recalls when Lake Ogechie and other lakes were full of prized manoomin. This traditional knowledge is important to the MLB DNR as it makes management decisions related to manoomin: measures taken today will help guarantee a healthy crop in 100 years. With the assistance of the Great Lakes Indian Fish and Wildlife Commission, for example, the manoomin crop will be photographed from the air.

"The more we know about the rice, the more protection it will have," Kelly said. "If we see a decline in manoomin, we can go back in time and find out what went on before."

Statewide, the manoomin crop harvest season is late this year because of the late spring, according to the state DNR. If the weather remains mild, peak harvesting will be from early to late September. Of the state's nearly 12,000 lakes, about one out of 10 contains wild rice beds, according to the state DNR.

Information from the BIA Circle of Flight program website and state DNR was used in this story.

"The more we know about the rice, the more protection it will have."

— Kelly Applegate, MLB Wildlife Biologist

Minnesota DNR to Offer Mille Lacs Lake Newsletter

Brad Dokken Writer, Grand Forks Herald



The newest issue touches on a tagging study, muskellunge assessment, predator diets, and other fish and lake facts.

Those interested in Mille Lacs Lake can view a DNR quarterly newsletter that will keep readers up to date on research, fish population assessments and general information. Access the "Hooked on Mille Lacs Lake" newsletter by subscribing at: mndnr.gov/millelacsakeneews.

"We want people to be aware of what's going on and stay connected," said Rick Bruesewitz, DNR area fisheries supervisor in Aitkin, Minn.

The newest issue of the newsletter touches on topics, including a tagging study involving 14,000 walleye and 3,600 northern pike, a muskellunge assessment, predator diets, and other fish and lake facts.

Subscribers will receive an announcement about the quarterly newsletter via email, as well as periodic email updates about Mille Lacs. The Aitkin area fisheries office produces the newsletter.

In addition to the newsletter, anyone interested in learning more about Mille Lacs Lake management can visit mndnr.gov/millelacsake and can see current and previous editions of the newsletter and other information at the Aitkin area fisheries page at mndnr.gov/areas/fisheries/aitkin.

The People of the Big Lake Broadcast



The People of the Big Lake documents the traditions of the Mille Lacs Band of Ojibwe, shown in historic film footage and today, and demonstrate the importance of family, relationships and cultural continuity among Band members.

Check out the documentary on The MN Channel, tpt MN Channel 2.2.

Saturday, September 20: 3 a.m., 9 a.m., 3 p.m., and 9 p.m.

For more information on upcoming broadcasts and quick access to viewing this program online, visit: tpt.org/?a=programs#22577

TRIBAL NOTEBOARD

Happy September Birthday to Mille Lacs Band Elders!

Joe Anderson Jr.
Merlin Anderson
Cynthia Mae Benjamin
Joyce Marie Benjamin
Charles Alvin Boyd
Joanne Frances Boyd
Russell Edward Boyd
Viola Buck
Rose Marie Bugg
Lawrence Churchill
James Douglas Colstrud
Emma Compelube
Keith Edward Dahlberg
Frances Davis
Martha Kathrine Davis
Roger Dorr
Melvin Eagle
Isabel Eubanks
Raymond Allen Eubanks
Lloyd Dale Evans
Shirley Ann Evans
Lorena Joy Gahbow
Joseph Garbow Wm.
Mary Rose Garbow
Ricky Joe Garbow
Roger Duane Garbow
Bernice Bea Gardner
Evelyn M. Granger
Dale Herbert Greene Sr.
Lisa Celeste Griffin

Loretta Lea Hansen
Lucy May Hansen
Carol Anne Hernandez
Bernida Mae Humetewa
Donna Lianne Iverson
Kathleen Lorena Johnson
Beverly Marie Jones
Maggie Kegg
George Vernon LaFave
Marlan Wayne Lucas
Rueben Dale Merrill
James Michael Mitchell
Carol Jean Mojica
Jacqueline Jean Moltaji
Clarence Moose
Elmer Eugene Nayquonabe
Joseph Leonard Nayquonabe
Dorothy Marie Olson
Jeannette Oswaldson
Marie Esther Paschke
Ralph Pewaush
DeWayne Michael Pike
Premo Alan Ray
Patrick James Provo
Betty Jane Quaderer
Carol Ann Sam
Darlene Joyce Sam
Douglas Sam
Elfreda M. Sam
Fred Sam Jr.
Fred L. Sam
Karen Louise Sam
Kevin Duane Schaaf

Susan M. Shingobe
Merle Skinaway
Janice Arlene StandingCloud
Frances Staples
Berniece Sutton
Charles W. Sutton
Beatrice Mae Taylor
Emma Edna Thomas
Judie Erma Thomas
Julie Erna Thomas
Marty Russell Thomas
Russell Harvey Thomas
Arne Vainio Jr.
Darlene Almeda Warren
Leonard Wayne Weyaus
Richard James Weyaus
Bonita Diane White
Donald Ray Williams
Dale Barnet Wind
Micheal Francis Anthony Wind
Dorothy May Wistrom

Happy September Birthdays:

Happy 13th Birthday **Hannah Fahrlander** on 9/1, love your cousin Marissa! • Happy Birthday **Brianna** on 9/1 from Grandma, Grandpa, Auntie Teens, Dawn, Nene, Eric, Darren, Chyenna, and Anthony. • Happy 18th Birthday **Destanie Anderson** on 9/3 with love

from Shyla, Jordan, Dilly Bar, Papa, Bella, and Gramma Gina. • Happy Birthday **Dad** on 9/3, love Lil Kev. • Happy 5th Birthday **Osceola Mosay Fahrlander** on 9/4, love your cousin Marissa. • Happy Birthday **Eric** on 9/9 from Mom, Grandma, Grandpa, Nene, Darren, Brianna, Chyenna, and Anthony. • Happy Birthday **Charlotte Harrington** on 9/9 from Mom, Dad, Nadine, Jared, Whitney, Carter, PJ, and Papa Doug. • Happy 4th Birthday **Damian Vincent Smith** on 9/12, love your cousin Marissa. • Happy Birthday to our granddaughter **Larissa** on 9/13 with much Love Grandma Joanne-Dan, and the Boyd/Weyaus family. • Happy 18th Birthday **Laikora Thompson** on 9/14! We love you, from Dad & Mom! • Happy Birthday to our son **Chris** on 9/14 with much love from Mom & Dad, and the Boyd/Weyaus family. • Happy Birthday **Brother** on 9/17, love brothers and sissys. • Happy Birthday **Grandma Bernida Humetewa** on 9/18. We love you, Kiersen, Ealen, and Emalea.

• Happy Birthday **Nadine Harrington** on 9/28 from Mom, Dad, Whitney, Carter, Charlotte, PJ, and Papa Doug. • Happy Birthday **Tracy** on 9/29, love all your family.

Happy Belated Birthdays:

Happy Belated Birthday **Cassie Beaulieu** on 8/23 and **Dove** on 8/27, love Rose, Shane, Jake, and Sage.

Other Announcements:

Congratulations to **Private Brandon Fairbanks** for graduating from US Army Fort Benning, love your entire family — we're so proud of you!

Submit Birthday Announcements

Send name, birthday and a brief message that is **20 WORDS OR LESS** to Andy McPartland at andy@redcircleagency.com or call 612-248-2051. The deadline for the October issue is September 20.

Mille Lacs Indian Museum September Events

Wild Rice Processing

Saturday, September 6, 13, 20, and 27

Time: Noon, 1 p.m., 2 p.m., and 3 p.m.

Fee: Free

Head to the lakeshore to watch museum staff process wild rice including how to dry, parch, thresh and winnow the rice. Visitors will be able to see the entire process from raw to finished product during 20-minute demonstrations offered on the hour. Demonstrations may be cancelled due to bad weather. Regular admission fees apply to visit the museum.

Kids Crafts: Dream Catchers

Saturday, September 6

Time: 11 a.m.–3 p.m.

Fee: \$5 per kit (museum admission not included)

Children can learn how to weave a dream catcher and make one to take home. The dream catcher is a woven web believed to protect the dream world of the person who sleeps beneath it. Please allow an hour to make the craft. This project is recommended for children ages 8 and up.

Ojibwe Moccasin Workshop

Saturday, September 27 and Sunday, September 28

Time: Noon–4 p.m. on Saturday and 10 a.m.–2 p.m. on Sunday

Fee: \$60/\$55 for MNHS members, and an additional supply fee of \$15

Reservations: required three days prior to workshop, call 320-532-3632

Learn techniques of working with leather at this two-day workshop. Participants will make a pair of Ojibwe-style moccasins to take home. A light lunch and refreshments will be provided both days. A minimum of five participants required to host workshop. Children under 18 must be accompanied by an adult. Discounted hotel rooms are available for workshop participants on Saturday night at Grand Casino Mille Lacs.

Museum Day Live!

Saturday, September 27

Time: 10 a.m.–5 p.m.

Fee: Free

In conjunction with the Smithsonian's Museum Day Live! the Mille Lacs Indian Museum and Trading

Post is offering free admission to all visitors on Saturday, September 27. Explore the museum dedicated to telling the story of the Mille Lacs Band of Ojibwe and an adjacent restored 1930s trading post where visitors can find American Indian gifts from Mille Lacs artisans.



Watch museum staff process wild rice.

SEPTEMBER CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7	8	9 Elder Meetings with the Chief 8:30 a.m.–10:30 a.m. Isle, DII-A 12 p.m.–2 p.m. Fireside, DII 4 p.m.–6 p.m. Grand Casino ML, DI	10 District II-A Legislative Committee Meeting 10 a.m.–5 p.m. Chiminising Community Center D2L Online Learning Workshop 2 p.m.–3 p.m. Anishinaabe College Classroom District I Community Meeting 5:30 p.m. District I Community Center	11	12 District II Legislative Committee Meeting 10 a.m.–5 p.m. East Lake Community Center	13 Wild Rice Processing Noon, 1 p.m., 2 p.m., and 3 p.m. Mille Lacs Indian Museum See page 14 for more information
14	15 District III Community Meeting 5:30 p.m. Grand Casino Hinckley Elder Meetings with the Chief 6 p.m.–8 p.m. All Nations Indian Church, Urban	16 Elder Meetings with the Chief 12 p.m.–2 p.m. Hinckley ALU, DIII Minisinaakwaang Leadership Academy School Board Meeting 4 p.m. East Lake Community Center	17 Test Anxiety Workshop 2 p.m.–3 p.m. Anishinaabe College Classroom Chiminising Bingo 6 p.m. Chiminising Community Center	18	19	20 Urban Elder Bingo/Lunch 11 a.m.–2 p.m. Call 612-872-1424 with questions Wild Rice Processing Noon, 1 p.m., 2 p.m., and 3 p.m. Mille Lacs Indian Museum See page 14 for more information
21	22	23	24 Time Management Workshop 2 p.m.–3 p.m. Anishinaabe College Classroom District II-A Community Meeting 5 p.m. Chiminising Community Center Head Start and Tiny Tot Royalty Powwow 5:30 p.m.–7 p.m. Wewinabi School Circle See page 8 for more information	25 District II Community Meeting 5 p.m. East Lake Community Center District II-A Sobriety Feast 5:30 p.m. Chiminising Community Center Urban Area Community Meeting 5:30 p.m. All Nations Indian Church	26	27 Wild Rice Processing Noon, 1 p.m., 2 p.m., and 3 p.m. Ojibwe Moccasin Workshop Noon–4 p.m. Museum Day Live! 10 a.m.–5 p.m. Mille Lacs Indian Museum See page 14 for more information
28 Ojibwe Moccasin Workshop 10 a.m.–2 p.m. Mille Lacs Indian Museum See page 14 for more information	29	30 Healthy Heart 12 p.m. District I Community Center District I Sobriety Feast 5:30 p.m. District I Community Center				Want your event here? Email andy@redcircleagency.com or call 612-248-2051.

Healthy Heart Program Update

Studies show that you can reduce your risk of developing heart disease by treating and controlling your risk factors, such as blood pressure, weight, and cholesterol and smoking cessation. The Healthy Heart Program offers education classes on heart health in both group setting and one-on-one visits over the past eight years. These classes consist of weight loss, physical activity, and nutritional advice for blood pressure, cholesterol and diabetes. Special individual education and management are also provided by your provider and a diabetes case manager. At this time, there are 55 individuals that participate in the program. The goals of the program are listed below:

- Individual goals:
 - Increased physical activity (to 150 minutes per week or 10,000 steps per day)
 - 7-10 percent weight loss
- Control heart disease risk factors with behaviors and medication
- Feel better
- Learn better nutrition and activity behaviors!
- To learn the best ways to help other American Indians and Alaska Natives with diabetes prevent cardiovascular disease

One of our success stories include Larry Nickaboine who has been in the Healthy Heart Program since October of 2008. He reports, "This program has helped me in achieving my lifestyle



Larry Nickaboine

goals with diet and exercise. I have learned to change my diet and now try to eat more salads daily. I believe the secret to youth is achieving a healthy balance through diet and exercise along with multivitamins and to make this a daily habit." In the winter months, Larry tries to stay active by participating in the "Insanity Workout" DVD system he plays at home. In the summer, he enjoys riding his bicycle. His exercise program with diet helped him lower his cholesterol, LDL and triglycerides and help bring up his protective HDL cholesterol. Larry's success is outlined below:

- Lost nearly 20 pounds
- Cholesterol decreased from 177 to 166

- LDL (bad cholesterol) decreased from 103 to 101
- HDL (good cholesterol) increased from 40 to 53
- Triglycerides decreased from 167 to 65

For more information on how you could participate in the Healthy Heart Program, give Cyndy a call at the following number listed below. It's never too late to start now to improve your health and is worth while in the long run.

Cyndy Travers, Diabetes Case Manager, 320-532-4163, ext. 7840.

Circle of Health Update

Circle of Health is here to help assist you and your family with education and enrollment in the Health Insurance Marketplace. If you don't have health insurance coverage, we can help you get covered on a plan.

Do you have health insurance?

American Indians can enroll in the Health Insurance Marketplace throughout the year.

If you or a family member is an enrolled member of a federally recognized tribe or Alaska Native, you can enroll in the Health Insurance Marketplace throughout the year.

If you do not have health insurance, you can apply through your State Health Insurance Exchange or through the Federal Health Insurance Exchange: healthcare.gov.

New School Year, Start Out Insured!

Help your kids start the new school year strong by making sure they get health coverage they need. With Medicaid and the Children's Health Insurance Program (CHIP), they can get check ups, immunizations, eye exams, and other care they need to participate in classroom and after-school activities.

These programs offer free or low-cost health coverage for kids and teens up to age 19. Parents may be eligible for Medicaid too.

Apply any time of year #Enroll365

You can apply for and enroll in Medicaid or CHIP any time of year. If you qualify, your coverage can begin immediately. Enroll now. Why wait?

You can use the screener on the Healthcare.gov website to see if you are eligible. You can also apply on the healthcare.gov website if you live in a state that does not have a State Health Insurance Exchange. If you live in Minnesota, you can apply on Minnesota's Health Insurance Exchange website: mnsure.org.

American Indian Exemption

If you or someone you know is a member of a Tribe or eligible

for IHS, you can apply for an exemption/waiver anytime this year, but you still should take a look at what potential benefits are available to you before the deadline just in case. Most people realize they are eligible to purchase very affordable insurance, or find out that you are newly eligible for Medicaid.

Health insurance is a benefit on top of the care provided by Ne-la-Shing Health Center.

Health insurance means more choices for our band members, and more resources for our tribal health facilities.

Don't wait! It is important to start the process early, so take some time today and check out www.healthcare.gov or if you live in Minnesota, mnsure.org.

Updating your Registration form with Circle of Health

Circle of Health is requesting all tribal members who have not updated their enrollment packets to submit them as soon as possible. If you need a copy of the enrollment form, you can find it on the Mille Lacs Band website, under Circle of Health.

Your current tribal or state identification care or certificate of enrollment, and your health insurance card must be submitted with your enrollment form.

You can make a request for the forms by contacting Pamela Spears at Circle of Health, 1-800-491-6106, by email: Pamela.spears@hhs.millelacsband-nsn.gov or fax to 320-532-4354.

Hold Status

If you have not updated and completed your enrollment form for Circle of Health by August 31, 2014, Circle of Health will put your account in a HOLD status. This means any reimbursements, claims or premiums we pay on your behalf will be not be paid until an updated and completed enrollment form is received by our offices. This also means we will not authorize any DME, eyeglasses, orthodontia or any other benefit Circle of Health pays on your behalf.

Changes or Verification of Legal Name

We also need verification of any name changes, please submit your birth certificate, marriage, divorce, or court order that provides us proof of a legal name change.

Health Questions?

Contact Circle of Health:

43500 Migizi Drive
Onamia, MN 56359

320-532-7741 (Toll-free: 1-800-491-6106)

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.

Free Hearing Evaluations

Evaluations take place on the second Friday of each month at Ne-la-Shing Clinic. Call 320-532-4163 to schedule an appointment. Walk-ins are welcome — we will do our best to serve you. Ask us about the \$1,000 in hearing aid benefits you can receive from the Circle of Health.

Hearmore Hearing has offices in Saint Paul and Osseo. To schedule an appointment Monday through Friday, call the Saint Paul office at 651-771-4019 or the Osseo office at 763-391-7433.

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