

OJIBWE INAAJIMOWIN

THE
STORY
AS IT'S
TOLD

SEPTEMBER 2015 | VOLUME 17 | NUMBER 09



Dale Greene

A ZEST FOR LIFE

PAGE 8

ONE-YEAR
SUSPENSION
OF NETTING

INDIGENOUS
PEOPLES DAY
DECLARED

GARDENS
AND
GREENHOUSES

REMEMBERING
THE SANDY
LAKE TRAGEDY

MESSAGE FROM THE CHIEF EXECUTIVE

MELANIE
BENJAMIN
CHIEF EXECUTIVE



Boozhoo! Once again, it is back-to-school time for our children and youth! It seems the summer flew by. My month of August began in the best possible way, when I watched our amazing youth who competed in the Triathlon! The big excitement is always when they frantically tear off their outer layers and shoes for the swimming portion, and run into the lake. Congratulations to every child who competed — you are all champions!

The second week of August was packed with Minnesota Chippewa Tribe (MCT) business in Walker, hosted by Leech Lake. I sit on the MCT Finance Corporation board and the Natural Resources Subcommittee, which met on August 12, and then the full Tribal Executive Committee (TEC) met on August 13. After we adjourned, Senator Franken met with us for a special session to discuss the opiate crisis.

On July 29, I testified on this issue before the Senate Indian Affairs Committee in Washington D.C., and made several suggestions about how the federal government might better support us in this fight. Senator Franken discussed these issues with us as a group, and I'm hopeful that we might see some legislative assistance soon. This meeting went into the early afternoon, which prevented me from being able to attend the St. Paul City Council meeting to speak on behalf of changing Columbus Day to Indigenous Peoples Day, but I sent a letter along which was read by Government Affairs Director Jamie Edwards. As a major business player in St. Paul and as An-

ishinaabe people, it was important that we be involved in this effort. The resolution passed unanimously, so hopefully other cities in Minnesota will follow St. Paul's lead!

This month I also attended the Economic Development and Legislative Strategy meeting of the National Indian Gaming Association at Mystic Lake, where I served on a panel addressing the growth of Internet Gaming (IGaming). Many in the gaming world are concerned about the potential for the growth of IGaming to threaten our brick-and-mortar casinos, and there are federal efforts to restrict online gaming. I spoke to the need for tribes to be prepared for anything. The Band's investment in FourCubed, which is a leader in the online gaming marketing industry, is one way the Band is ensuring we are ready.

Along with the other tribal leaders in Minnesota, I met with Governor Dayton in August. I talked about the fact that the State still does not recognize the boundary of the Mille Lacs Reservation, and I gave him a copy of a Resolution passed by all eleven tribes in Minnesota which supports our boundary. I also shared with the Governor the Executive Hearing report attorney Nicholas Targ wrote on the proposed Sandpiper oil pipeline. Targ used the State of Minnesota's own language to show there was "structural racism" in the process of forcing this pipeline on our people.

Finally, on August 27, I testified before the Minnesota Public Utilities Commission, the Minnesota Department of Com-

merce and the Enbridge Company and said that their consultation process was disrespectful to Indian tribes and the Mille Lacs Band. District II Representative Aubid also testified as to their shameful process. We will continue to fight this pipeline as a Band government.

In early August, I spent several days with some amazing women from across Indian Country, including about 40 Mille Lacs Band women at the WeWin Conference. We heard powerful stories from women who had faced tremendous hardship in their lives. But rather than allowing tragedy to define their lives, they each had a story of triumph! What many of these women had in common is that they overcame these obstacles by turning to their culture, beliefs and traditions. They were practicing Cultural Sovereignty, and they found the wisdom and courage to make big changes in their lives that were right for them. It is my hope that we can all practice our Cultural Sovereignty every day, and keep our traditions in mind as the warm summer days cool down into the autumn of the year.

Miigwech!

DISTRICT 2 School's In!



Minisinaakwaang Leadership Academy in District II started school on Monday, Aug. 10. Behind the school are two wigwams that will be used for outdoor classrooms.

Second Pipeline Proposed for Sandpiper Corridor

East Lake meeting scheduled after Band government expresses concerns

Brett Larson Staff Writer/Photographer

In response to pressure from the Mille Lacs Band government, a public meeting about a second proposed pipeline through the District II region took place at East Lake Community Center Aug. 27.

The Band government pushed hard for the meeting after Enbridge Energy, the Public Utilities Commission (PUC) and the Minnesota Department of Commerce scheduled 13 “public information and environmental review scoping meetings” in non-Indian communities along the proposed corridor, but only one on Indian land, at Rice Lake Community Center on the White Earth Reservation.

Enbridge has applied for a permit to re-route Line 3 in the same corridor as the proposed Sandpiper pipeline. Line 3 carries oil from Alberta’s tar sands in Canada to Superior, Wisconsin.

The meetings are part of the Department of Commerce’s “full review” process for projects expected to have a significant environmental impact.

The meeting was added on Aug. 17 to the original schedule, which was published July 23.

Chief Executive Melanie Benjamin was the first to testify after brief presentations from the Public Utilities Commission, the Department of Commerce, and Enbridge Energy. She stressed that the meeting did not constitute government-to-government consultation with the tribes, which the state had still not entered into on either the Sandpiper or Line 3 applications, despite an executive order from Gov. Mark Dayton requiring that agencies do so.

Many Band members and allies spoke in opposition to the pipeline, including Joe Plumer, Dawn Aubid, Azhibik Aubid, Michael Davis, Dante Benjamin, Charlie Lippert, Emily Johnson, Suzanne Wise, Susan Klapel, Russell Shabaiash, David ‘Niib’

Aubid, Katie Draper and Raina Killspotted.

The youngest of the group, Dante Benjamin, introduced himself in Ojibwe and then spoke of the potential impact of an oil spill on the rice, the water and the animals. “We’ve had those lakes for so long,” he said. “We’ve been keeping them clean. We canoe on them. We put out our asema, which is tobacco, before we go. What I’d like to say is, we’re just kids trying to keep our traditional ways and protect our lakes.”

During a break in the proceedings, a sheriff’s deputy asked Niib to move to the other side of the room because he was holding his ceremonial war club, which the deputy thought Enbridge representatives might find intimidating. Niib declined to move.

After the break, Niib urged the attendees to look at the Enbridge representatives seated in the front row. “I want everybody here who lives in this community to take a good look at these Enbridge people,” he said. “It’s the face of genocide and environmental racism. Here it is. Look at it. Look at them. There they are. What they would do to us if they had the chance, and our way of life, our future generations. We can look at them now, but they have to look in the mirror for the rest of their lives and see themselves the way they are. ... Do you know who you are? You’re Mr. Environmental Racism. Mr. Genocide.



An Aitkin County deputy asked Niib to move because the deputy thought Niib’s ceremonial war club might be intimidating to Enbridge employees.



Dante Benjamin

That’s what you would do to the community here of Indian people of East Lake and the surrounding area.”

Niib spoke at length in Ojibwe and directed attention again to the Enbridge representatives. “They just sit there,” he said. “Well, I brought in a gift that was gifted to me, the ceremonial war club, and I think it’s time that it comes out!”

With that, he struck the table forcefully and walked away.

Two meetings in McGregor on Aug. 25 drew large crowds of opponents and a smaller group of supporters. Most supporters were members of plumbing and pipefitting unions.

There is currently an open comment period for this project. Comments will be accepted through September 30, 2015.

Contact the Public Advisor at consumer.puc@state.mn.us, 651-296-0406 or 1-800-657-3782 to sign up for the mailing list.

For more on this story and additional photographs, see millelacsband.com.

Report from June Hearing

Chief Executive Melanie Benjamin announced on Aug. 19 that the final report regarding the proposed Sandpiper Pipeline has been submitted to the Band. This report was developed at the request of Chief Executive Benjamin and discusses the environmental damage that the Sandpiper Pipeline could pose to the community.

Information for the report was gathered at a June 5 public hearing at East Lake Community Center. The hearing was coordinated by Melanie and Niib after Enbridge Energy and the Minnesota Public Utilities Commission failed to hold any hearings on tribal lands. More information on the report will be mailed directly to Band members in the near future.

Drumkeepers Call for One-Year Suspension of Netting

Brett Larson Staff Writer

Mille Lacs Band Drumkeepers have called for a suspension of ogaa (walleye) gillnetting on Mille Lacs Lake for at least a year in response to disturbing data from the Minnesota Department of Natural Resources (DNR).

In July, Gov. Mark Dayton announced that state anglers were nearing their quota, which was smaller than it’s ever been. At the end of the month, the state DNR shut down the angling harvest.

Dayton has called for a special legislative session to address the impact of the angling shutdown, and he made two visits to Isle — first to hear local views on the subject at Isle High School and then to fish for bass from a launch on the east side of Mille Lacs. The Legislature has not agreed to a special session.

Just before his first visit to Mille Lacs, Dayton heard from Chief Executive Melanie Benjamin that Drumkeepers had suggested that the Band call off netting from now through the end of the spring season.

In a letter to Band members, Melanie said the Drumkeepers

had decided the Band should make a sacrifice on behalf of the ogaa. One Elder talked about how the fish told the humans that they were willing to give their lives so humans could live. “The only thing they asked in return, was that we take only what we need, that we always be respectful and put our asema down, and make sure the Manidoog always know that we respect the walleye and will make our own sacrifices to help the fish if we need to do so.”

Another Drumkeeper said, “We are showing respect for the walleye. A long time ago, Way-na-boo-zhoo got into a confrontation with the walleye, he got scared and he left them alone for a long time. I think we should be willing to give up netting walleye for a while to help replenish the lake.”

“Most in the media have little understanding of our ways, and some non-Indians may think this decision was done for the State,” said Melanie. “I want all Band members to know, this decision was made for our ogaa, and only for our ogaa.” She said studies have shown that the tribal harvest has nothing to do with the decline of walleyes, but the Band has a responsi-

bility to help the ogaa recover.

Ceremonial netting will still be conducted, as directed by the Drumkeepers.

The Band is being cautious about public comments because of the potential backlash and its effect on the Band’s children. Melanie asked Band members to remember the Seven Values of Love, Respect, Wisdom, Courage, Honesty, Humility and Truth, and she recommended that Band members heed Elders’ advice “to just walk away from those who have anger toward us simply because we are Mille Lacs Band members.”

Neither the state shutdown nor the Band’s netting hiatus affects Band members’ ability to fish for walleyes with rod and reel. However, DNR Commissioner Susan Klapel is encouraging Band members to fish some of the 72 other lakes in the ceded territory to give Mille Lacs walleyes a rest.

Susan said she and Solicitor General Todd Matha are crafting a Commissioner’s Order that will declare netting closed for a year.

Band Leaders Address Opiate Addiction with Elected Officials In Effort to Find Allies and Solutions

Toya Stewart Downey Staff Writer

During her recent testimony to the Senate Indian Affairs Committee, Chief Executive Melanie Benjamin said the growing addiction to opiates throughout Indian Country has become a threat that is comparable to the “21st Century version of small-pox blankets.”

Many others share a similar perspective and have expressed grave concerns about the dangers of opiates in the Native American communities across the country.

After a recent Tribal Executive Committee Meeting of the Minnesota Chippewa Tribe (MCT), the group met for several hours with Senator Al Franken and discussed the issues of opiate abuse and talked to him about the issues plaguing reservations because of that abuse.

During the MCT meeting Sen. Franken said that the testimony given by Melanie during the July 28 Senate Indian Affairs Committee offered real solutions, such as opening a culturally based treatment center in Minnesota, that could help lawmakers as they look to partner with the Mille Lacs Band and other tribes.

He added that the solutions presented by Melanie were the only suggestions that the U.S. Senate had received so far on this matter. In comments addressed to the Chief Executive following her testimony, Chairman John Barasso, a senator from Wyoming, thanked Melanie for being the only witness to bring proposed solutions to the hearing.

The Band’s Health and Human Services Commissioner, Sam Moose, was at the MCT meeting and said that Sen. Franken was, “interested in finding a solution and he said that tribes would be a part of that solution.”

Sam added that the senator listened to the tribal leaders identify the problems and he heard that tribes need more resources, particularly funding to help with the problem.

“I think what’s important is that that when an issue like this hits the nation or the State of Minnesota, it hits Indian Country harder,” said Sam. “This is all compounded by social and historical trauma.”

Opiates are a group of drugs that are used for fighting pain and can be both prescription painkillers and illegal drugs such

as heroin. Recent health statistics show that across the state, 28 percent of babies born to Native Americans have neonatal abstinence syndrome (NAS) based on the drug use by the parent.

In other words, Native American newborn babies are 8.7 times more likely than white babies to be born with NAS. Babies of other ethnic groups in Minnesota are less likely than white babies to be born with NAS.

While the long-term effects of opiate addiction on babies are still being studied, the short-term effects are widely known and are heartbreaking.

The National Institutes of Health cite symptoms such as fever, irritability, seizures, sweating, trembling, vomiting, diarrhea, hyperactive reflexes, poor feeding, rapid breathing, sleep problems, slow weight gain, and high-pitched or excessive crying.

Drug use also increases the likelihood of birth defects, premature birth, low birth weight, small head circumference, sudden infant death syndrome (SIDS) and problems with development and behavior.

According to the Band’s Behavioral Health Department, the statistics surrounding opiate use are troubling.

- Native Americans ages 12 and older reported as highest drug-use rates of any ethnicity.
- There’s been a **984%** increase in opioid and heroin abuse among all groups from 1998–2011.
- There’s a **3,695%** increase from statistic above of opiates and heroin among American Indians since 2011.
- There were 38,329 drug overdose deaths in 2010, and of that, 16,000 deaths were due to opiates.

Cheri Hample, the Band’s Health Services Director, said the tribal health directors statewide are constantly discussing opiate abuse and the problems they are causing for Indian Country.

“If a woman is addicted to opiates and is pregnant, we’re losing a generation and the future of that child who is born addicted,” said Cheri, who has been in her role for six months.

“Because of this issue, one of the initiatives we have here

is that we are going to focus on the child-bearing age group and do focused outreach to women who are not seeking prenatal care.

“The challenge is that because the Band doesn’t have its own hospital, those of childbearing age tend to go to different places for treatment when there’s a problem, but not necessarily for prenatal care,” Cheri said.

“They are not on our radar, and we’ve got to find a way to change that,” she said. “Some may be reluctant to seek us out because the response to opiate abuse is punishment.”

To help, the health services department is working with the public health department in an effort to reach out and track those in the community who are pregnant. Health Services is also hoping to hire nurse practitioners that have a focus on prenatal and public health.

Eventually, the hope is that they will be able to focus on young males, too, in an effort to help them understand the outcomes of addiction, particularly in babies. “Young males are an underserved population because they are less likely to need medical attention than women of childbearing age,” Cheri said.

“We are dealing with a huge, complex problem. When people seek medical attention, they are expecting a prescription when they leave, so you have this complexity of how we’re prescribing drugs,” said Cheri. “You layer this with historical trauma, boarding school trauma, and we’re now contributing to a system where addictions can multiply.”

And when addictions multiply, it impacts the people who are addicted as well as the community. That is the message Mille Lacs Band leaders and other leaders of tribes across the country are trying to share with both local, state and national elected officials.

“Last year, 262 Indian babies were born with opiate addiction in Minnesota and cost about \$8 million in medical care during withdrawal,” said Melanie during her testimony before the Senate Indian Affairs Committee. “The costs only grow as these children are often placed in foster care and require additional services to address their health needs.”

St. Paul Declares Indigenous Peoples Day

Brett Larson Staff Writer

On August 12, the St. Paul City Council voted unanimously to recognize “Indigenous Peoples Day” on the second Monday of October.

Formerly known as “Columbus Day,” the holiday will now celebrate American Indian cultures and their contributions to the city. The resolution, which was sponsored by all seven members of the council, reads as follows:

“Declaring the second Monday in October as Indigenous Peoples Day in the City of Saint Paul; encouraging other institutions to recognize the Day; and reaffirming the City’s commitment to promote the well-being and growth of Saint Paul’s American Indian and Indigenous community.”

Director of Government Affairs Jamie Edwards represented the Mille Lacs Band at the meeting and read a letter from Chief Executive Melanie Benjamin:

“[Y]ou are coming together to say that rather than celebrating the person who is a symbol of genocide against the Native people, you stand with the Native people of this city, state and Nation who survived the genocide,” read Jamie. “You are taking a stand for justice, for compassion, and for respect for us, your Anishinaabe and Dakota neighbors and community members.”

The Mille Lacs Band has become an important player in the economy of the city with its purchase of two downtown hotels. Melanie’s letter acknowledged that relationship: “Ever since we purchased the Crowne Plaza and the Doubletree, we have felt extraordinarily welcomed by the City of St. Paul. Tonight, however, we feel even more pride in having partnered with the people of St. Paul. In passing this resolution, you are replacing a day that symbolizes colonization with a day that celebrates our history and culture, as well as our future. You are paving the way for other cities across the nation.”



Government Affairs Director Jamie Edwards read a letter from Chief Executive Melanie Benjamin at the Aug. 12 meeting of the St. Paul City Council.

Family and Frybread are Key Ingredients for a Successful Business

Toya Stewart Downey Staff Writer/Photographer

As the powwow season winds down, so too will Band member Kevin Schaaf's traveling restaurant, Kevin and Grams Frybread Diner.

Each year, beginning in February and going through September, Kevin and his team spend weekends traveling from powwow to powwow serving up a variety of frybread-inspired combinations. From frybread pizza pockets to frybread spam and cheese sandwiches to frybread-wrapped snacks like corn-dogs or cheese curds, the menu at the diner is all about the delicious doughy goodness.

"We make traditional frybread that doesn't call for yeast because yeast isn't traditional," said Kevin during a conversation at the 49th Annual Mille Lacs Traditional Powwow that was held Aug. 21-23. "We also fry it at a lower temperature so it rises."

The recipe came from Liz Wakanabo's grandma. Liz, a member of the Leech Lake Band, is Kevin's girlfriend and partner in the business — hence the name Kevin and Grams.

In 2013, the frybread was dubbed the "best frybread in Wisconsin," which was a coup considering that was the first year of the business.

During the powwow season the team's routine is the same — grocery shop on Mondays, cook and pack on Tuesdays and drive to the powwow location on Wednesdays. They spend Thursdays getting set up and then when it's time, they open the diner to the hordes of people who line up to purchase the traditional frybread and other delights.

"We buy 120-150 lbs. of burgers and about 200-300 lbs. of fries for each powwow and if we run out during the weekend, we go to the store to get more," he said. "Our best seller isn't fry bread, it's the cheese fries."

The couple also buys its ham and cheese from a vendor in Michigan, so sometimes when they run out, they have to wait until they can get more.

Though it's outside, the diner has a touch of style that is both inviting and welcoming. Decorative chandeliers hang over the tables that are set up for customers to enjoy their meals and protect them from the sun, or as in the case during the



"I'll never raise the prices because this isn't about us making a bunch of money. We're in this for the families and the people with kids who go to powwows," Kevin said.

Mille Lacs powwow, the wind and rain.

Exquisite beaded earrings are created and sold by one of the team members, Erik Johnson, who runs the front of the diner by taking orders, overseeing candy and beverage sales as well as answering questions about the menu.

"We need five people to make sure it runs smoothly, but we can do it with three people," Kevin said.

They rely on a core group of people, some of whom work part-time as well as their grandchildren, who help out when it's busy.

Liz works behind the scenes making sure the traveling kitchen is operating smoothly, while Kevin does most of his work on the front end and back end setting up and taking the diner down when they're done.

"I forget things and that's why I don't work in the back," said Kevin, who was diagnosed with multiple sclerosis 27 years ago. "Because of my MS, I forget things really easily and I could be in the middle of something and forget what I was doing. I get in the way when I'm back in the kitchen because of my forgetfulness."

When the powwow season ends, Kevin and his crew take a break from the business. Kevin spends the off-season months relaxing and recharging. This year he will also spend a lot of time with Liz's granddaughter, who the couple is raising.

They had expected to retire from the business in five years, but are now waiting until their granddaughter is done with high school. They will then pass the business along to their grandchildren.

Kevin grew up in northern Minnesota and currently resides in Mora. He learned about the frybread business when he worked with his uncle, Al Schaaf, during the mid-1990's.



He would volunteer in the summers and all the while learning tricks of the trade. He also worked with his mom, Nancy Arnous, who had a frybread stand. His mom passed away last year.

For many years Kevin worked as a painter. When he learned about his multiple sclerosis diagnosis and wasn't feeling well, he painted part time or sometimes not at all. He has also worked for a courier services as a driver and at one time had his own construction business.

His son, Kevin Jr., who is known by his nickname "Sport," works at the Mille Lacs casino and recently became a dad, making Kevin Sr. a grandfather — a role he's excited about.

Since they opened in 2013, the prices have remained the same and they will continue to remain the same starting at \$2 for a piece of frybread.

"I'll never raise the prices because this isn't about us making a bunch of money. We're in this for the families and the people with kids who go to powwows," Kevin said.

"We want families to have good food that they can afford and that's traditional," he added. "Our prices are this way so people can feed their whole family. If the prices are too high, you can't feed a family of eight."

Over the next few weeks Kevin and Grams Frybread Diner will be at the Cass Lake Powwow during the Labor Day weekend, at the Naytahwaush Harvest Festival and then will end the season at Sugar Point.

If they have leftover food, they will have a customer appreciation sale in Ball Club, which is six miles west of Deer River. Food will be sold at half price. Follow the diner on Facebook at KevinandGrams Frybread Diner.

Band Member-Owned Company Named to Inc. 5000

Room & Board Photographer

Red Circle, the advertising agency owned by Mille Lacs Band member Chad Germann, is on the rise.

Inc. magazine recently listed the company, headquartered in Minneapolis, on its 34th annual Inc. 5000, an exclusive ranking of the nation's fastest-growing private companies.

Red Circle works primarily with the hospitality industry, including many Native American casinos and tribal organizations. The company produces this monthly *Inaajimowin* newsletter for the Mille Lacs Band, among other services.

"We are incredibly proud to be among the companies in this exclusive list," Chad said.

"Since Red Circle began, we've focused on efficient, effective communication that truly speaks to its audiences. We

are happy to see these high standards recognized, and we are honored to serve the very real economic needs of our Native American clients."

Inc. magazine is a major publication dedicated exclusively to growing private companies and aims to deliver real solutions for today's innovative company builders. The publication won the National Magazine Award for General Excellence in both 2012 and 2014.

The Inc. list represents an important segment of the economy — America's independent entrepreneurs. Companies such as Yelp, Pandora, Timberland, Dell, Domino's Pizza, LinkedIn, Zillow, and many other well-known names gained early exposure as members of the Inc. 5000.





DISTRICT 1

49th Annual Traditional Powwow

Chad Germann Photographer

The 49th Annual Mille Lacs Band of Ojibwe Traditional Powwow was held on August 21-23 at the Izkigamizigan Powwow Grounds in District I. Grand Entries occurred at 7 p.m. Friday and Saturday and 1 p.m. Saturday and Sunday. Saturday morning also featured a horseshoe tournament, a parade, and a visit from Lieutenant Gov. Tina Smith, who was introduced to the dancers and audience by Chief Executive Melanie Benjamin. In spite of the cool temperatures, most of the events were held at the powwow grounds, but severe weather forced Saturday's Grand Entry to

the Grand Casino Events Center.

Princess and Brave contests followed each Grand Entry, with a crowning of royalty at 3 p.m. Sunday. The winners were Jr. Brave: Shawn St. John, Sr. Brave: Nolan Monroe Perkins, Jr. Princess: Mandaamin Grapp-Gahbow and Sr. Princess: Sierra Edwards.

Miigwech to everyone who made this event possible!



New Director Helps Minisinaakwaang Kick off School Year

Brett Larson Staff Writer/Photographer

Minisinaakwaang Leadership Academy (MLA) in District II got a jump on other local schools, starting classes on Monday, August 10.

The first day of school went well, according to Josh Mailhot, the new director of the school. Kids especially enjoyed the outdoor classrooms, which are wigwams built by Ojibwe Language Apprentices Branden Sargent and Winona Crazy Thunder-Lemon, with help from Russ and Deb Northrup.

Josh, who replaced former director Todd Lee, was raised in Brainerd, attended college at Bemidji State, got his Master's online at the University of Phoenix, and has worked in North Carolina, Onamia and Nay Ah Shing schools.

Teaching for five years in North Carolina was a challenge. "Moving from a state and a city that's predominantly Caucasian to a state that is much more diverse was a good experience for me. I had three classes of 37 kids each. The first class was all special education with full inclusion, and my special-ed teacher was from the Philippines and didn't speak English. I learned a lot about diversity and overcoming obstacles."

His year and a half at Nay Ah Shing was a nice change, with smaller class sizes and supportive colleagues. He also enjoyed the language-learning aspect of the job.

Most recently Josh was in Onamia for two years as the school improvement grant administrator. "It was a great learning experience, but tough at times, trying to convince people they needed to change their teaching to improve the school. We succeeded, though. The school is out of school improvement."

Josh brings a goal-oriented philosophy to his job. He hopes to earn his Ph.D. someday and to be a superintendent, professor and/or college president.

He has also set his sights high for MLA, at the prompting of the board, which is composed of Raina Killspotted, Amber Buckanaga, Laura Shingobe and Timothy Bishop.

In the short term, the board wants Josh to increase enrollment and offer sports — basketball, track, and even fishing, which the Minnesota State High School League has recently recognized as a sport.



Front: Business Manager Naomi Northrup, Board Member Amber Buckanaga, Administrative Assistant Whitney Thompson. Back: MLA Director Josh Mailhot.

In the long term, the board would like MLA to become a Bureau of Indian Education school with a full-immersion program.

Also new on staff this year are Business Manager Naomi Northrup and Administrative Assistant Whitney Thompson.

Another Year of Doing What They Love

Toya Stewart Downey Staff Writer **Brett Larson** Photographer

With the first weeks of school already behind them two of Nay Ah Shing's veteran teachers took time to talk about their long teaching careers, what excites them about being teachers and the best part of their jobs. For both women the anticipation of returning to the school they've taught at for over two decades and to the community of students they love was hard to contain. Next month the *Inaajimowin* will feature the stories of two other long-time teachers who have worked for the Band-operated school.

There are often stories about how a teacher inspired a student to take new challenges, to live boldly or to choose a career that they may have never thought to explore.

This is the case with Mary Schuh, a first grade teacher who began her career in a classroom in 1992. Her inspiration to become a teacher was her own elementary school teacher, Barbara Randalls. She had a deep admiration for Ms. Randalls and the two kept in touch beyond high school.

"She kept encouraging me to pursue higher education. I decided to go college when I was 24 years old. I love children and that is why I chose to become a teacher," said Mary, who taught for one year in Minneapolis at the Hans Christian Andersen School before coming to Nay Ah Shing in 1993.

Mary took a one year leave of absence in 2001 to teach at St. Cloud State University. She taught mathematics, language arts method courses and supervised student teachers during their student teaching experience.

For Marie Hendrickson the decision to become a teacher was easy — she liked being a student, enjoyed learning new things and believed that helping others learn would be very rewarding.

This year marks Marie's 25th year at Nay Ah Shing. She teaches second grade and said she was really excited for the school year to begin.

"I couldn't wait to see their smiling faces and get some long-awaited hugs," said Marie. "Over the summer break, I think about the kids a lot and I miss them."

Before coming to Nay Ah Shing, Marie worked in the Cambridge school system for a year.

"I love to see the spark in a child's eye when they finally get it," she said. "I also enjoy the Native American culture and language that is a part of each school day."

For Mary the best part of her job is impact she has on her students.

"The best thing about teaching is that I get to pass on my enthusiasm for learning and watching the excitement in my students' faces as they learn new things," she said.

Even though she's a veteran teacher with many years behind her, Marie said she is always excited about each new school year.



Mary Schuh and Marie Hendrickson

"Every group is different and unique with many different abilities, humor, and talents," said Marie. "I enjoy getting to know each of them personally."

Both women say that even though there are challenging times, such as dealing with difficult behaviors or helping students get caught up when they've been absent, the rewards are greater.

Shortly before the school year began Mary said she was excited to learn about her new students, their interests and their families. She also urged parents to make sure their children get enough rest and maintain a regularly scheduled bedtimes.

Marie advised that families should share in the excitement of being back in school.

"Support your child by helping with homework, showing interest in their school day, be positive role-models and get your child to school every day on time," she said. "My advice for students is to work hard, have fun, make friends, and be kind. I always say to my students 'work hard and then you can play hard too.'"

Mary is from the Te-Moak Tribe of Western Shoshone Indians. She was born in California. She served in the United States Air Force and during that time traveled to the Philippines, Korea, Japan, Texas, and South Dakota. She was honorably discharged from the Air Force and moved to Minnesota to attend St. Cloud State University.

She graduated with honors and received a Bachelor of Science degree majoring in Elementary Education. She received a Master of Arts Degree in Education and graduated with honors from Saint Mary's University. She has two children Paul and Lucas, a grandson named Joshua and is anxiously awaiting the birth of another grandson in September.

"I love spending time with my grandson and my grown children," said Mary. "I also like to travel home to visit family and friends."

One of the joys of teaching at Nay Ah Shing for 22 years is that Mary is now teaching students whose parents she had also taught.

"It is also wonderful to see many of the students I have taught working in their community," she said. "It is a great feeling to be greeted with a warm smile from a former student at the casino, clinic, school, or government center; it makes me feel like I am a part of this community."

Marie said she is "honored and thankful to work at Nay Ah Shing" and has enjoyed her long career at the school.

Marie was born and raised in Milaca. She still lives there with her husband of 25 years, Todd. The couple has one daughter, Chloe. The family loves to camp, fish, drive their rat rods, travel, be with friends, and spend time with extended family.

Marie graduated from St. Cloud State University in 1989 and took classes the following year for Special Education licenses. She also received a Master of Arts Degree in Education from Saint Mary's University.

A Zest for Life: The Condensed Story of Dale Greene

Brett Larson Staff Writer/Photographer

Dale Greene (Kaadaak) has a dim memory of a dark day for the Minisinaakwaang community. As a small boy, he was living on the shores of Rice Lake when he and the other Anishinaabeg were forced to move.

It was the last in a long series of attempts by the U.S. government to get the Rice Lake Band to relocate. The government initially promised the Band a reservation in 1855, but the reservation was never platted.

In 1935, Rice Lake was declared a National Wildlife Refuge, and the Anishinaabe residents — Dale among them — were forced out. Some scattered to White Earth, Mille Lacs, Fond du Lac and Wisconsin communities, but five families moved to East Lake, where there was a small village and a railroad station. “There was a storekeeper in East Lake who let us stay in an old store,” Dale recalls.

Dale wasn’t there long. He came down with tuberculosis and spent five years in the hospital in St. Paul. After being home for less than a year, he had a relapse and was hospitalized again for three years.

Dale understands the loss of language and culture that so many of his contemporaries experienced when they were taken from their families and placed in boarding schools. He went to St. Paul speaking only Ojibwe and returned speaking only English.

“I lost everything there — my language, and my ability to love,” Dale says. “There was no treatment then, just fresh air and bed rest. The nurses and doctors were strictly professional. They couldn’t hold you or kiss you or touch you. You just suffered. I must’ve been pretty goddamned tough.”

Dale never knew his father, a white man from Wisconsin, and his mother died in 1943. After she passed away, Dale lived with his foster parents, Jack and Maggie Misquadace. “They tried to teach me, but I didn’t listen much in my younger days,” he says.

In spite of his illness, he did everything the others boys did — skiing, swimming, even boxing. And he got into his share of trouble. “I made a lot of mistakes,” he says. “I think everybody does, but you have to learn from them.”

As Dale grew into adulthood, he picked potatoes, cut wood and attended trade school. He eventually married Mary Pequet from Leech Lake and moved to the Twin Cities, where he worked at a variety of jobs in manufacturing.

He would spend weekends at East Lake, becoming more and more involved in Anishinaabe culture and politics. His “teacher,” Dale says, was George Aubid — a leader of the East Lake community.

Dale used to drive George around the state and listen to him talk about history and how tribal governments were violating



Dale Greene lives in McGregor, but he’s very involved in the Minisinaakwaang community.

the constitution and following the philosophy of the dominant culture. “They called us dissidents,” Dale says with a smile.

He finally came home to stay in the early 1970s. He got into the rice business, buying rice from Indian harvesters, then processing it and selling the finished product.

In 1998, he purchased Ralph Sandberg’s wild rice equipment and operated a rice finishing business for 15 years.

Dale is a grandfather and great-grandfather many times over. He speaks with pride of his son, Dale Jr., who inherited his father’s interest in history, politics, culture and law.

“I’m 82 years old, but I still have a zest for life,” Dale says. “I like to get out there and fight.”

Dale lives in McGregor but is active in the Minisinaakwaang community as a Drumkeeper, and he stays informed about current events, including the proposed Sandpiper pipeline that would run through the Rice Lake and Sandy Lake watersheds.

To Dale, it’s another in a long series of injustices perpetrated against the Indian people. He fears for the lakes and rivers if pipelines are built and mines established, just as he fears the loss of language, culture and traditions as young people are lured by smartphones and other features of the dominant society.

He says they’re learning “the white man’s philosophy — how to step on somebody and make a buck.”

“People don’t use their eyes and ears anymore,” he says. “All that education we get today, we had all that before there were schools — mathematics, science, history.”

He’s also sad that people in Native American communities

don’t socialize like they once did, and that relationships are not as strong. “When someone came to visit, they rolled out the red carpet. In the old days, a handshake was deep. It really meant a lot. Today it’s just a gesture. There’s no feeling behind it.”

Dale’s Indian name is Kaadaak, which means “root.” He was given the name by an old medicine lady from Mille Lacs. It’s a good name for a man whose roots stayed strong in spite of the challenges he faced.

“My story reflects what a lot of Ojibwe went through. When I got out of the hospital, I had a hard time. If someone tried to hug me I’d push them away. I was like that until I was 35 years old.”

He says his children knew he loved them, but there were few hugs and kisses. His grandchildren helped him learn to show affection.

Dale fears that today’s youth are also suffering from a lack of nurturing and love, which shows up as disrespect and risk-taking behavior.

Dale believes there’s hope for today’s youth, just like there was for him, but they need to remember what’s important. “Our culture helps us overcome mistakes,” he says. “We were given this body, and we have to take care of it, because it’s the house for our soul.”

Throughout his painful childhood, one thing remained constant. “I always knew I was an Indian,” Dale says. “I just knew I belonged in the Indian culture. I knew they loved me, and I loved them. They didn’t take that away from me.”

“My story reflects what a lot of Ojibwe went through.”

— Dale Greene

Benefits of Eating an Apple a Day!

Apples are the craze during the fall season.

You have the classic red, Granny Smith, Gala, Golden, and more. Take advantage of this fruit because there are some delicious and healthy benefits it has to offer.

Best Health Magazine and *MSN* have reported that the benefits of eating an apple a day are positive for your health. Apples are packed with vitamins, iron, calcium, and potassium, decreasing your chances of asthma, diabetes, and Parkinson’s.

Experts suggest that you eat the peel of the apple as well. With regular exercise, it

will increase muscle tone and slim your waistline. The peel has ursolic acid, which helps balance your cholesterol and blood sugar level. Other fruits that have this beneficial acid include cranberries and prunes.

Apples are packed with fiber, which help you lose weight. One apple only has about 100 calories, all of which will keep you satisfied longer and away from those other unwanted calories. Although apples are delicious plain, they are great with peanut butter or paired with some light cheese.

Healthy Food, Healthy People

Gardens, greenhouses cropping up in all three districts

Brett Larson Staff Writer/Photographer



The gardening team (L-R): Lalita Merrill, Kevin Pawlitschek, Nick Benjamin, Lisa Benjamin, and Donovan Nickaboine.

A movement toward local and healthy food is spreading quickly across the country. Farmers' markets are nearly as common as supermarkets — and supermarkets are increasing their offerings in organic and whole foods.

Mille Lacs Band members and Band employees are part of this trend.

Kevin Pawlitschek is a Band member who became interested in gardening as a child and is now charged with bringing community gardens and greenhouses to all three districts.

After a career in the gaming industry, Kevin moved to the Mille Lacs area, where he's been working in the Band's food distribution program for the last four years.

The Food Distribution Program on Indian Reservations (FDPIR) is a Federal program that provides food to low-income households living on or near Indian reservations.

The Band's food distribution program is managed by the Community Support Services (CSS) Department, a branch of Health and Human Services.

Kristian Theisz, the director of CSS, recognized Kevin's green thumb, and the two have quickly turned dreams into reality. "The commodities program doesn't always have the healthiest choices," Kristian said. "We've taken the initiative to move into food production in order to provide organic, locally-grown items."

Kevin believes that poor nutrition contributes to many problems people face in life. "We need foods that are high in nutrients and vitamins to keep our brains and bodies functioning at their highest level," he said. "Eating fresh, local food is one of the best things you can do for your overall health."

Kristian also pointed out that Deb Foye, the Food Services Coordinator at Nay Ah Shing, has the gardening bug. Teachers are using her extensive garden to teach students about health and food production.

Also instrumental in the projects is Gordon Sam, who learned gardening while working for the DNR under Leonard Sam. "I like being outside," said Gordon. "I'm not ready for an office job."

Roads Supervisor Tony Pike and his crew have also helped out with free use of mowers, Bobcat and post pounders.



Gordon Sam helped to frame up the District I greenhouse.

This spring, Gordon and Kevin started plants in a greenhouse near the commodities building and transplanted them to outdoor gardens and the fields on Sodbusters Road, where Leonard's gardens used to be. Gordon and Kevin have also set up a greenhouse at the Sodbusters site to start more plants next spring.

In District II, a garden has been developed at the Assisted Living Unit, and a greenhouse is under construction. Lisa Benjamin has been tending the gardens, and she's loving the work.

In District III, the team is experimenting with "aquaponics" — a combination of "aquaculture" (raising fish) and "hydroponics" (growing vegetables directly in water).

Kristian and Kevin visited an aquaponics program in Milwaukee, and they are hoping to send staff members, including Gordon, for training. They also hope to construct a new garden and greenhouse in the Aazhoomog area.

Other Band departments are also considering programs to provide Band members with healthy food and satisfying jobs in the great outdoors. Stay tuned to Inaajimowin and millelacs-band.com for more news about agriculture and gardening as Band members' visions take shape.

Community Support Services

Brett Larson Staff Writer/Photographer



Community Support Services is one of five sub-departments of the Band's Health and Human Services Department. The others are Family Services, Medical Services, Public

Health and Behavioral Health.

CSS is in turn divided into several programs, including Emergency Services (administered by Coleen Lueck), Elder Services (Denise Sargent), and Family Violence Prevention (Elaine Sam).

Kristian Theisz is the director of CSS. He hails from the Black Hills area and moved to Minnesota in 2001. After working with Indian tribes and programs in the Twin Cities, he came to Mille Lacs in 2013.

Kristian says that if Band members don't know where to turn for help, his department is always willing to take their phone calls and point them in the right direction. "No need is too big, and no need is too small," he said. "We can't solve everything, but we can make some suggestions and offer immediate help to get someone through a crisis."

CSS has a "strengths-based" philosophy that helps Band members take control of their situation.

"Social work has often involved the worker doing the work or telling the client what needs to be done," said Kristian. "We want to hear the voice and choice of the family and see what they think is best for them."

To contact Community Support Services, use the following numbers:

- Kristian Theisz, Director of Community Support Services: 320-532-7539
- Bev Sutton, Administrative Assistant: 320-532-7494
- Elder Services Program: Denise Sargent, Elder Services Coordinator: Toll-free: 800-709-6445, ext. 7854 Direct: 320-532-7854
- Family Violence Prevention Program (FVPP): Elaine Sam/Medwegaanoonan, FVPP Administrator: 320-532-7793 (c), 320-630-2449
- Emergency Services/Food Distribution/Food Shelf/FDPIR Nutrition Education/Greenhouse: Coleen Lueck, Interim Coordinator: 320-532-7880, ext. 223.

Correction

Last month's Inaajimowin included a story that abbreviated the Ojibwe term "minobimaadiziwin," which means "good way of life." The word has been used for the name of the old Budget Host Hotel in District I. We have been informed that the abbreviation was inappropriate, and we regret the error.

Interested in submitting to the Inaajimowin?

Send your submissions and birthday announcements to Mick Sawinski at mick@redcircleagency.com or call 612-465-8018.

The October issue deadline is September 15.

Anishinaabeg Gather to Remember Sandy Lake Tragedy

Brett Larson Staff Writer/Photographer

Nearly 300 Anishinaabeg from around the Great Lakes region came to Sandy Lake on July 29 to remember the 400 men, women and children who passed away in the Sandy Lake Tragedy of 1850.

The Great Lakes Indian Fish and Wildlife Commission (GLIFWC) hosted the annual memorial ceremony.

The event began with a pipe ceremony and talking circle at the boat landing on the northeast shore of the lake. GLIFWC Chair and Lac Courte Oreilles Tribal Chairman Mic Isham welcomed participants and thanked the Sandy Lake Ojibwe, represented by Sandy Skinaway, for welcoming them to their home.

Each year, canoeists paddle from the landing to the Mikwendaagoziwag ('They Are Remembered') monument at the northwest corner of the lake — but this year "nature had other plans," in the words of one young canoeist who was pulled from the water by a GLIFWC conservation officer.

Of the dozen canoes and kayaks that set out, only one made it across the lake. The rest either tipped, sank or turned back in the teeth of a 25-mph wind and 40-mph gusts that whipped up whitecaps and dangerous waves. GLIFWC officers in three boats pulled paddlers from the water and towed canoes back to the landing.

The intrepid canoeists who completed the journey were Neil Kmiecek, GLIFWC's Biological Services Director, and Booj LaBarge from Lac Du Flambeau. They crept along the north shore, staying out of the biggest waves, and pulled in at the landing two hours later at 12:30 p.m.

Prior to the feast, E-lder Fred Kelly of Kabapikotawangag (Lake of the Woods) sang an ancestral song. Following the feast, the large crowd gathered in the shade of the pines by the Sandy Lake dam for a pipe ceremony, a water ceremony, and brief speeches by tribal leaders, including Isham, Chris McGeshick of Sokaogan, Mike Wiggins of Bad River, Jim Williams of Lac Vieux Desert and Eric Chapman of Lac Du Flambeau.

Fred Kelly and Carmen Butler shared stories, and Winona LaDuke urged all the Anishinaabe bands to work together to oppose a proposed oil pipeline that would cross the Sandy Lake watershed and bring oil to the shore of Lake Superior.



David 'Niib' Aubid gave the invocation at the ceremonies.



Neil Kmiecek, GLIFWC's Biological Services Director, and Booj LaBarge from Lac Du Flambeau were the only ones to complete the canoe journey across Big Sandy Lake, facing winds that exceeded 25 miles per hour.

Many Mille Lacs Band members attended the event, including Secretary/Treasurer Carolyn Beaulieu and District II Rep. David 'Niib' Aubid, who gave the invocation.

For information on the Sandy Lake Tragedy, see below.



The Sandy Lake Tragedy

From the Mikwendaagoziwag memorial at Sandy Lake

The Memorial on this glacial mound remembers about 400 Ojibwe Indians who died and thousands of others who suffered during what is known as the Sandy Lake Tragedy. Constructed by Ojibwe Tribes from Minnesota, Wisconsin and Michigan, the Memorial was completed in 2001. It is a sacred remembrance of the many sufferings endured to preserve the Ojibwe's homelands and way of life. Mikwendaagoziwag means "we remember them" in the Ojibwe language. At least 400 grandfather stones are embedded in the Memorial to represent those who died.

The tragedy unfolded when U.S. government officials attempted to illegally relocate a number of Ojibwe Bands from their homes in Wisconsin and Upper Michigan to northern Minnesota. In late autumn of 1850, thousands of Ojibwes had assembled at Sandy Lake for their annual treaty annuity payments. As the Ojibwe waited nearly six weeks for the payments, they suffered from illness, hunger and exposure. Many died from dysentery and measles. The promised annuities were never fully paid, and after the last of the meager provisions were distributed on December 2, the Ojibwe began an arduous journey home. Harsh winter conditions had already set in, and many more died along the way.

The outer circle of plaques on the Memorial commemorates the 19 Ojibwe Bands whose treaty annuities were to be paid at Sandy Lake in 1850. Today, these 19 Bands are succeeded by the 12 federally-recognized Ojibwe Tribes who built this Memorial and are commemorated by the inner circle of plaques.



DISTRICT 1

Vet Clinic Coming to District I

Veterinarians are coming to District I on Nov. 14 and 15 to spay, neuter, vaccinate and register dogs and cats free of charge, thanks to efforts by the Public Safety Department and the Student Initiative for Reservation Veterinary Services (SIRVS).

On Saturday, Nov. 14, veterinarians will spay and neuter up to 18 dogs and cats. These will be pre-scheduled appointments only. All of these animals will also receive full physical examinations and vaccinations, and the dogs will be tested for heartworm disease if they are over six months of age.

Owners with female pets will need to arrive at 8 a.m. for check in, and owners with male pets at 8:45 a.m. Pet owners will be called when their animals are done with surgery. They usually go home anywhere from mid-afternoon into the evening.

On Sunday, Nov. 15, SIRVS staff will give physical examinations, vaccines, de-worming and heartworm tests from 8 a.m. until 1 p.m. on a first come, first served basis.

The Public Safety Department and SIRVS are planning to host clinics in Districts II and III in the future.

Those who are interested in having their dog or cat spayed or neutered should sign up with District I Community Center Administrator Megan Ballinger.



The Public Safety Department has arranged free vet services to deal with the problem of unvaccinated and unregistered dogs and cats.

About SIRVS

Founded in 2009 by U of M College of Veterinary Medicine students, SIRVS has a mission to train future veterinarians by serving communities in need.

SIRVS is a non-profit student group from the University of Minnesota College of Veterinary Medicine. The group provides free veterinary wellness and surgical services to rural communities in Minnesota.

The group's first trip was in August 2009, when they provided vaccinations, de-wormings and essential health care to about 75 animals on the Leech Lake Reservation. Their second trip in November 2009 added spay/neuter services, and they helped almost 300 animals on the White Earth Reservation. Since then, they have expanded to host about five different clinics each year,

alternating the communities they visit.

Currently, the group works with the White Earth, Lower Sioux and Leech Lake Communities. This will be their first clinic in the Mille Lacs Community. By providing these clinics each year, they are able to help numerous animals and help to educate owners about better care practices for their animals.

Response Team Works to End Truancy

Brett Larson Staff Writer

Commissioner of Education Suzanne Wise is encouraging families to make sure their children are attending school and arriving on time. Her staff has been working with family services, tribal court and local schools to create a Truancy Response Team to address the issue of truancy.

After a series of meetings, the Band hired a truancy social worker and a community liaison at Nay Ah Shing. Local schools are also working with the Band to reduce absenteeism.

"We have made a lot of strides, but there is still more to be done," Suzanne said. "All parents want their students to do well, but if our students aren't in school, they aren't learning."

Court Administrator Gilda Burr said the Tribal Court became part of the Truancy Response Team based on direction from Suzanne. The Team has been researching models and will be making a recommendation to commissioners.

"From the court's point of view, truancy is a major problem facing Mille Lacs Band children, which may indicate signs of issues within the home, and that services may be needed," said Gilda. "The ideal is to help address those services before it becomes a neglect issue, since there is a strong correlation between truancy and criminal activity."

Thus far there have been 23 court cases filed involving families in District I.

"If we, the Mille Lacs Band, do not address this problem now our children are at greater risk for welfare dependency and potentially a life of criminal activity," Gilda added. "To ensure the continued success of the Band it is imperative that our children, the next generation of leaders, be well educated."

Pine County Joins CodeRED Service

Pine County has instituted a new rapid emergency notification service called CodeRED, allowing Band members in the Hinckley and Lake Lena areas to take advantage of the service.

The new system will distribute emergency messages via telephone to targeted areas or the entire county at a rate of up to 1,000 calls per minute.

CodeRED is an emergency notification service that allows emergency officials to notify residents and businesses by telephone, cell phone, text message, email and social media regarding time-sensitive general and emergency notifications. Only authorized officials have access to the CodeRED system. It will only be used in emergencies to notify citizens of missing persons, hazardous materials releases, boil water advisories, evacuations, etc.

To sign up, visit: <http://bit.ly/1JkBDjV>.

- If you live in Mille Lacs County, use the following link: <http://bit.ly/1E7911R>
- If you live in Aitkin County, use the following link: <http://bit.ly/1Jt5eh7>

If you live elsewhere but work in a CodeRED county, you can enter your work address.

Cancer Awareness and Risk Factors

Donna Sutton RN

The American Indian Cancer Foundation (AICAF) is a "national, native-governed, health organization dedicated to eliminating the cancer burdens on American Indian families through education, prevention, early detection, treatment and survivor support."

According to the foundation, smoking is the leading cause of death among Native Americans, with lung cancer being the leading cause of cancer deaths. Colon cancer rates are 40 percent higher than those of the general population. Historically, native women have a much lower mammogram screening rate.

All of these statistics support the fact that more cancer education is needed. Some cancers are preventable and result from behavior and lifestyle choices. Learning about the causes of cancer may motivate people to make healthy changes, particularly if a family member or friend who has had cancer. For example, lack of physical activity and poor diet contribute to America's obesity epidemic. Obesity has been linked to increased rates of breast, endometrial, colon and kidney cancers. Another classic example is smoking and chewing tobacco, which can be linked to increased rates of lung cancer and cancers of the mouth and throat. Lifestyle changes are accomplished by taking small steps.

Cancer prevention can be summed up in the following 7 steps:

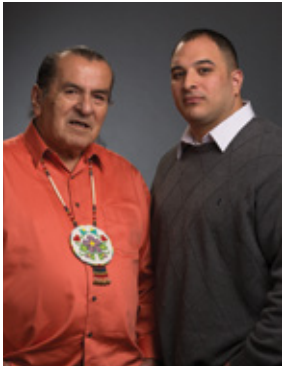
1. Keep tobacco sacred and don't smoke or chew commercial tobacco.
2. Protect your skin from the sun's damaging ultra-violet rays by wearing sunscreen and avoiding exposure during the summer midday hours.

3. Eat a healthy diet, including plenty of raw fruits and veggies along with whole foods — those you cook yourself rather than food that is processed which contains multiple ingredients you cannot pronounce.
4. Maintain a healthy weight and be active throughout the day.
5. Avoid risky behaviors and unsafe sexual practices.
6. Get immunized to protect yourself from human papilloma virus (HPV), human immunodeficiency virus (HIV) and hepatitis, which is inflammation of the liver. All of these things can develop into certain cancers.
7. Know your family history and get screened.

Early detection is particularly important in rural areas where lack of transportation and lack of timely appointments are serious obstacles to obtaining quality medical care. Many cancers are very treatable and the survival rates are high if the cancer is detected in an early stage and before it has spread to another organ or tissue.

With a cancer diagnosis, it is important to know what the treatment options are and to ask questions of the health care team. Taking a friend or family member along to appointments is a useful practice. They can help you absorb the information that is provided, they can speak up for you, can they can help you remember the questions you wanted to ask.

Survivor support is critical. Complying with the doctor's follow-up recommendations may mean the difference of whether your cancer returns or stays in remission. Either way, it is important to remember that you are in charge of your body — for good or for bad.



Aabaakawizig Snap Out of It

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

Mii dash noongom waa-ni-dazhindamaan, noomaya omaa nigii-pi-wiindamaagoo gii-panaajichiged awiya iwidi endazhi-midewi'iweng Misi-zaaga'iganiing. Mii i'iw gaa-izhichigewaad, ogii-piigwa'aanaawaan iniw ishkwaandeman imaa eyaamagakin niizh iniw waakaa'iganan eyaamagakin iwidi. Mii dash gaye i'iwapii gii-kimoodiwaad iniw anooj aabajichiganan ayaabadakin wii-nanaa'itood awiya gegoo.

This is what I am going to talk about: I was recently told that someone had destroyed property at the Mide grounds here in Mille Lacs. What they did, they broke down the doors to the two buildings we have out there on the grounds. They also stole tools from one of the buildings.

Gii-naniizaanichigewag ingiw gaa-izhichigejig i'iw. Mii imaa wenjida imaa ayaawaad ingiw Manidoog endazhi-midewid a'aw Anishinaabe. Ishke ingiw Manidoog geget oganawendaanaawaa imaa endanakamigizid a'aw Anishinaabe ani-manidooked. Ishke mii imaa wenjida gikendaagwak ezhi-ayaangwaamitoowaad ingiw Manidoog ganawendamowaad imaa endazhi-midewid a'aw Anishinaabe. Ishke mii-ko enindwaa ingiw ba-midewijig, "Weweni ganawendamok imaa endanakamigizing. Gego anooj apagidookegon imaa mitakamig i'iw ge-gii-apagidooyegiban endazhi-apagiji-ziigwebinigeng. Ishke ingiw Manidoog weweni oganawendaanaawaa endazhi-midewid a'aw Anishinaabe. Ishke dash ingiw Binesiwag waabandamowaad weweni ani-ganawenjigaadesinok wenda-wiinakamigaag endazhi-midewid, mii imaa bi-ziiga'andamowaad i'iw aki aana-wii-piinitoowaad."

This was a dangerous act committed by those responsible. These grounds are sacred. The Manidoog are present on these grounds, especially when the Mide Lodge is in session. The Manidoog keep a close eye on our sacred grounds. The following teaching points out how closely those Manidoog take of these grounds. Those that attend the Mide Lodge are told, "Take good care of these Mide grounds. Do not litter the grounds. When the Manidoog see the grounds trashed, the Thunder-beings come by, and it rains. What those Manidoog are trying to do is clean the grounds."

Ishke dash mii imaa ani-waabanjigaadeg i'iw weweni ezhi-ganawendamowaad ingiw Manidoog imaa endazhi-manidooked a'aw Anishinaabe. Ishke dash booch ingiw Manidoog ogii-waabamaawaadogenan iniw gaa-pi-inigaatoonijin imaa endazhi-manidooked a'aw Anishinaabe.

This shows how closely the Manidoog watch over these grounds. I am sure the Manidoog saw the ones who were doing damage in the area.

Booch a'aw Anishinaabe ani-maazhichiged obi-azheshkaagon i'iw majayi'ii. Mii-go dibishkoo ani-minochiged awiya ani-mino-doodawaad owiiji-bimaadiziiman, mii gaye i'iw ge-bi-azheshkaamagadinig ani-giige'idizod naa-go gaye inow odinawemaaganan.

When Anishinaabe does wrong it usually comes back on them. The same goes for when you do something good for your fellow human being. This also comes back to you in ways to benefit you and your relatives.

Mii gaye ge-ni-ganawaabandamang, giinawind anishinaabewiyang gidoodaadizomin. Ishke ayaamagad i'iw akeyaa ezhi-gikinoo'amawind a'aw abinoojiinh da-ni-maminaajitood gakina gegoo eyaamagak omaa akiing wenjida gaye owiiji-bimaadiziiman. Ishke nebowa a'aw Anishinaabe gaawiin i'iw akeyaa geyaabi odizhi-gikinoo'amawaasiin inow onijaanisan. Gaawiin onjida gigii-miinigoowizisiimin i'iw akeyaa da-ni-izhichigeyang. Gaawiin gidaa-bizindawaasiwaanaan a'aw wayaabishkiwed da-ni-aanawendamang gaa-izhi-miinigoowiziyang anishinaabewiyang.

What we need to look at is that we as Anishinaabe are doing this to ourselves. There are teachings that we have been given that encourage our children to have respect for everything on this earth and their fellow human beings. What is happening now, our Anishinaabe are no longer teaching their children this way. There is a reason we have been given these teachings. We have to quit listening to the white man discounting our teachings as Anishinaabe.

Ishke gaa-igooyaan niin gii-kwiwizensiwiyaan, "Ani-mamoosiwan i'iw anooj i'iw akeyaa gaa-izhi-gikinoo'amaagooyan, gegapii-go gaawiin gegoo giga-ni-manaajitoosiin wawaaj igo giwiiji-bimaadiziim."

What was said to me when I was a little boy, "If you do not embrace the teachings that we have been given, in time you will have no respect for anything in this life, including your fellow human being."

Eshkam giga-ni-biingeyendaamin da-ni-noondamang naa-go gaye da-ni-waabandamang ani-izhiwebak. Ishke moozhag noongom ginoondaamin weshki-bimaadizid ani-maazhi-doodawaad gechi-aya'aawinijin wawaaj igo akawaandawaanaad. Mii-go gaye ani-noondamang noongom wawaaj igo nisaawaad odabinoojiyensiimiwaan anooj i'iw meshkawaamagadinig ani-aayaabajitoowaad megwaa maa gigishkawaawaad onijaanisensiwaan ingiw ikwewag. Geget nebowa mayaanaadak ani-izhiwebadini a'aw Anishinaabe endanakiid. Aaniin danaa apii ge-goshkoziyang ani-aabaakawiziyang da-ni-moonendamang ani-izhiwebak ani-bagijwebinamang gaa-izhi-gikinoo'amaagoowiziyang da-ni-bimiwidooyang bimaadiziyang anishinaabewiyang.

More and more we will be stunned and bewildered by what we hear or see is happening in our community. More frequently we hear about our young people harming our Elders and some are even going to the extent of raping them. We are also hearing of how pregnant women are killing their children through the use of drugs. There is a lot of bad things that is happening in our communities. When are we going to wake up and realize all the bad things that are occurring as a result of us abandoning our teachings and leaving them on the wayside as Anishinaabe?



Gidinwewininaan

Baabitaw Boyd Gaa-ozhibii'ang



This month's article is about what is happening at Anishinaabe-izhitwaawin Immersion Grounds located central to all of the Mille Lacs Band's districts in Rutledge, MN. – Gaa-izhid a'aw Amik

Mii zhihwaa ashi-naano-biboon ayaamagak o'ow Anishinaabe-izhitwaawin gabeshiwin. Wenda-aptitendaagwad o'o gaa-ozhichigaadeg o'o gabeshiwin. Mii omaa ge-bi-onji-

izhaawaapan anooji wenjibaajig. Mii omaa ge-dazhi-dazhiikamowaad anooj gaa-miinigod a'aw Anishinaabe.

Mii omaa gaa-onji-ozhichigaadeg mewinzhaa o'ow gabeshiwining da-gikinoo'amawind a'aw oshki-anishinaabe akeyaa gaa-izhichigewaad mewinzha. Gii-kii'ikoshimowaad ingiw Anishinaabeg miinawaa gaye manoominikewaad ozhitoowaad ayaabajichagaadegin aya'aa baawaiganaakoog, gaandikii'iganaakoog naa anooj ayaabajizhigaadegin maa manoominikeng miinawaa gaye

iskigamizigeng. Mii o'ow enikamagak omaa gabeshiwining miinawaa inow ogiigidoowinan debendaakwakin imaa asemaakeng da-gikinoo'amawindwaa dazhiikigaadeg omaa ani-anokiiwaad omaa gaye. Ayaamagadoon igaye iniw waakaa'igaansan ge-dazhi-gabeshiwaad. Mii imaa da-ayaawaad besho gakina awiya gikinoo'amaaganag. Gaawiin memwech daa-gaagiiwesiiwag. Da-ondiziwag anigikinoo'amawindwaa imaa. Ambe! Omaa bi-izhaag omaa Anishinaabe-izhitwaawin gabeshiwining!! Mii iw!

New Director Brings Unique Perspective

Brett Larson Staff Writer/Photographer

Matt Roberson, the Executive Director of the Department of Athletic Regulation, has been impressed with the Mille Lacs Reservation and its boxing program since he first visited several years ago. When former Executive Director Jim Erickson resigned, Matt wanted to be a part of it.

"I had been up here a couple times, and I really fell in love with the vision and commitment they have," said Matt. "Not just the Department, but every aspect of the reservation."

Matt hails from Andarko, Oklahoma, and is a member of the Keechi Band of the Wichita and Affiliated Tribes.

He's been interested in boxing and other combative sports since he was a kid, when he watched Mike Tyson's title bouts and George Foreman's comeback. Matt was a wrestler in high school, which gave him an interest in mixed martial arts (MMA). "It's always been a passion so when our tribe decided to form a commission instead of compacting with the state, I jumped at the chance," said Matt.

Matt ran the Wichita Tribes Sports Commission for five years, dealing primarily with MMA. "Boxing's not nearly as big, which is one of the reasons I was interested in coming here," he said. "Minnesota is like the Mecca of boxing. We've seen a decline nationwide, but Minnesota has stayed at the top and consistently maintained great talent."

The Department of Athletic Regulation is governed by a commission whose current members are Wallace St. John (Chair), Darrell Shingobe (Vice Chair), Donald Graves (Secretary), Billy Jo Boyd and Percy Benjamin. Darrell has known Matt for years and is thrilled to have him on board. "I'm proud that we got this guy," said Darrell. "We work well together, and we're all busting our butts."

The Department licenses combatants, trainers, managers, matchmakers, ringside physicians and officials.

"The Athletic Commission's role is to regulate and sanction combative sports," said Matt. "What we want to do is look out for safety of the casino and Band members, as well as the fighters, to make sure there are fair and ethical contracts."

The Department is a member of the national Association of Boxing Commissions (ABC). Matt is very familiar with the ABC, having served as Vice Chair of its Tribal Advisory Committee.

The Department also helps other tribes regulate events or set up their own athletic commissions.

"Only about 20 tribes have their own athletic commissions," said Matt. "A lot of tribes have been taken advantage of by unscrupulous promoters. We want to educate them and



Matt represented the Department of Athletic Regulation at the National Congress of American Indians conference in St. Paul in June.

show them their options."

Matt is committed to helping tribes regulate their own affairs, but he's also excited about the impact of sports on young people. "Recreational leagues for young adults help lower substance abuse rates, lower diabetes rates, and decrease heart disease," Matt said. "And having positive role models helps younger kids who are growing up and watching them."

Matt has been impressed by the Mille Lacs Band, and he's happy to be working for the tribe. "I have just been absolutely blown away by the level of cultural education and social services that the Mille Lacs Band provides its members," he said.

"It's outstanding. A lot of people are probably used to it, but coming from a tribe without as many resources, it's impressive — the language programs, community meetings, the outreach. Where I come from, six tribes together don't have those resources and capabilities."

The Department of Athletic Regulation most sponsored the Legacy Fighting Championships July 17 in Hinckley. The event was nationally televised on AXS TV. On August 28, a boxing event was held in Hinckley with a headline bout between Phil Williams and Al Sands.

Newborn Screening Saves Babies, One Foot at a Time

For new parents, nothing is more exciting than being able to take their brand-new baby boy or girl home from the hospital for the first time. And, nothing is more devastating than learning a few months, or years, down the road that a child has a terrible disease that could have been treated had newborn screening taken place before the baby left the hospital.

When parents have the necessary information about newborn screening, the chances of it being done properly and effectively by healthcare workers increases substantially. Education empowers parents to stand up and be the best advocates for their children.

The Purpose of Newborn Screening

There are a number of potentially devastating diseases that can be present in a newborn but hidden at the time of birth. These diseases, if undetected by newborn screening, have the potential to cause medical problems as the baby grows, and severely alter a life that could have otherwise been normal.

According to a 2005 report from the American College of Medical Genetics (ACMG), there is a minimum of 30 conditions that should be included in the core screening. Minnesota is a national leader in newborn screening. The Newborn Screening Program, together with hospitals, laboratories, and medical professionals across the state, screens newborns for more than 50 disorders that affect metabolism, hormones, the immune system, blood, breathing, digestion, hearing, or the heart.

The Screening Process

As far as babies are concerned, the newborn screening process is very simple. A healthcare worker simply draws a few drops of blood by pricking the infant's heel, usually within 24 to 48 hours of birth. That blood is then sent off to a certified newborn screening lab, which analyzes it for a number of disorders including metabolic disorders, hormonal issues, blood disorders, and more. Amazingly, these high-tech labs need only a small

sample from an infant in order to run their tests. In addition to the blood tests, Minnesota requires a screen for hearing loss before the baby leaves the hospital. Hearing issues can be isolated, just affecting the ears, or they can be part of more complex conditions.

No Reason Not to Screen

Newborn screening can quite literally save a child's life, so it is strongly encouraged. The procedure is very simple and takes only a moment of time to get the blood sample. As far as your baby's discomfort is concerned, the simple prick of his or her heel is minor in comparison to the lifelong suffering that might be endured if one of these rare diseases is indeed present.

If you are the parents of a baby on the way, you're encouraged to find out all you can about newborn screening. Find information at savebabies.org.

Source: savebabies.org/#sthash.4c3TX1n.dpuf

TRIBAL NOTEBOARD

Happy September Birthday to Mille Lacs Band Elders!

Joe Anderson Jr.
Cynthia Mae Benjamin
Dennis Wayne Benjamin
Joyce Marie Benjamin
Joanne Frances Boyd
Rose Marie Bugg
James Douglas Colstrud
Keith Edward Dahlberg
Roger Dorr
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
Lisa Celeste Griffin
Loretta Lea Hansen
Carol Anne Hernandez
Bernida Mae Humetewa
Donna Lianne Iverson
Kathleen Lorena Johnson
Beverly Marie Jones
Marlan Wayne Lucas
Rueben Dale Merrill
James Michael Mitchell
Carol Jean Mojica

Jacqueline Jean Moltaji
Elmer Eugene Nayquonabe
Joseph Leonard Nayquonabe
DeWayne Michael Pike
Alan Ray Premo
Patrick James Provo
Jane Yvonne Rea Bruce
Carol Ann Sam
Darlene Joyce Sam
Karen Louise Sam
Kevin Duane Schaaf
Janice Arlene StandingCloud
Charles W. Sutton
Judie Erma Thomas
Julie Erna Thomas
Marty Russell Thomas
Russell Harvey Thomas
Arne Vainio Jr.
Leonard Wayne Weyaus
Richard James Weyaus
Bonita Diane White
Donald Ray Williams
Dale Barnet Wind
Micheal Francis Anthony Wind

Happy September Birthdays:

Happy birthday **Dad** on 9/3, love Kevin. • Happy birthday **Destanie Anderson** on 9/3 with lots of love from your son Carter, Mom, Shyla, Caden, Jordan, Uncle, Papa, Dilly Bar,

Bella, and Gramma Gina. • Happy birthday **Simon Daniel** on 9/5 with love from Auntie Rae, Uncle Joe, Simone, Donny, Sheila, Joey, Auntie Mary, Selena, Dante, Maysun, Shawsha, and Daymon. • Happy 8th birthday **Sy Monster** on 9/6 with lots of love from Auntie Danielle, Uncle Gabe, Gramma, Dad, Benny, Joshy, Caddy, LoLo, and Freddie! • Happy birthday **Charlotte** on 9/9, love the Harrington family. • Happy birthday **Selena Marie** on 9/10 with love from Mom, Dante, Maysun, Shawsha, Soul, Daymon, Auntie Rae, Uncle Joe, Simone, Donny, Joey, Sheila, Baby Si, grama Vera, Frankie, Stone, Derek, DeaLayna, Zion, and Brynlee. • Happy birthday **Christopher Howard Shingobe** on 9/11 from Great-Grandpa David Smith and Great-Grandma June Smith. • Happy birthday **Levi Dean** on 9/14, love Mom, Dad, Cedaz, Levin, Jodi, Wade, Penny & Baby AveS, Erica & Maria, Sheldon, Sean, Grant & Rico, Kc, Hayde, N your We'eh Cayl. • Happy 8th birthday **Kenny**

Wayne III on 9/14 with lots of love from Mommy, Gabe Dad, Gramma, Joshy, Caddy, LoLo, and Freddie Boo! • Happy birthday **Soul Son** on 9/15 with love from Mom, Selena, Dante, Maysun, Shawsha, Daymon, Auntie Rae, Uncle Joe, Simone, Donny, Joey, Sheila, and Baby Si. • Happy birthday **Brad** on 9/17, love your brothers and sissys. • Happy birthday **Dad** on 9/17, love Braelyn, Payton, Eric, Wesley, Waase, Brynley, and Bianca. • Happy birthday **Janie Miller** on 9/19. • I want to wish my lil sis **Stacy Benjamin-Reynolds** a happy, happy birthday on 9/24, with much love, Monica. • Happy birthday **Nadine** on 9/28, love the Harrington family. • Happy birthday **Tracy** on 9/29, love the Harrington family. • Happy birthday **Avery Dennise Kegg** on 9/29, love Mommy, Gramma B, Papa, Cedez, Uncle S, Levin, Levi N Sean, and Uncle Grant & Rico, Aunty Jojo, Aunty Kc, Hayden & Cayl, We'eh Wade N We'eh Bert. • Happy birthday **Avery Dennise** on 9/29. Happy first birthday Baby Girl, love

Aunty Erica, Mariam, and Aunty Alli.

Other Announcements:

Congratulations to **Shyla Lussier and Hunter Shingobe** on the birth of their beautiful baby boy Caden Sean-Lee on July 24th. Grandma Tina, Great Grandma Gina, Uncle Jordan & Great-Great Grandparents Merlin, and the late Marge Anderson. • Congratulations **Destanie Anderson and Ethan Smith** on the birth of their beautiful baby boy Carter James on July 25th. Grandma, Tina, Great Grandma Gina, Uncle Jordan & Great-Great Grandparents Merlin and the late Marge Anderson.

Submit Birthday Announcements

Send name, birthday and a brief message that is **20 WORDS OR LESS** to Mick Sawinski at mick@redcircleagency.com or call **612-465-8018**. *The deadline for the October issue is September 15.*

Mille Lacs Indian Museum September Events

Farm Fresh Fridays

Friday, September 4 from 4–7 p.m.

Fee: Free, does not include museum admission

During select Fridays this summer, meet with local farmers and growers and shop for fresh fruits, vegetables, honey, and other regionally grown food products.

Kids Crafts: Shoulder Bag Activity

Saturday, September 5 from 11 a.m.–3 p.m.

Fee: \$7 per kit, does not include museum admission

Learn how to decorate an Ojibwe-style shoulder bag to take home. This activity provides a hands-on introduction to the arts and culture of the Ojibwe, a woodland people of the Great Lakes region. Allow an hour to make the craft. Light snacks and refreshments will be provided. Recommended for ages 6 and up.

Wild Rice Processing

Saturday, September 5, 12, 19, and 26 from 12–3:30 p.m.

Fee: Free, does not include museum admission

Head to the lakeshore to watch museum staff process wild rice, including how to dry, parch, thresh, and winnow the rice. See the entire process from raw to finished product during the 20-minute demonstrations offered on the hour. Demonstrations may be cancelled due to weather. The program begins at noon, 1 p.m., 2 p.m., and 3 p.m.

Museum Day Live! Free Admission

Saturday, September 26 from 11 a.m.–4 p.m.

In conjunction with the Smithsonian's Museum Day Live!, this site is offering two free admission passes on Saturday, September 26 to visitors who register online via Museum Day Live! at bit.ly/1PlwYn0. Museum Day Live! is an annual event in which participating museums across the country open their doors to anyone presenting a Museum Day Live! ticket for free. The ticket provides admission for two people.

To receive your free Museum Day Live! ticket, please register for an account. Once registered, you can request a ticket to one participating venue. The ticket will be available to download immediately up to the date of the event. You must print your ticket and present it to receive free admission or have it accessible on your mobile device.

Ojibwe Moccasin Workshop

Saturday, September 26 from 12–4 p.m. and Sunday, September 27 from 10 a.m.–2 p.m.

Fee: \$60/\$55 MNHS members, plus \$25 supply fee

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. Registration is required three days prior to workshop. 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.

For more information on upcoming events visit events.mnhs.org/calendar.

SEPTEMBER CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Want your event here? Email mick@redcircleagency.com or call 612-465-8018.</p> <p>Visit millelacsband.com/calendar for additional Mille Lacs Band events</p>		<p>1 Band Assembly Meeting 10 a.m. Nay Ah Shing, Band Assembly Chambers</p>	<p>2</p>	<p>3 Band Assembly Meeting 10 a.m. Nay Ah Shing, Band Assembly Chambers</p>	<p>4 Farm Fresh Fridays 4–7 p.m. ML Indian Museum See page 14</p>	<p>5 Kids Crafts: Shoulder Bag Activity 11 a.m.–3 p.m. Wild Rice Processing 12–3:30 p.m. ML Indian Museum See page 14</p>
<p>6</p>	<p>7 Labor Day Minobimaadiziwin Ceremonial Sweats Every Monday 6:30 p.m. All are invited</p>	<p>8 Onamia Public School American Indian Parents LIEPC Meeting 12 p.m. ROC</p>	<p>9 Circle of Health Outreach 1–4 p.m. East Lake Community Center</p>	<p>10</p>	<p>11</p>	<p>12 Wild Rice Processing 12–3:30 p.m. ML Indian Museum See page 14</p>
<p>13</p>	<p>14 AMVets Post 53 Meeting 6 p.m. Grand Northern Grill Grand Casino Mille Lacs. All veterans welcome. Minobimaadiziwin Ceremonial Sweats</p>	<p>15</p>	<p>16 Circle of Health Outreach 10:30 a.m.–12 p.m. Urban Office Aazhoomog Community Meeting 5:30 p.m. Grand Casino Hinckley Event Center</p>	<p>17</p>	<p>18</p>	<p>19 MLCV Family Golf Outing 9 a.m. Grand National Golf Club in Hinckley Wild Rice Processing 12–3:30 p.m. ML Indian Museum See page 14</p>
<p>20</p>	<p>21 Minobimaadiziwin Ceremonial Sweats</p>	<p>22</p>	<p>23 Circle of Health Outreach 1–4 p.m. Chiminising Community Center, computer lab DII-A Community Meeting 5:30 p.m. Chiminising Community Center</p>	<p>24 DII-A Sobriety Feast 5:30 p.m. Chiminising Community Center</p>	<p>25</p>	<p>26 Museum Day Live! 11 a.m.–4 p.m. Ojibwe Moccasin Workshop 12–4 p.m. Wild Rice Processing 12–3:30 p.m. ML Indian Museum See page 14</p>
<p>27 Ojibwe Moccasin Workshop Noon–4 p.m. ML Indian Museum See page 14 Urban Area Community Meeting/Family Night 5:30 p.m. All Nations Indian Church</p>	<p>28 Minobimaadiziwin Ceremonial Sweats Nibi & Manoomin Symposium Grand Casino Mille Lacs See page 16</p>	<p>29 Nibi & Manoomin Symposium Grand Casino Mille Lacs See page 16</p>	<p>30 Circle of Health Outreach 1–4 p.m. Aazhoomog Clinic</p>	<p>Circle of Health Outreach schedule change: Please note that the November 11th Circle of Health Outreach date at East Lake Community Center from 1–4 p.m. has been moved to November 10th due to the 11th being a Band Holiday.</p>		

UPCOMING EVENTS

American Indian Day
Tuesday, October 13

DIII Community Health Fair
Tuesday, October 20
10 a.m.–3 p.m.
Aazhoomog Community Center

DII Community Health Fair
Wednesday, October 21
10 a.m.–3 p.m.
East Lake Community Center

DI Community Health Fair
Thursday, October 22

10 a.m.–3 p.m.
Mille Lacs Community Center

DII-A Community Health Fair
Friday, October 23
10 a.m.–3 p.m.
Chiminising Community Center

Warrior's Day
Wednesday, November 11

Mii Gwetch Day
Friday, November 27 and Saturday the 28

September is Childhood Cancer Awareness Month

Linda Moses Coordinator of Circle of Life Plus

This month we are honoring the St. Jude Children's Research Hospital. St. Jude Hospital was founded by entertainer Danny Thomas in 1962, with the help from Lemuel Diggs and close friend Anthony Abraham, on the premise that "no child should die in the dawn of life". St. Jude Hospital is a pediatric treatment and research facility focused on children's catastrophic cancer diseases. It is located in Memphis, Tennessee, and is a nonprofit medical corporation.

All medically eligible patients who are accepted for treatment at St. Jude are treated without regard to the family's ability to pay. St. Jude is one of few pediatric research organizations in the United States where families never pay for treatments that are not covered by insurance, and families without insurance are never asked to pay. In addition to providing medical services to eligible patients, St. Jude also assists families with transportation, lodging, and meals.

St. Jude is associated with several affiliated hospitals around the nation to further its efforts beyond its own physical walls. The hospital uses its Domestic Affiliates Program to form partnerships with other pediatric programs. This program is a network of hematology clinics, hospitals, and universities that are united under the mission of St. Jude. Discoveries at St. Jude have completely changed how doctors treat children with cancer.

Since St. Jude was established, the survival rate for acute lymphoblastic leukemia, the most common type of childhood cancer, has increased from 4 percent in 1962 to 94 percent today. During this time, the overall survival rate for childhood cancers has risen from 20 percent to 80 percent. St. Jude has treated children from across the United States and from 70 countries. Doctors across the world consult with St. Jude on their toughest cases.

September is World Alzheimer's Awareness Month

Jackie Jensen RN

Alzheimer's disease is an irreversible, progressive brain disorder that slowly destroys memory and thinking skills, and eventually the ability to carry out the simplest tasks. Generally, people in their mid-60s will start to show symptoms. Some experts suggest that more than 5 million Americans may have Alzheimer's. It is currently ranked as the 6th leading cause of death in the US for older Americans.

Alzheimer's is the leading cause of dementia among older adults. Dementia is the loss of the cognitive functioning — thinking, remembering, and reasoning and some behavioral abilities too.

Alzheimer's disease is named after Dr. Alois Alzheimer. In the early 1900s, he discovered abnormalities in the brain of a lady who died from "mental illness," which has now been associated with the brain's changes that are consistent with Alzheimer's. These are now called amyloid plaques and neurofibrillary tangles. Scientists continue to unravel the complex brain changes involved. It seems likely that the changes in the brain start decades before the memory loss and other cognitive problems appear. Initially, it seems to take place in the hippocampus, the part of the brain essential in forming memories.

Signs and Symptoms

Signs and symptoms of Alzheimer's disease include memory issues, troubles with motor movement, and sense of smell. The very first symptoms differ from person to person, and can eventually lead to full dependence for all personal cares and daily needs.

Nibi & Manoomin Symposium

Nibi Miinawaa Manoomin: Oshkikikanensan Ji-wiidanokiindiyang Weweni Niigaa Akeyan

New Pathways to a Shared Future

Join us for this fourth biennial symposium that brings together tribal members and University personnel to share information, learn from each other about ways to protect water and wild rice for future generations and meet our obligations to all our relatives. All are invited to attend.

September 28–29, 2015
Grand Casino Mille Lacs (777 Grand Avenue, Onamia, MN 56359). Phone: 800-626-5825.

Co-hosted by: The Mille Lacs Band of Ojibwe and the University of Minnesota College of Food, Agriculture, Natural Resource Sciences and Office for Equity and Diversity.

For conference content information contact: Karl Lorenz, 612-624-9299, klorenz@umn.edu or Craig Hassel, 612-624-7288, chassel@umn.edu.

Mille Lacs Band of Ojibwe

Summary of Expenditures and Financing Uses:	Approved Budget for FY 2015	Expenditures through 7/31/2015	% of Budget Expended
Administration (1)	15,046,835	10,220,190	67.9%
Department of Labor	20,487,635	5,130,140	25.0%
Judicial	1,273,825	786,729	61.8%
Department of Justice	5,512,731	3,973,307	72.1%
Education	20,678,786	13,975,392	67.6%
Health and Human Services	27,483,229	15,388,215	56.0%
Circle of Health Insurance	10,555,180	7,690,123	72.9%
Natural Resources	8,940,025	5,375,835	60.1%
Community Development	58,712,255	14,944,599	25.5%
Gaming Authority	5,324,748	3,833,304	72.0%
Non-Gaming Distribution	—	—	0.0%
Bonus Distribution	47,705,994	32,698,425	68.5%
Economic Stimulus Distribution	3,130,000	3,126,000	99.9%
Total	224,851,243	117,142,259	52.1%

- (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 Ventures from the tribal government.

For registration and lodging: regonline.com/NibiManoominSymposium

Lake Health Conference



Band DNR employees Chad Weiss and Perry Bunting, along with summer intern Jourdain Wedell, attended a Lake Health Conference at Eddy's on August 10 and

11. The conference was sponsored by the Mille Lacs Lake Watershed Management Group.

PRSR STD
U.S. POSTAGE
PAID
BRainerd MN
PERMIT NO. 250

MILLE LACS BAND OF OJIBWE
43408 Oodena Drive
Onamia, MN 56359
millelacsband.com



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.