

OJIBWE INAAJIMOWIN

THE
STORY
AS IT'S
TOLD

OCTOBER 2015 | VOLUME 17 | NUMBER 10

RICE LAKE ANISHINAABE REFUGE

PAGE 8

lv returned to the Rice Lake landing on September 16.

ASEMAA JOURNEY
BEGINS WITH A
SINGLE SEED

WHERE THERE'S
SMOKE, THERE'S
FIREFIGHTERS

FAMILIAR FACES
HELP STUDENTS
FEEL AT HOME

BULLYING: IT'S NOT
JUST A PROBLEM
AT SCHOOLS

MESSAGE FROM THE CHIEF EXECUTIVE

MELANIE BENJAMIN
CHIEF EXECUTIVE



Aaniin! One of the reasons I love our language is because it is so descriptive of the beauty in our world. The month referred to in English as September is called Waatebagaa-Giizis in our language, which translates to "Leaves Changing Color Moon", and October is called Binaakwe-Giizis, or the "Falling Leaves Moon". When I listen to my little granddaughter speaking Ojibwe, I am grateful for the opportunities she has had to learn our language, and hope that she will continue to learn and use our language for the rest of her life.

I recently held social gatherings in each of the three districts with some of the ladies who sit on or help with the drums. I learned a great deal from them about their views of issues in the community and the challenges we face, and they talked about the importance of the drums. Then yesterday, I met with one of our Elders who asked me to remind everyone to attend the dances that will be starting in October. She talked about how the drums have always protected us and they are here for us. She also reminded me of the importance of regularly putting out our asema by a tree. Just these simple things; remembering to use our language and putting out asema, can make a tremendous difference in our outlook and our wellness.

The focus of this month has been on the Band's budget, which is always a challenging time. Before our first casinos opened in 1991, Chairman Art Gahbow used to say that gaming was a tool, but not the solution. Part of Art's vision was that we would not be dependent on gaming. Art wanted us to invest gaming revenue into rebuilding our economy around many businesses. If gaming ever failed, he wanted us to have something to fall back on. Art wanted a diversified economy.

For the past 24 years, that has been our goal. Last year, for

the first time in our history, every Band-owned business made a profit.

As I write this column, we are in the last stages of finalizing the Band's two-year budget for 2016-2017. This is never easy, because it means developing our budget for the next two years based on revenue predictions of what we think our businesses will earn. We always try to be conservative, and have been fortunate for the past few years because our businesses have out-performed our predictions. Still, it is our responsibility to ensure that we plan our spending very carefully.

I was thinking back to when I was first hired as Commissioner of Administration by Art Gahbow. At that time, the entire Band government included only about 120 employees, and today we have more than 700 employees! I am grateful for how well the Band has done with revenue growth when so many tribes are facing revenue loss, but I remember the days when the Band was one of the poorest tribes in the Nation, and somehow we got by. We must never return to those days, but I am firmly convinced that we can shrink government without reducing quality of services to Band members. I have been adamant about directing the Executive Branch to reduce government spending.

There has been more going on than we have time to cover in this newspaper, but some of the most exciting news is that we've broken ground on the Sher property near Bugg Hill and hope to get some of the beginning infrastructure completed before the ground freezes. Lots are also being prepared for new homes in Districts II and III along with infrastructure and roads.

I had numerous meetings this month with state and federal

officials, including a very productive meeting with Governor Dayton where we discussed natural resource issues, opiates, education and other matters, as well as a meeting in Washington D.C. with Deputy Assistant Secretary Kevin Washburn, who leads the BIA. Other events and meetings that kept me busy included a meeting with Minnesota DFL Caucus leadership; a meeting with Minneapolis Mayor Betsy Hodges; a Minnesota Tribal Leaders Forum in Morton; the Minnesota Indian Housing Conference in Hinckley; the Legislative Subcommittee Meeting of the Minnesota Chippewa Tribe; meetings with Band Assembly; the Minnesota Board on Aging; numerous meetings with many Band Members, and the Minnesota Indian Affairs Council (MIAC).

While the MIAC meeting covered many important issues, the most exciting development at that meeting was that after reviewing the resumes of several applicants for the position of Executive Director of the MIAC, we voted to offer the position to Mille Lacs Band member Rayna Churchill! The MIAC advises the State of Minnesota on issues important to tribal governments, and the Executive Director role is a critical position. Yesterday (September 23) marked Rayna's first official day on the job, and I know she will be an outstanding Executive Director. Please congratulate her on this new position when you see her!

In closing, I hope everyone takes time to enjoy the beautiful fall colors and look forward to seeing many of you at our dances this fall. It is a privilege to serve as your Chief Executive and represent the Mille Lacs Band of Ojibwe! Miigwech!

Melanie Benjamin

Ground Broken for District I Housing Development

Brett Larson Staff Writer/Photographer

A 400-acre property in District I will be the site of the largest housing development the Mille Lacs Band has undertaken. The first phase will include 56 homes. The second phase will bring the total number of homes to more than 90.

At a ceremony on Sept. 4, government officials and community members gathered to bless the site. Commissioner of Community Development Percy Benjamin welcomed them to the event and introduced Joe Nayqyonabe Sr.

After a prayer in Ojibwe, Joe said the Band always starts projects like this in a good way, by offering a dish of food and tobacco to the Manidoog, or spirits.

Chief Executive Melanie Benjamin, Secretary/Treasurer Carolyn Beaulieu, District I Rep. Sandi Blake and Roads Supervisor Tony Pike also participated in the groundbreaking.

Planning Director Mike Moilanen described the project, saying construction of roads, water and sewer would begin this fall. A water main will be built to the water tower at Bugg Hill.

Next summer the streets and sidewalks will be paved. Housing construction is expected to begin in the spring of 2017.

The property was purchased with housing initiative money. Archaeology on the site was conducted in 2005.

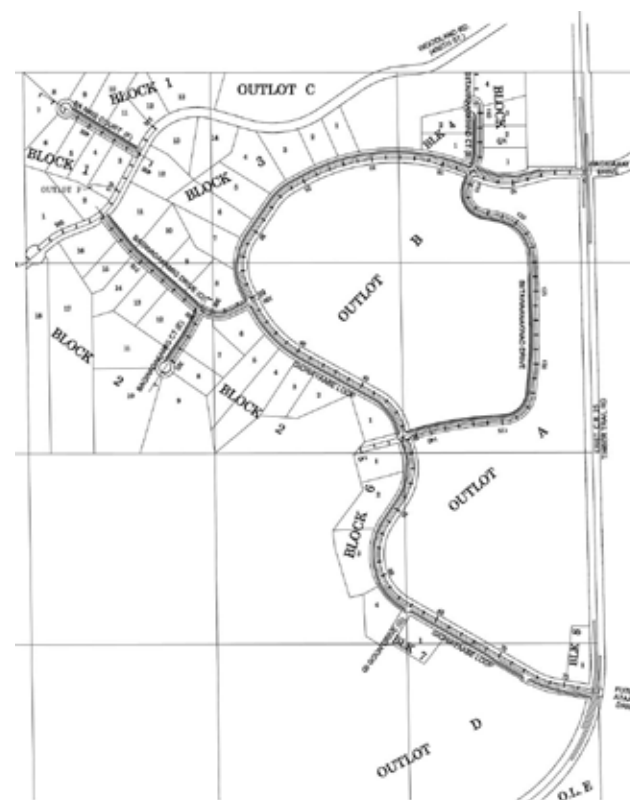
The general contractor for the road grading work this fall is C&L Excavating from St. Joseph.

Percy Benjamin said afterwards that his department is focused not only on housing but also on activities and recreation facilities that he hopes to integrate into new developments. He thanked the elected officials for allowing Community Development to move forward with plans that have been taking shape for many years.

"Our vision is to look into the future and bring other amenities to the community that help promote health and wellness to our youth," Percy said.



Left to right: Roger Garbow, Mike Moilanen, Tony Pike, Melanie Benjamin, Carolyn Beaulieu, Sandi Blake, Joe Nayqyonabe Sr., Percy Benjamin.



Court Rules that Sandpiper Decision was Illegal

Brett Larson Staff Writer

The Minnesota Court of Appeals ruled on Sept. 14 that the Minnesota Public Utilities Commission (PUC) violated state law by issuing a certificate of need for the Sandpiper oil pipeline.

A three-judge panel determined that the Minnesota Environmental Policy Act (MEPA) requires an environmental impact statement (EIS) prior to granting of a certificate of need for “a major governmental action that has the potential to cause significant environmental effects.”

The decision is a victory for Friends of the Headwaters, the group that challenged the legality of the certificate of need. Also opposing the certificate were the White Earth Band and Mille Lacs Band, as well as the environmental group Honor the Earth.

North Dakota Pipeline Company, a subsidiary of Enbridge Energy of Canada, applied for the certificate of need and a routing permit from the PUC to construct a 612-mile pipeline transporting oil from the Bakken fields of North Dakota through Minnesota to Superior, Wisc. About 300 miles of the pipeline would cross Minnesota carrying 225,000 to 375,000 barrels per day, according to court documents.

After a series of hearings, the PUC agreed to “bifurcate” or divide the certificate of need process from the routing permit process. The required environmental review would come during the routing permit process — after the certificate of need had been granted.

The court ruling states that the environmental review needs to be completed before either the certificate of need or the

routing permit can be granted. As a result, the PUC will have to reconsider its decision after completion of the environmental impact statement.

After the appeals court ruling, Mille Lacs Band Chief Executive Melanie Benjamin thanked the White Earth Band of Ojibwe, Honor the Earth and all the Mille Lacs Band members who spoke out and got involved in the issue. “The pipeline is not dead, but this means it will not be shoved down our throats without a complete review of the environmental impacts,” said Melanie. “This shows what Native people can accomplish when we stick together. Your voices matter. This is a good day.”

Richard Smith, President of Friends of the Headwaters, told Minnesota Public Radio, “If you’re going to build an extensive project like this, 300 miles through the heartland of Minnesota’s most pristine waters, we thought it was absolutely critical that a full EIS be done.”

The PUC granted the certificate of need on June 5, the day the Mille Lacs Band held its own hearing on the pipeline at East Lake Community Center. The Band held the hearing because the PUC failed to hold any hearings on the pipeline on tribal lands.

At the June hearing, several Band members called for a full environmental impact statement prior to the granting of a certificate of need. By the end of the day, those in attendance learned that the PUC had granted the certificate of need, ignoring the testimony of Band members.

Band officials also criticized the PUC because it had not en-



District II resident Michaa Aubid spoke in opposition to the certificate of need at a hearing at the East Lake Community Center June 5.

gaged in government-to-government consultation with tribes, which is required of state agencies according to an executive order from Gov. Mark Dayton.

For the complete text of the ruling, see millelacs-band.com/wp-content/uploads/2015/09/Minnesota-Court-of-Appeals-Ruling.pdf.

MIAC, NCAI Pass Resolutions Opposing Pipeline

The Minnesota Indian Affairs Council passed a resolution offered by Chief Executive Melanie Benjamin on the Sandpiper Pipeline. The resolutions calls on Gov. Mark Dayton to require that his agencies consult with the Band, that the State follow its Environmental Justice policy, and that a complete Environmental Impact Statement (EIS) be done on the Sandpiper. The resolution passed unanimously, at the same time as the Minnesota Court of Appeals issued its opinion finding the PUC’s approval of Sandpiper without an EIS to be illegal.

Melanie also authored a resolution passed by the National Congress of American Indians at their mid-year conference in St. Paul last summer. The NCAI resolution also calls for Environmental Justice and a full EIS on the proposed pipeline.

For the complete text of the resolution, see bit.ly/1FutrID.

Garrison Prank Sends Insensitive Message

Brett Larson Staff Writer

A prankster apparently tried to make a political statement in Garrison on Wednesday, Sept. 16, tossing a blue “net” over the town’s iconic roadside walleye.

Photos of the fish made the rounds on the Internet, leading to ignorant and sometimes racist comments on Facebook and other sites.

The Band responded with its own Facebook post:

“We have had our challenges in this region with racism, but we have many friends and neighbors who work to promote positive relations in this community every day...in every community, including Garrison. At this point, we do not know who did this or what their motivations were. People are upset, but how we and others respond can cause even more anger.

“Whether it was a practical joke or intended to rile anyone up, how we respond to issues like this should always be grounded by remembering our Anishinaabe values of Gwekwaadiziwin (Honesty), Dbaadeniziwin (Humility), Debwewin (Truth), Nbwaakaawin (Wisdom), Zaagidiwin (Love/Compassion), Mnaadendimowin (Respect), and Aakwade’ewin (Bravery/Courage).”

Chief Executive Melanie Benjamin said, “Taking the ‘high road’ is never easy when emotions are high, but that is our challenge — to speak, act and think through the lens of our teachings and values. Also, Miigwech to Mayor Linda Kistler Dahlen, of Isle, who showed courage, integrity and dignity by responding on the Band page with this statement:

‘I am so sorry this happened. It’s not any different than the KKK wearing white hoods and doing night raids with torches ... it is racism and it sickens me. This kind of divisive immaturity is evil and immature. Many communities and individuals are working hard to market and promote our area as the great and amazing jewel of north central Minnesota that it really is...as a team working together. This is a slap in the face to those efforts. How do we respond? With dignity. We keep moving forward with our eyes on our shared goals. We may pick up some barnacles along the way that we have to shuck off is all.’”

Garrison Mayor Bruce Pierson said, “We’re upset that someone would deface the walleye, and in no way do we condone those actions or approve of any intent they might’ve had. The Band provides funding to different activities in the area, and that’s greatly appreciated.”

A rumor circulated that the Garrison Commercial Club was behind the vandalism, but Club President Myron Stevens vehemently denied any involvement, saying there was miscommunication between a city employee and a member of the public.

Myron said he wrote a letter to the Chief Executive explaining that the Club had nothing to do with the incident. “None of our members would do anything like that,” Myron said. “We support the casino and the Band with everything they do, and without their support, we couldn’t do a lot of the things we do. It’s just a bad incident, and we had nothing to do with it.”

Myron took the net down as soon as he could, with help from local businessman Nick Lingwall.

Joe Meyer, Lieutenant with the Crow Wing County Sheriff’s Department, said the incident was not reported and probably would not result in an investigation.

“I doubt that we would get too involved if there’s no damage to the fish itself,” he said. “If it’s a statement being made by an individual, we certainly don’t condone it, but I don’t believe it would be a criminal activity unless there was damage or defacement, and someone was out some dollars.”

Band and State Leaders Continue to Build Strong Bond

Toya Stewart Downey Staff Writer

In the world of politics it's of the utmost importance to have allies, to collaborate and to build strong relationships.

Those things are especially true when it comes to local politics and government-to-government relationships as in the case of the Mille Lacs Band and the State of Minnesota.

In recent months, Chief Executive Melanie Benjamin and Minnesota Governor Mark Dayton have greatly strengthened their bond as they've discussed critical topics such as the Band's decision to suspend netting, reservation boundaries, and Sandpiper.

Beyond developing a stronger personal relationship and an ally, the greater benefit is the impact of these interactions on the Band as a whole.

In the last several weeks, the Chief has either met with or talked to the Governor multiple times to share concerns on behalf of the Band, or to make him aware of issues such as the opiate crisis or to discuss how to promote tourism in Indian Country.

In August, Lieutenant Governor Tina Smith visited Mille

Lacs and attended the 49th Annual Mille Lacs Band Traditional Powwow. The Lt. Governor is scheduled to meet with

the Chief in coming weeks to continue the tourism discussion.

Jamie Edwards, the Band's director of Government Affairs, said that it's critical that the state's elected leaders have strong relationships. He's attended the meetings between Melanie and the Governor and has been able to observe the strengthened bond.

"Governor Dayton's Executive Order 13-05 created a framework for better relations between the state and tribal governments," he said. "With training for state employees and government-to-government consultation policies now required for all cabinet level agencies, Minnesota's approach could become a national model."

As leaders know, forging strong relationships becomes even more critical when there are highly-charged or highly-visible issues, such as the State's decision to close walleye fishing on Lake Mille Lacs. That issue alone garnered local and national media attention and became the talk of the state.

It became an even broader conversation when the Band's Drumkeepers decided that the Band should temporarily suspend netting. Melanie told the Governor that she broadly communicated what the Mille Lacs Band was doing with other



tribes and told Gov. Dayton that she would keep him in the loop as to what other tribes who had 1837 Treaty Rights on Lake Mille Lacs.

She shared with the Governor the work that the Band was doing with local area businesses and partners to diversify the economy in the Mille Lacs region.

Mille Lacs Band, Local Governments Prepare for Oil Disaster

Brett Larson and Charlie Rasmussen Staff Writers **Charlie Rasmussen, Great Lakes Indian Fish and Wildlife Commission** Photographer

Railroad tank cars haul North Dakota crude oil through Aitkin County each day, carrying the risk of explosive derailments, which have occurred in places like Illinois and Quebec.

With funding from the US Environmental Protection Agency (EPA), Emergency Management Coordinator Monte Fronk and other Mille Lacs Band officials teamed up with Aitkin County and nearly two dozen additional emergency service providers Sept. 10 to plan a response to an oil spill in the ecologically sensitive landscape of east-central Minnesota.

Mike Taylor, Chief Conservation Officer with the Band DNR, said the tabletop exercise was beneficial: "This exercise has built my confidence that while working together with Aitkin County and the other state and federal agencies, we can handle any disaster in a safe and collaborative way to ensure the safety of the community and the environment."

The area selected for the disaster training exercise is home to Sandy Lake and East Lake Communities. The accident scenario included a smoke plume blowing from the crash site west of McGregor through the East Lake area. It also described a potential release of 270,000 gallons of oil into Portage Lake.

The exercise was the brainchild of a 10-person team of Mille Lacs Band and Aitkin County officials, along with representatives from the EPA, the Federal Emergency Management Agency, the Minnesota Department of Health and other agencies.

Monte said the EPA facilitated a similar exercise five years ago. He and Aitkin County Sheriff Scott Turner requested another exercise to reestablish relationships among agencies and further educate emergency services personnel.

"The hot topic we're all dealing with is this Bakken oil," Monte said. "You hear it every day in the news, and whether it comes in a pipe or by rail, we're concerned about the potential damage to public health and natural resources, and we need to know how we would all deal with it in our initial response."

The EPA contracted with Tetra Tech, Inc., of Chicago to

plan and conduct the tabletop exercise. Aaron Stevens of Tetra Tech was the facilitator, leading the 60 participants through three modules over the course of the day, emulating the three phases of the emergency:

- Module 1: Notification, Initial Assessment, and Command. Participants discussed how to communicate with the public, set up a command structure, and plan their response.
- Module 2: New Priorities. Participants considered how health, safety, communications and shelter needs would be addressed as the disaster entered its second day.
- Module 3: Looking Downstream. Participants

discussed strategies for calling an end to the emergency response and long-term communication, cleanup and monitoring.

Participants represented local, state, tribal and federal governments, including the Mille Lacs Band, the Aitkin County Sheriff's Office, Aitkin County Public Health, the Minnesota Department of Health, the National Guard, the EPA, Homeland Security and the Military.

"It was a well-planned and relevant tabletop exercise," Monte said. "Everybody was appreciative that we got so many people in the room so we could learn who everyone is, what they do and where they come from. Those relationships are very important when emergencies happen."



Emergency Management Coordinator Monte Fronk participated in the tabletop exercise he helped bring to McGregor.

Asemaa Journey Begins with a Single Seed

Brett Larson Staff Writer/Photographer

Asemaa (tobacco) is one of the four medicines of the Anishinaabe, along with sage, cedar and sweetgrass. Asemaa has many traditional and ceremonial purposes and is used in a respectful manner.

Two Band employees are encouraging Band members to grow their own asemaa plants as an alternative to commercial tobacco. Growing asemaa at home would also give elders the opportunity to share teachings and use of asemaa to their little ones.

Carol Hernandez is a Band member who works as an Outreach Coordinator through a grant from ClearWay Minnesota. "Tobacco is medicine, and it's always going to be used in the community," said Carol, "but there are options available other than smoking or using cigarettes."

Amy Maske, a long-time early childhood teacher for the Band, now works for the Band's Public Health Department as coordinator of the Band's Statewide Health Improvement Plan (SHIP). Part of her job is to discourage recreational use of tobacco, but she also understands the importance of the plant in Anishinaabe culture.

Carol and Amy attended a Gathering of Native Americans (GONA) event at Mystic Lake last April, where the topic was traditional tobacco. Attendees came from around the U.S. and shared their knowledge. At the end of the event, they toured the tobacco gardens at Mystic Lake, and everyone was encouraged to take plants home.

Carol took a whole flat of plants, which she gave to interested people on the reservation. Amy and other Band attendees also took plants home.

When Carol returned, she made sure that what she was doing had the blessing of one of the cultural advisers. She wanted to be certain it was appropriate for women to grow asemaa, and she was assured that it was.

However, she was also told that accepting the role of a tobacco grower and provider required a serious commitment.

"I was told that if I started this journey, to look at it as a marriage — a lifetime journey," Carol said.

It's a journey Carol is ready to take. She wants to give Band members the opportunity to grow tobacco that does not have the additives contained in commercial tobacco. It's also an opportunity for those who don't garden to raise a plant indoors or outdoors on a patio.

Some Band members harvest red willow for traditional tobacco or "kinnickinnick," but not everyone has the ability to do that. "If you don't harvest kinnickinnick, here's another alternative you can grow in your own home or garden," Carol said.

Carol and Amy's long-term goal is to create the infrastructure for the Band to grow enough asemaa to use in ceremonies across the three districts. "One district of the White Earth reservation has enough plants to provide traditional asemaa to be used for funerals for free if people want it," Carol said.

For that to happen, they will need a place to grow it and a place to dry it, and they will need more individuals who want to get involved. "It is not my goal to be the asemaa grower in District I," said Carol. "It is my goal to recruit people in all three districts to grow plants or start plants and distribute seeds."

Carol and Amy already have a greenhouse behind the Assisted Living Unit in District I. Next spring they will start plants in the greenhouse to distribute to Band members or transplant to another growing facility.

Their initial experiment had mixed results. Although Carol's plant survived and thrived, some of the others she had given to community members didn't do so well. Amy's plant was one of the casualties. "My cat decided she did not like where it was sitting, so she knocked it down," Amy said.

"We've learned a lot," said Carol. "My plant did very well but I found out it's not an easy plant to grow. If you're growing it in a pot, it needs to be tended. It's a sun-seeking plant, so you have to keep turning it. It's also a very thirsty plant."

Carol and Amy learned that the Mohawk variety of tobacco did much better at Mille Lacs than the Hopi variety, so for now they intend to focus on Mohawk tobacco.

Although natural tobacco doesn't contain many harmful ingredients added to commercial tobacco, it still must be han-



Amy Maske and Carol Hernandez plan to start tobacco seedlings next spring in a greenhouse behind the District I ALU.



This photo was taken when Carol was ready to harvest her plant's seed pods.

dled with care. "Natural tobacco contains nicotine," said Carol. "You need to wear gloves when you handle it."

It isn't necessarily a good neighbor to other plants, either. Tomatoes don't like it, so you need to keep it at a safe distance.

Carol also learned that pinching off seed pods can result in larger leaves. "I have an abundance of pods," Carol said. "But I'm happy that I have a lot of seeds, and maybe less asemaa," Carol said. "If my goal is to distribute plants, I need seeds, so I think what was meant to happen happened."

Carol is in the process of creating a tip sheet for growers, and she plans to have enough seeds or plants next spring to distribute to those who would like to try growing their own asemaa.



At the Gathering of Native Americans event last April, attendees were invited to take home asemaa (tobacco) plants on the "gift blanket" provided by the Mystic Lake Wozupi (garden).

Band Hosts Minnesota Indian Housing Conference

Brett Larson Staff Writer



Melanie Benjamin welcomed the Minnesota Indian Housing Conference to Grand Casino Hinckley on Tuesday, Sept. 15.

In her welcoming comments at the Minnesota Indian Housing Conference Sept. 15, Chief Executive Melanie Benjamin talked about the importance of good relationships with the wider community, and about the importance of family in Indian cultures.

She also spoke about the adjustment tribes have had to make over the centuries from their traditional ways of life — based on the circle — to the contemporary society of square houses, lists and “first come, first served.”

The Mille Lacs Band hosted the conference Sept. 15 and 16 at Grand Casino Hinckley Convention Center. After a breakfast and opening ceremonies involving the Mille Lacs Honor Guard and Timber Trails drum group, attendees were welcomed by Rick Smith of the White Earth Band, who introduced Chief Ex-

ecutive Melanie Benjamin.

“My challenge to you is to work with Indian tribes and Indian people to not just build housing, but rather to build family homes and build tribal neighborhoods that honor our past,” Melanie said. “Build communities that draw on traditions — and help us to rebuild the concept of being part of an extended family, part of clan and part of a Band.”

Following Melanie’s speech, those in attendance received an update from Mark Butterfield of the Office of Native American Programs Eastern Woodlands

The rest of the conference was devoted to sessions on a variety of topics affecting those working with housing in Indian communities, including homelessness, taxes, development, finances, policy making and drug awareness.

A pre-conference networking/registration and golf event was held during the afternoon of September 14, 2015.

For the complete text of Melanie’s comments, see millelacsband.com/district_news/chief-executive-addresses-housing-conference



Philanthropist from India Visits Reservation Schools

Brett Larson Staff Writer

Dr. Achyuta Samanta, an Indian educator and philanthropist, toured Wewinabi Early Education and Nay Ah Shing Abinoojiyag on Wednesday, Sept. 23. Dr. Samanta is the founder of Kalinga Institute, serving 25,000 of the poorest tribal children in India. During a visit to St. Cloud State University, Dr. Samanta expressed interest in seeing and hearing how the Mille Lacs Band serves tribal children. Pictured are Shahzad Ahmad of SCSU, Al Paulson of the White Earth Band and Marketplace Productions, Dr. Samanta, Prof. P.P. Mathur of Kalinga Institute, Mille Lacs Band Commissioner of Education Suzanne Wise, Dr. Ashish Vaidya of SCSU and Dwiti Vikramaditya, also of Kalinga Institute.



Two New Band Members Join Housing Board

Brett Larson Staff Writer



Front: Pam Eagle and Ella Reine Garbow. Back: Phyllis Boyd, John Mojica, Bonnie Matrious. Not pictured: Jen Gahbow.

Ella Reine Garbow and Pamela Eagle are the two newest members of the Housing Board, joining chair John Mojica and board members Phyllis Boyd, Jen Gahbow and Bonnie Matrious.

Pamela was asked by District I Rep. Sandra Blake to serve on the housing board, and she agreed. “I didn’t think I would be chosen,” said Pamela. “I feel I have a lot to learn. Right now I am just observing before I can really get the feel of things the

board makes decisions on.”

The Housing Board was established by Band statute to serve the following functions:

- To advise the Commissioner of Community Development and make recommendations on various housing matters relating to the Bands Housing vision and mission.
- To acknowledge Band members’ housing needs and communicate concerns to the Executive Director of the Housing Department.
- To approve an annual Strategic Housing Plan with ratification by the Band Assembly.
- To ensure that the Housing Policies conform to the Band’s Housing vision and mission and that Community Development and the Housing Department comply with the Housing Policies.
- To maintain a fair and equitable service level to all Band members.
- To approve home loans, renovation loans or other housing program loans that may be developed by the Housing Department.
- To approve foreclosures in circumstances where a mortgagor defaults on their housing loan for a period of more than six (6) months.

- To approve new Housing programs and Housing Policies developed by the Housing Department with ratification by the Band Assembly.
- To approve Housing Meeting Minutes from the previous meeting and forward a copy to Band Assembly within ten (10) business days.
- To approve any housing grants if such regulations require it.
- To approve the quarterly reports developed by the Commissioner of Community Development and the Housing Department.
- To maintain confidentiality of all housing client matters.
- To treat all Band members fairly and equally without regard to family relationships.

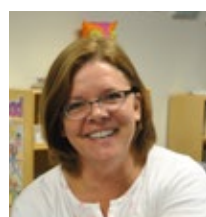
The Chief Executive and Speaker of the Band Assembly each nominate two members, and the three district representatives each nominate one, for a total of seven. Nominations must be confirmed by the Band Assembly.

Currently there are six board members. The District II position is unfilled.

The board meets at least once a month. Members are paid a stipend for the services for up to two meetings per month.

Longtime Nay Ah Shing Educator Loves Teaching and Learning

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



Some might be surprised to know that teachers, even those who have decades of experience behind them, continue their learning each school year, thanks to their students, families and colleagues.

Such is the case with Julie Nelson, a second-grade teacher, who has taught at Nay Ah Shing for the past 22 years in different grade levels, including preschool, kindergarten and first grades.

Each year the veteran teacher is thrilled to return to campus because she's eager for the opportunities a new year presents to her.

"After all these years I still love to teach and I love kids."

"There were many things that made me excited about this year," said Julie. "We have a new principal, Jane Harstad, who has new ideas and a good understanding of students and staff."

"We are implementing several school improvement plans that have so much potential — like using student test data to teach to the individual student and an anti-bullying curriculum, Olweus," said Julie. "I think it is going to be a really good year."

Julie says second grade is a "growing up grade." By the end of the year, students need to be ready for academic challenges that will become increasingly difficult such as

multiplication, cursive handwriting, and reading to learn rather than learning to read.

Students in kindergarten through the second grades are learning the basics of reading, math, language. Those years are the "learning to learn years," Julie says.

Even though Julie admits this sounds like a cliché, she enjoys being a teacher because her students "make me happy and keep me young."

Before beginning her teaching career at Nay Ah Shing, Julie taught preschool in Milaca for a few years, which helped prepare her for working with the earliest learners at the tribal school.

Like many teachers, finding time to get everything done in a day proves to be challenging.

"Besides balancing the needs of a second grader with all of the other things that are required, it seems like there are not enough hours in the day to do the paperwork, reports, reading requirements, lesson plans, and preparing for lessons," she said.

It's all worth it though when she sees, "the light bulb come on...It's so cool when they have worked hard and then they get it."

Like teachers everywhere, Julie knows that parents are their child's first teacher and learning begins at birth. That's why it's important for families to know that teaching children is a "family-teacher partnership."

"Students have much more success when they know we are in this learning experience together," she said. "I love it when parents and grandparents call and ask questions concerning their child's education and happiness."

"We all have success when the kids know we have an open line of communication."

Life outside of the classroom

Julie, who comes from a large family, is the eighth of 11 children. She was raised in the little town of Foreston, Minn. She spent her first six years of school in the town's two-room school. She attended Milaca Junior and Senior High Schools.

Before heading to college at St. Cloud State to earn her degree in elementary education and pre-kindergarten license, Julie got married and became a mother. She continued her education at St. Mary's, where she earned a Master's Degree in Education.

One of her greatest joys is that besides remaining married to her husband, Jay, she is now a grandmother, "which is more fun than anything in the world!"

Some of Julie's favorite things to do include watching hockey, golfing (even though she says she's "terrible") and cooking. She loves to read, spend time with her family and friends.

Nonprofit Seeks Members to Help Build District I Community

Brett Larson Staff Writer

Band members in District I have started a nonprofit to bring neighbors together to build relationships and create a more positive community.

Neighbors Helping Neighbors started out as a neighborhood watch group in December of 2013. Since then they have drafted articles of incorporation, held fundraisers, and received 501c status, with help from Commissioner of Finance Adam Valdez.

They requested funding from the Band Assembly for a National Night Out carnival, but they didn't receive the funds in

time, so instead they held a carnival at the powwow grounds on Tuesday, September 8, with inflatables for the kids and other attractions.

Billie Jo Sarcia, one of the founders of the group, said, "We wanted to find a way to bring neighbors together to have a good time. It doesn't happen as much as it used to. People don't communicate. Neighborhoods are separated. We're trying to bring the community back together."

Billie Jo is one of the co-chairs of the organization, along with Bradley Harrington. Kim Sam is the treasurer.

They're considering other activities as well, like cooking meals for homeless people in need, hosting block parties, and sponsoring classes on home and neighborhood safety.

"We're looking for people to help out," Billie Jo said. "We need people to join us so we raise funds for these projects."

The group has a bank account at Woodlands to accept donations. Anyone wanting to help out can call Billie Jo, Bradley or Kim, or "like" their Facebook page: [facebook.com/NeighborsHelpingNeighborsMN?fref=nf](https://www.facebook.com/NeighborsHelpingNeighborsMN?fref=nf)

Band Departments Provide Supplies for the New School Year

Toya Stewart Downey Staff Writer

Anyone who has ever had to purchase school supplies knows how expensive it can be to fill a student's backpack.

According to multiple sources, collectively, parents across the United States who have kids in kindergarten through 12th grade will spend more than \$24 billion on supplies.

The same sources say that on average, many families will spend hundreds of dollars depending on the number of children they are shopping for and what's on the shopping list.

Fortunately, many Mille Lacs Band families have help. Each year individuals and Band departments help fill backpacks with loads of much-needed supplies and in turn, take some of the financial burden off of some families.

Though the list of donors and their efforts are too long to list, those who provided supplies, time, effort or money were able to make an impact on the lives of students and their families.

Here's a sampling of some of the ways that individuals and departments helped:

District I Representative Sandra Blake gave away backpacks filled with supplies. The Tribal Employment Rights Office (TERO) provided free haircuts for students in pre-kindergarten through the 12th grade.

The Child Support Office provided backpacks filled with school supplies. Some of them were donated by Grand Casino Mille Lacs and others by Niigaan, but combined, over 150 were given out thanks to the collaboration. The Child Support office held back-to-school events in Districts I, II, IIA, III and at the Hinckley Teen Center.

"Not all kids are fortunate enough to get the school supplies they need every year," said Rachel Sablan, Director of Tribal Child Support. "As a parent I know how many school supplies are needed and sometimes it can be a lot."

"Providing school supplies helps the kids start out the school year with what they need to be focused, ready to learn and ready to succeed in the new school year," said Rachel, adding that it's important for her office to help families get

what they need during back-to-school season.

This year, for the first time, the Band's Department of Natural Resources gave supplies to Band members or descendants who attend eight schools — Nay Ah Shing, Onamia, Isle, Minisinaakwaang, McGregor, Pine Grove, Hinckley and East Central.

"We purchased pencils, stickers, Woodsy Owl stickers and Smokey the Bear rulers," said DNR office manager, Rachel Shaugobay.

The DNR selected the supplies to emphasize the role of self-responsibility to the natural environment and to promote the next generation of conservation advocates, Rachel said.

"We also wanted to educate the importance of wildfire prevention to our youth," she added. "Woodsy Owl spreads the message to 'Give a Hoot, Don't Pollute' and 'Lend a Hand, Care for the Land.' Smokey's the Bear's message is 'Only You Can Prevent Wildfires.'"

History and Culture Are Alive at Rice Lake Landing

Brett Larson Staff Writer/Photographer

Rice Lake in District II is the Napa Valley of wild rice, and the rice itself is Grade A, Prime Cut, First Class. In other words, the good stuff.

District II residents, the Rice Lake Anishinaabe, are master ricers, pro's pros, and connoisseurs.

Rice is in their blood. It has held the community together for generations.

But it didn't come without a fight.

District II ricers are fighters, through and through. They're talkers, teachers and historians, too. A day at the lake includes stories of treaties made and broken, of citations and confiscations and eventual victories.

They talk about the Sandy Lake Tragedy, when 400 Anishinaabe died in the winter because they'd been promised food that never came — food that was needed because they were torn from their homelands, where rice had been their staple.

They talk about the chiefs and leaders of the Sandy Lake and Rice Lake communities, from Hole-in-the-Day in the 1800s to Clifford Skinaway and George Aubid 100 years later.

They talk about 1889, when Henry Rice came by train to nearby Kimberly to deceive the Indians into giving up their land and moving to White Earth.

And they talk about battles with the State of Minnesota and the U.S. Fish and Wildlife Service.

After hundreds of years of harvesting the rice, the Rice Lake community was uprooted from the lakeshore in the 1930s, when President Franklin Roosevelt declared the lake a wildlife refuge. The ducks took precedence over the people.

Suddenly the Rice Lake Indians were in need of refuge. Some scattered to the homes of friends and family in Fond du Lac, White Earth or Wisconsin. A shopkeeper in East Lake let some families stay in an old building until they could earn enough to start buying their own land.

The memories are still fresh at the landing.

Mandy YoungBear, who married into the community, has learned the stories and knows the names. She talks about Sam Yankee, the former Mille Lacs Chief, who along with his wife Ada adopted some needy children.

She talks about Julie Shingobe, a District Representative from the area, and about Mushkooub, Mandy's father-in-law, the long-time activist and leader who passed away last winter.

Mandy also talks about the nutritional value of the rice, as she cleans seed from the tops of rice plants that have been left behind at the landing.

Generations of Rice Lakers fought for their right to harvest the rice under their own rules, and today they're mostly left alone to gather what they need as their ancestors did.

At the landing, Rice Lake once again feels like a refuge for people as well as ducks.

David 'Niib' Aubid, a lifelong warrior for his people's rights, comes by the landing and stays to tell stories of battles he fought with his brother Mushkooub.

Niib knows how good it feels for Indians to come to Rice Lake, knowing it's theirs, regardless of the official designation. He's been called a "parasite" by refuge managers and been met with sawed-off shotguns for exercising his rights.

Niib's son, Michaa Aubid, and his nephew, Darrell Shingobe, come by at the end of the day to see what's happening. They've been in District I selling rice, so they weren't on the water.

Michaa talks about the geology of the region, about glacial Lake Aitkin, and eons past when Rice Lake drained south, to the Snake River. He talks about the floods and the attempts to drain the lake for agriculture.

Some lakes have needed re-seeding over the years, Michaa says. Others have been flooded out by dams and drained for farmland. Rice Lake is pristine, with a native strain of rice that dates back at least 10,000 years, when the last glaciers retreated.

Darrell points to his Uncle Niib, saying, "They're the ones who made the sacrifices. We owe this all to them."

At 3 p.m., the GoodSky brothers, Harvey and Algin, come in off the lake, Harvey poling while Algin knocks. Harvey's fiancé, Morningstar, is there to meet them with their smiling son, Harvey the Third.

It's another generation of fighters. The young brothers have testified against the Sandpiper and Line 3 pipelines, which would cross the watershed and threaten the water and rice.

The brothers are tired after six hours on the water, even though they switch places throughout the day.

Much of the rice has already been harvested, so it's not a heavy haul.

Still, it was a good day, as it always is when you're a Rice Laker, ricing on your refuge.



David "Niib" Aubid shared the history of the Rice Lake Band Sept. 19 as he waited at the landing for his poler.



After a day on the water, Harvey and Algin GoodSky were greeted by Harvey's fiancé Morningstar Shabaish and their son Harvey the Third.



Green rice harvested by Jason Barber of Lac Courte Oreilles and Tashina Perry of Sandy Lake.



Veronica Skinaway was ready for ricing September 19 — complete with pink duct tape.

Harvest, Poach, Jig, Winnow: Ricing Process is Tribal Tradition

Brett Larson Staff Writer/Photographer

The Anishinaabe lunar calendar has 13 moons, or months. Late summer is “Manoominike Giizis,” or “Wild rice making moon.” It was the time rice would be harvested and processed into the staple food the Anishinaabe would depend on throughout the year.

During the weekend of Sept. 19 and 20, staff members, volunteers and guests at the Anishinaabe Izhitwaawin in Rutledge (aka the Ojibwe Language and Culture Center) were engaged in traditional activities that date back hundreds of years, to the time the Anishinaabe first laid eyes on the land “where food grows on the water.”

George Lussier of St. Paul was parching rice over an open fire, using a wooden paddle to stir the grains in a cast iron kettle. “My mom and grandma and dad did this up in Red Lake when I was pretty young. I got the opportunity to come here and help out, and it brought my spirit up. I never thought I’d do it again. It’s a good feeling.”

Green rice was drying in the sun. That step in the process kills the bugs that live in the rice, which need moisture to survive.

At the jiggling pit, Joe Regguinti of the Leech Lake Band had his moccasins on and was “dancing” on the rice to separate the husks from the grain. “Back in the day they used to have a hand drum and sing songs for the person dancing on the rice,” said Joe.

He leaned against two poles tied to a tree trunk, to stay light on his feet. Too much weight, or a heavy step, can break the rice grains, so jiggling was usually the job of young men, girls or boys.

At Mille Lacs, women were not allowed to jig rice after they’d reached maturity.

Out on the lawn, Laurie Harper, a Leech Lake Band member and Mille Lacs Band employee, was winnowing rice, using a birch bark tray to toss the rice in the air. “I need more wind,” she joked. Normally this was done on a windy day, with the breeze blowing the chaff away while the heavier rice grains

would fall back in the basket.

Adrienne Benjamin, who works at the center and brought the group together, was picking hulls out of finished rice — a painstaking process that would consume the long, dark days of winter. It’s the sort of activity that inspires silent contemplation or cheerful conversation.

Also taking part in the day’s activities was Band member Chris Matrious, who brought his daughter and nieces to learn about their traditions. Chris hopes to help out at Anishinaabe Izhitwaawin in the future.

As Chris watched and helped out with the ricing process, the young girls learned from Larry Barber of Lac Courtes Oreilles how to make a birch bark winnowing tray.

“I got the opportunity to come here and help out, and it brought my spirit up. I never thought I’d do it again. It’s a good feeling.”

— George Lussier

Ready for the harvest

The ricing season begins with preparation: making sure your equipment is ready, because you never know for sure when the rice will be ripe. As it gets close, you may see the heads starting to lean, or the bottom of the plant turning from green to brown.

“When you get out there you can open it up, and if it’s milky, it’s not ready yet,” said Joe. “It’ll sink when it’s ready. When it’s ripened up it’s heavier, as it takes up the nutrients from the ground.” The grains will gradually harden and darken from greenish to blackish — and then it’s a mad rush to get as much rice as you can during the short season.

As with many traditional activities of the Anishinaabe, ricing begins with putting out tobacco. Adrienne said that in earlier times, certain words might have been spoken, but today, a silent prayer may be offered, thanking the spirits, or asking for help and safety. “We’re offering the tobacco to the manidoog (spirits) who live in the water,” said Laurie. “We’re asking permission to be in their realm.”

Adrienne and Laurie have been out ricing several times this year. Adrienne prefers to pole while Laurie knocks, but if she’s with someone who prefers poling, she’ll try her hand

with the knockers.

The pole is usually made of cedar or tamarack — something hard, straight and light. A fork is attached to the bottom of the pole to better push off on the muddy bottom of the lake. It also protects the roots of the rice.

The knockers, also made of cedar, are used to pull the heavy heads of rice over the canoe and knock or brush them into the boat. Hundreds of pounds can be harvested in a day by a good ricing team. The finished rice will be about half the weight of the unfinished.

The poler needs great core strength and balance, according to Laurie. Both poler and knocker need to be focused on the task.

The harvesting process is not completely peaceful and calm. There are spiders and worms and other bugs. The ends of the rice have “beards” — long, thin hairs that fly everywhere — into your mouth, your nose, your ears, your eyes. That’s why some ricers wear mosquito nets over their faces, and most wrap duct tape around their clothing to keep the rice from getting up their shirts and down their pants.

Nowadays you often see a man poling and a woman knocking, or a young person poling and an elder knocking, but there are no set rules across Ojibwe country. In East Lake, the poler stands in the front of the canoe. In most other areas, the poler stands in the back.

“Years ago it was a woman’s role to be in charge of the rice camps,” said Laurie. “The men would be taking care of hunting and snaring. The kids would be helping or watching. My dad (Dennis Harper, White Earth Ojibwe) taught me it wasn’t until the 1940s or ‘50s that it became more of a male thing. Social security was introduced, and marriage was a big push. Men were told they had to support their families, which led to a shift in our cultural ways.”

While certain aspects of the culture have changed, and others will change in the future, some things are timeless: the need for good tasting, healthy food; the pride that comes from self-sufficiency; the joy of companionship with friends and family; and the serenity of a day on the lake.

Ricing terminology:

- Manoomin:** rice
- Akik:** kettle
- Gidasigaade:** to parch
- Nooshkaachigaade:** to winnow
- Mimigoshkan:** to jig
- Bawa’am:** to knock
- Gaandakii’igan:** push pole
- Nooshkaachinaagan:** winnowing basket



George Lussier parched the rice, which roasts the kernel and loosens the hull from the grain.



Laurie Harper winnowed the rice, which uses wind to blow away the chaff.



Joe Regguinti jiggled or hulled the rice, which removes the chaff from the rice kernel.



Adrienne Benjamin picked remaining chaff from the finished rice, making it ready for the cooking pot.

Nay Ah Shing Launches Anti-Bullying Program

Nay Ah Shing schools have instituted a new Bullying Prevention Program called Olweus. This program is being used all over the world to educate students and adults about bullying and to combat bullying in schools and the community.

It is designed for all students, is researched based, and is focused on changing norms and restructuring the school setting. The program is based around school, individual, classroom, community, and parent support.

Nay Ah Shing will be using the program to educate students on how to identify bullying behavior, how to address it, and how to put a stop to it.

The program will focus on four major anti-bullying rules. 1) We will not bully others. 2) I will try to help students who are being bullied. 3) We will try to include students who are being left out. 4) If we know somebody is being bullied we will tell an adult at school and an adult at home.

Social studies teacher Amanda Sorby, who helped to bring the program to the school, said, "We hope that this program gives students the tools and knowledge to follow these rules throughout life and to provide a positive safe environment for them in school and the community."

Nay Ah Shing is throwing an Olweus kickoff event on October 2, 2015, at 1 p.m. at Nay Ah Shing High School. All students will have Olweus t-shirts. A drum group will play, and there will be balloon release signifying the students' commitment to not bully, followed by a fun run through the community.

"We invite the community to attend our event because having the community involved is a huge step in wiping out bullying," Amanda said. "We are very excited for this program and we have high hopes for its success in the coming school year."

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

The *Ojibwe Inaajimowin* is looking for Elder stories for upcoming issues. Send your name, contact information, and a brief description of the Elder you would like to feature to toya@redcircleagency.com, brett@redcircleagency.com or mick@redcircleagency.com or call Mick at 612-465-8018.

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 November issue deadline is October 15.

Where There's Smoke, There's Firefighters

Brett Larson Staff Writer Richard Shaugobay and Jeremy Boyd Photos Submitted By



Back home in early September, Richard and Jeremy were conducting prescribed burns for the Mille Lacs Band DNR.

The night wildland firefighters Richard Shaugobay and Jeremy Boyd arrived in Montana, they went straight to work, digging a trench in the dark to keep the fire from damaging a wooden bridge.

For the second year in a row, Richard and Jeremy spent two weeks fighting forest fires in the western U.S. Last year they were in the Mt. Hood area of Oregon. This year it was the Bob Marshall Wilderness in western Montana, just south of Glacier National Park.

Richard and Jeremy left on Aug. 17 with a 20-man crew of Minnesotans. "They call us 'flatlanders' out there," said Jeremy. He's the more experienced of the two, having completed his training 12 years ago, and with eight trips under his belt.

After two weeks of living at a ranger station in the wilderness, they returned home Sept. 3 — in better shape, with a few more stories to tell.

DNR Commissioner Susan Klapel is glad they're back. "All my life I've known wildland firefighters, and I am amazed and proud of these guys for what they do," she said. "I worry constantly until I know they are coming home."

Last year their friend Cortney Nadeau accompanied them, but this year the Forest Service only requested two fire-

fighters from the Band. All three have completed training in wildland firefighting.

Both Richard and Jeremy enjoyed the experience, even though it involved a long drive, crazy hours and the dangerous unpredictability of wildfires.

For Richard, the scenery made it all worth it. They spent the entire time in the rugged mountains of the Flathead National Forest. "Those are views you don't see every day," he said.

"It's a lot of fun," added Jeremy. "Like a paid vacation."

Yeah, if your idea of vacation is lugging a pack through the mountains, digging trenches all day, or running for your life from an out-of-control forest fire.

On a typical day they were up at 6:30 for breakfast, which was cooked by three women who stayed at the ranger station.

They'd make their own lunch from food laid out by the cooks, followed by a briefing session on the status of the fire. Then it was time to hit the fire, where they might spend the whole day "digging lines" — 18-inch trenches through leaves and duff, down to the soil, to try to stop the fire in its tracks.

Other days they might walk gridlines all day: criss-crossing the burned-over areas to make sure the fire was completely out.

By the end of the day, they were beat. "As soon as the boots were off, I'd be asleep," said Richard.

Their most exciting day was when a back-burn turned and jumped the road. They spent an hour and a half hiking five miles to stay out of harm's way.

There were definitely some low points. The blisters. Sleeping on the ground without a mattress. And no cell phone reception. "It took a few days to get used to not having a phone," said Jeremy.

"Like going back in time," Richard added.

And then there were the packs. A gallon and a half of water weighs 12 pounds. Throw in the hand tools, lunch and a fire shelter that weighs another 12 pounds. If an out-of-control fire comes your way, and you can't outrun it, you climb in the shelter and let it burn over you. Neither Richard nor Jeremy has had that happen yet, but they've heard it sounds like a freight train when the fire burns through.

In spite of the labor and the danger, it was worth it. Both men will be ready to go the next time duty calls.

Richard looks forward to another "vacation" in the mountains. Jeremy, too. "I want to do it until the day I die," he said.

October is the Falling Leaves Moon

Toya Stewart Downey Staff Writer

For generations, the Anishinaabe have kept track of the seasons by giving distinctive names to each recurring full moon. The names of the moons are associated by each month, rather than its phases during the month.

There are eight distinct continual phases that the moon travels through each month. There are four main lunar phases: first quarter, full moon, third quarter and the new moon.

The moon, or giizis, for the month of October is called Binaakwe-giizis, which means falling leaves moon.

Band Elder and traditional Healer Herb Sam said it's important that the Anishinaabe respect the moon.

"It's another relative of ours...another relative that helps us," Herb said. "It helps to understand the moons and that there are different types of moons."

He added that the moon is another spirit that Anishinaabe can ask for help so people need to humble themselves before it.

The *Inaajimowin* will include the name of the moon for each month going forward. Those who want to share stories about a particular moon or contribute to the teaching about the moons are welcome to assist.

Familiar Faces Help Pine Grove Students Feel at Home

Brett Larson Staff Writer/Photographer

For students at Pine Grove Leadership Academy, the day begins when bus driver Dennis “Gilly” Gilbert drops them off at school and they run down the blacktop path to the doors.

Waiting for them is a hot breakfast laid out by Alida Colton, the office coordinator who answers phones, does the paperwork, makes sure kids are coming to school, and fills in as a sub when necessary.

Also there to meet them and eat with them are their two teachers, Amber Lenz and Janis Kislenger.

After breakfast the students split into two classes. Students in kindergarten through second grade go with Amber, and those in third through sixth with Janis.

Both classes begin with a morning meeting to prepare for the day.

The rest of the morning is spent on reading, math and Ojibwe language and culture, which is taught by Donald “Duck” White.

After lunch, some students meet via ITV (Interactive Television) with their compatriots at the Mille Lacs campus of Nay Ah Shing. The sixth graders learn social studies and science over ITV, and fifth graders join them for math.

Amber trades lessons via ITV with Laurie Rupp, the kindergarten teacher at Nay Ah Shing. The classes convene for morning meeting and again in the afternoon for social studies and science.

This year marks a new era for Pine Grove as it transitions from a charter school and learning center to a satellite of Nay Ah Shing.

The new designation was a major accomplishment. The Band had to receive a waiver from the Bureau of Indian Education, which has a policy against opening any new schools. Thanks to the hard work of several Band employees and officials, the proposal was accepted.

Amber Lenz taught at Pine Grove when it was a charter school, and Principal Jane Harstad said she was eager to hire Amber back as a lead teacher. “It’s great to have someone who knows the community and the culture,” Jane said.

Alida Colton added, “The kids who knew her were happy she came back.”

Janis Kislenger has taught at Pine Grove for four years. Her return to the “new” Pine Grove gives students and the community a sense of continuity.

“These kids deserve a lot of credit for keeping the school going,” said Janis. “When we could’ve given up, they kept coming. They have played a huge part in the history of their community.” She also credits Rick St. Germaine and his wife Rebecca for their efforts in keeping the school open.

Janis has worked for the Band in various capacities for more than 20 years. She’s been a GED teacher in all three districts, and she’s worked at the Hinckley casino. Her grandparents had a farm on the Rice Lake Wildlife Refuge, so her family always had close ties to the District II community.

Janis said it’s a challenge implementing a new curriculum and integrating ITV technology into her teaching, but she’s glad for the support from teachers and administrators at Nay Ah Shing. In the past she felt isolated at Pine Grove, but that’s changed with the school’s new status. She and Amber meet with Nay Ah Shing teachers over ITV, and Principal Jane Harstad visits campus at least once a week.

Jane is appreciative of the teachers’ role in keeping the school going throughout the years. “If it weren’t for our teachers, there wouldn’t be a school here,” Jane said. “They helped keep the school afloat during some challenging times. It’s difficult working with multiple grade levels, and Amber and Janis do an excellent job.”



Janis Kislenger opens the day with a morning meeting.



Amber Lenz, who teaches kindergarten through second grade, showed her students how to make birdfeeders from pine cones.

New Art Exhibit ‘On Home Ground’ at Indian Museum

Minnesota Historical Society news release

A new art exhibit, “On Home Ground,” recently opened at the Mille Lacs Indian Museum and Trading Post, featuring the work of internationally renowned artist Steve Premo. Premo is a member of the Mille Lacs Band of Ojibwe, and the show includes about 30 of his works from paintings and photographs to material patterns. “I offer to tell a version of Native Americans’ existence in Minnesota, through paintings, drawings and design,” he says. “As a child, I toured the galleries with school outings and realized, history is told by art and held by the care given to maintain the world and local history.”

Premo’s work has included everything from illustrating Night Flying Woman by Ignatia Broker to designing a plaque honoring Minnesota’s Dakota and Ojibwe veterans on the veterans’ mall at the Minnesota State Capitol. In 2009, he was the winning artist of a national competition to design a Pendleton Blanket to commemorate the 40th anniversary of the National Indian Education Association. He has created murals for the Grand Casino Mille Lacs, the Grand Casino Hinckley, the Mille Lacs Band Government Center, the Grand Makwa Cinema, the Hinckley Fire Museum and more. He currently works as a graphic artist for the Mille Lacs Band of Ojibwe.

“On Home Ground” will be on display at the Mille Lacs Indian Museum and Trading Post through Oct. 31, 2015 and is free and open to the public



Steve Premo



These and other works are on display through October 31.





Oshki-Nitaaged A'aw Abinoojiinh A Child's First Kill

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

Gegeta'aw Anishinaabe omanaajitoongakinagegoowenjida'i w gaa-miinigoowiziyang ge-inanjigeyang anishinaabewiyang. Ishke ingiw awesiinyag mii ingiw nitam gaa-nakodangig wii-naadamawaawaad inow Anishinaaben ishkwyaang gaa-ayaanijin i'iwapii gii-moonenimind a'aw Anishinaabe ezhi-gidimaagizid i'iw bimaadiziwin. Mii owapii a'aw Niigaani-manidoo gii-pi-azhegiwed gii-moonenimaad ezhi-gidimaagizid iniw odanishinaabeman. Mii dash gii-nandwewemaad iniw Manidoo da-bi-naadamawind a'aw Anishinaabe. Mii dash ingiw nitam ingiw awesiinyag gaa-pi-zaagewejig gii-pi-waakaabiitawaawaad iniw Niigaani-manidoo. Mii dash iwapii gii-nakodamowaad wii-naadamawaawaad iniw Anishinaaben miinawaa gii-nakodamowaad ge-ondanjiged a'aw Anishinaabe iniw awesiinyan.

The Anishinaabe treats everything respectfully especially the foods we were given to eat as Anishinaabe. It was the animals that first came forward and agreed to help the Anishinaabe when they realized how pitiful the Anishinaabe were. It was at that time that the Creator realized how pitiful his Anishinaabe were and came back. It was then that he called on the Manidoo to come help the Anishinaabe. It was the animals that first appeared and sat around the creator. It was at that time that they agreed to help the Anishinaabe and be a source of food for the Anishinaabe.

Mii gaye ingiw akiwenziyibaneg gaa-inaajimowaad iwapii a'aw Niigaani-manidoo gii-nandwewemaad iniw Manidoo da-bi-naadamawind a'aw Anishinaabe, mii a'aw gaa-pi-zaagewed a'aw gimishoomisinaan. Geget gii-mindido. Mii ingiw Anishinaabeg imaa gaa-ayaajig i'iwapii ogii-noondawaawaan ani-bimi-ayaanid iwidi giiwedonong ani-ditibishing a'aw gimishoomisinaan. Mii dash owapii iniw zaaga'iganiin miinawaa ziibiwan gii-izhichigaadeg da-onda'ibiid a'aw Anishinaabe. Mii dash owapii wii-gitigaazod a'aw giigoonh miinawaa i'iw manoomin. Mii dash i'iw wenji-manaajitood gaa-miinigoowizid a'aw Anishinaabe da-inanjiged, ingiw Manidoo gii-miinigonaaing miinawaa gii-shawenimaawaad odanishinaabemiwaan. Ishke dash mii iw wenji-asemaaked naa zagaswe'idid oshki-nitaaged awiya.

The old men also said that while the creator was there calling upon the Manidoo to help the people, a large Manidoo also appeared. That Manidoo was really big. The Anishinaabe that were there at that time heard that Manidoo rolling in the north. It was at that time that the lakes and the rivers were created giving the Anishinaabe a place to get their water from. It was at that time that the fish were planted along with the wild rice. That is why the Anishinaabe treats those foods respectfully, because it was a gift to us from those Manidoo and a reflection of their compassion for us. So this is why the Anishinaabe does a tobacco and food offering at the time a young person kills his first animal or deer, or catches their first fish.

Ishke dash gii-kwiizensiwiyaaan, mii a'aw wayeshkad a'aw giigoonh gaa-tebibinag gaa-agwaawebinag, mii a'aw namebin ezhi-wiinind. Azhigwa gaa-pi-giweyaan, mii a'aw mindimooyeyiban gaa-nitaawigi'id mii iw gaabige gii-ozhiitaad gii-chiibaakwed gii-sagaswe'idiyaang weweni gii-toodawaawaad iniw giigoonyan gaa-oshki-debibinimagin.

When I was a young boy the first fish that I caught was a sucker. When I came home the old lady that raised me started to do her cooking so that we could feast as a way to treat the fish that I first caught respectfully.

Akawe sa wiin igo ogii-nandomaawaan inow nizhishenyibanen, mii inow gaa-nitaa-wewebanaabiinijin. Mii dash gaa-ikidowaad, "Mii imaa ge-ondinaman da-wenda-nitaa-wewebanaabiyan giniigaaniiming miinawaa apane da-wenda-waanaji'adwaa giigoonyag." Mii dash a'aw akiwenziyiban gii-mooshkina'aad iniw odoopwaaganan, gaa-ni-giizhiitaad ani-naabishkaaged iniw asemaan, mii dash iwidi gii-apagizomaad iniw asemaan miinawaa i'iw wiisiniwin enabiwaad ingiw Manidoo gii-miigwechiwitaagozid gii-miinigoowiziyang anishinaabewiyang a'aw giigoonh da-amwang miinawaa da-ni-naadamaagoowiziyaaan gaye niin da-wenda-nitaa-wewebanaabiyaan niniigaaniiming.

Before we feasted they called on an uncle of mine who they considered to be a good fisherman. It was then that I was told, "It is from there that you will get your ability to be a good fisherman and that you will never be lacking for fish." That old man filled his pipe, once he had smoked it he then offered the tobacco and food to where all the Manidoo sit thanking them for giving us as Anishinaabe the fish to eat and for me to be helped to be an especially good fisherman in my future.

Mii dash gaye gaa-izhichigewaad i'iw wayeshkad gii-nitooyaan gegoo. Mii a'aw akiwenziyiban mitigwaabiin naa bikwak nigii-ozhitamaag da-aabajig ag da-giiwoseyaan. Mii dash a'aw wayeshkad gaa-nisag mii a'aw bineshiinh. Mii-go dibishkoo gaa-izhichigewaad. Weweni asemaa miinawaa wiisiniwin gii-atoowaad miinawaa gii-nandomaawaad netaa-giiwosenijin. Mii-go imaa miinawaa weweni gii-toodawindwaa ingiw Manidoo miinawaa a'aw bineshiinh gaa-nisag.

They did the very same thing when I had my first kill. The old man made me a bow and arrow to use when I hunted. The first thing that I had killed was a bird. They did the very same thing. They put tobacco and food and invited a person who was considered a good hunter to the feast. It was there that the Manidoo were treated respectfully and also the bird that I killed.

Ishke a'aw gwiizens owapii oshki-nisaad iniw waawaashkeshiwan, mii gaye imaa apii a'aw asemaa naa wiisiniwin gii-achigaadeg. Mii i'iw aanind a'aw Anishinaabe ezhichiged, mii imaa okaakiganaaning a'aw waawaashkeshi mii imaa wendingaadeg i'iw wiiyaas eshangeng iwapii zagaswe'idid. Mii i'iw aanind gaye a'aw Anishinaabe ezhichiged, mii a'aw gwiizens gaa-nitaaged mii-go ezhi-miigiwed gakina i'iw waawaashkeshiwi-wiiyaas ashamaad iniw gechi-aya'aawinijin.

When a young man kills his first deer, a tobacco and food offering is also made. What some of our Anishinaabe do, they get the meat from the chest of the deer and that is the meat that is offered up in the feast. What some Anishinaabe do is also, is that the young man who just killed his first deer gives all the deer meat away to the elders.

Ishke dash gaye aanind a'aw Anishinaabe gaa-izhi-gikinoo'amawind i'iwapii oshki-nisaad iniw waawaashkeshiwan, mii-go imaa gaabige zhakamoonind a'aw gwiizens i'iw wiiyaas imaa gaa-ondinigaadenig o'ow ode'ing a'aw waawaashkeshi.

What some of our Anishinaabe also do is soon after a young man kills his first deer is a piece of the meat is cut from the heart of that deer and is given to the young man to eat.



A deer ceremony was held Sept. 4 at the District I cultural grounds, hosted by Doug Sam. The pipe and dish ceremony to bless the deer harvest was conducted by Obizaan (Lee Staples), followed by a meal. Chief Executive Melanie Benjamin and District I Representative Sandi Blake (pictured) participated along with many Band members and guests.

Department of Labor Gotaamigozi Recognition

Every month, the Mille Lacs Band of Ojibwe Department of Labor (DOL) serves hundreds of Band members and their families. DOL Director Michael Kafka said his staff wants to show respect for the courage and cooperation clients have shown in working to build a life of accomplishment and self-reliance and become a “gotaamigozi” — a good worker and provider. Each client has a unique story of how and why they came to the Department for assistance.

This month, Anna Greer has been kind enough to share some thoughts of her experience with the Department of Labor.

What brought you to the MLBODOL?

I am a TANF recipient, during my orientation Laurie talked about her program and I was interested, so I signed up.

How did the DOL help you?

Laurie got me an intern position at American Indian Family Center, and she has been so supportive. My case manager Jean Howard, has been extremely supportive. Everyone at DOL is so helpful, caring and supportive.

What did you gain from your experience? How has your life changed?

I gained full time employment at an amazing job! I am 100 percent self sufficient and financially stable. I can provide for

family stress free. I don't have anxiety about how I will pay my bills, and feed my kids.

Do you have any advice to someone considering DOL services?

My advice would be to go for it. It may get stressful during your 720 hours by working for 8 bucks an hour, but the outcome is phenomenal! By finishing the program, my bonus at the end paid off my fines so I was able to get my driver's license back!

Any closing thoughts?

I just want to say thank you to everyone at the DOL and Mille Lacs Band. I am so grateful to have been a part of this program, and get all my services from DOL. At the county you are just a number, but here, I am so much more than that. The personal relationship you have with your case worker and everyone from the receptionist (now intake specialist) Sandra to Alberta, they all make you feel welcome and encourage you to work towards your full potential.

Congratulations Anna from everyone at the Department of Labor.

The Mille Lacs Band of Ojibwe Department of Labor provides assistance, support, and training to promote employment and the self-sufficiency of low-income Native



Anna Greer is recognized by the Department of Labor as a “gotaamigozi” — a good worker and provider.

Americans living within one of the Minnesota townships of Aitkin, Benton, Crow Wing, Mille Lacs, Morrison or Pine counties, or within one of the urban Minnesota counties of Hennepin, Anoka, and Ramsey.

Federal Grant Funds DOL Fleet



Band members may notice Department of Labor (DOL) Community Service Crews pulling their trailers with new

blue Ford Expeditions. These vehicles were paid for entirely with federal funds. DOL Executive Director Mike Kafka explained, “The Acadias we had were just not up to the job of pulling our heavy trailers, especially in winter conditions. We need to keep our crews safe and meet the service standards our Elders expect. We are fortunate to have these federal funds and avoid drawing on net revenue.” The new Expeditions will be used by the Department's work-experience program, which gives Band members re-entering the workforce the opportunity to build a resume and reputation as gotaamigozi (a good worker/provider). “The Acadias (which were also paid for with federal funds) will now be used for our youth programming staff and cash assistance case managers in the reservation service area, improving the safety and service levels of those programs” said Mike.

Band Member named Executive Director of Minnesota Indian Affairs Council

Congratulations to Chief Justice Rayna Churchill for her appointment as the new Executive Director of Minnesota Indian Affairs Council. Rayna's appointment was announced by MIAC Board Chair Kevin Leecy on Sept. 14 during the Minnesota Indian Affairs Council meeting.

Rayna replaces Annamarie Hill, who served as the executive director since 2006. Chief Executive Melanie Benjamin serves as one of the board members.

Chief Executive Melanie Benjamin said she was very pleased with Rayna's appointment. “As tribal leaders, when we have a chance to advocated for Band members, we do it. Rayna has our full support, and Rayna will do well.”

For more on this story, see the November issue of Ojibwe *Inaajimowin*.

The Council is the official liaison between Minnesota and the 11 tribal governments within the State. It provides a forum for and advises state government on issues of concern to urban Indian communities. The Council administers three programs designed to enhance economic opportunities and protect cul-

tural resources for the state's Native American constituencies. It places a large role in the development of state legislation and monitors programs that affects the state's American Indian population and tribal governments. The mission of the Indian Affairs Council is to protect the sovereignty of the Minnesota tribes and ensure the well-being of Native Americans throughout the state.



Bullying: It's Not Just a Problem at Schools

Donna Sutton, RN

Have you ever felt, as an adult, that you were not free to make your own choices? Are you able to visit or call your family or friends when you want to? Are you in control of your own money? Do you feel like you are walking on eggshells in your own home and that you have to be careful about what and how you say things so that another family member doesn't blow up? Are you free to say no to your partner's sexual advances?

Bullies are everywhere. In school, kids are encouraged to speak up and make use of adult allies such as teachers and school counselors. But what if the bully lives in your home? What if YOU are the bully and you don't know how to act any differently.

According to Cangleska, Inc., a Native American research group, 40% of women in prison for felony convic-

tions are there because they killed an abusive partner/spouse. These women didn't come into this world destined to become murderers. They were targets of bullies.

Abuse comes in many forms — physical, sexual, verbal, financial, emotional. Neglect is another form of abuse. The bullies can be men, women, elderly or young people. Those bullied can be men, women, elderly or young people. We all know the problem is wide-spread and that it is often so common place that it is accepted as “normal.”

However, violence is a learned behavior. It is a behavior that can be changed. The Mille Lacs Band has many programs to help. Ask for help if you need it. Offer help if you see someone else needing it.

– Batterer's Intervention Program

Desiree Montonye: (w) 320-532-4624

– Sexual Assault

Dana Skinaway Sam: (w) 320-532-4780, (c) 320-630-2426

– Elder Abuse Program

Cindi Douglas: (w) 218-768-3311, (c) 320-630-2660
Davis Sam: (w) 320-532-7802, (c) 320-630-2676

– Community Advocates

(Family Violence Prevention)

Mary Sue Anderson: (w) 218-768-4412, (c) 320-630-2678

Petra Mauricio: (w) 320-532-4780, (c) 320-292-1646

– Criminal Justice Intervention

Rena Hales: (w) 320-532-7875, (c) 320-292-1566

– Women's Shelter Crisis

866-867-4006

TRIBAL NOTEBOARD

Happy October Birthday to Mille Lacs Band Elders!

Diana Marie Anderson
Mary Ann Bedausky
Sheldon Ray Boyd
Vivian Ann Bruce
Marvin Ray Bruneau
Donna Marie Dorr Cartwright
Archie Dahl Cash
Albert Abner Churchill Jr.
Steven Lawrence Churchill
Ervin Wayne Crown
Harold William Davis
Darlene Marie Day-Beaulieu
James F. Dowell Jr.
Joycelyn Marie Drumbeater
Jack Leo Dunkley
Byron William Garbow
Gary Richard Garbow
Helena Graikowski
Lucy May Hansen

Marene Hedstrom
Delores Mae Hegland
William Robert Hemming
Steven Blane Hensley
Sherry Lynn Herrick
Charles Allen Houle Jr.
Doreen Lorraine Knutson
Valerie Marie LaFave
Terrance Steven Leyk
Joan Littlewolf
Marcella Jean Maurice
Jacqueline Applegate McRae
Betty Mae Mondeng
Brenda Joyce Moose
Beverly Marie Nayquonabe
Aurelius J. Nickaboine
Teresa Lynn Packard
BerniceP ewaush
Dorothy Sam
Fred Sam Jr.
Virginia Louise Sam
James Robert Schroeder
Merle Skinaway
Beverly Jean Smith

Charlene Marie Smith
Nancy Jean Spittell
Montgomery Jay Staples
Jay Star
Russell Ernest Towle
Jill Marie Valentino
Darlene Almeda Warren
Earl Ellsworth Whitney
Nancy Marie Zeleznik

Happy October Birthdays:

Happy birthday **Vincent** on 10/11, from Louise, Rod, Shane, Courtney, Connor, and Emma.
• We would like to wish a Very Happy 3rd Birthday to Our Beautiful Granddaughter, Grammas "Sweets" **Emma Ann Shingobe** on 10/12. Love you Sweets!!! From Gramma Louise, Papa Rod, Uncle Shane, Uncle Connor, and Max!! •

Happy birthday **Sean** on 10/17, Love Cedez, Mom, Gerald, Levi, Levin, Wade, Sheldon, Jodi, Grant An Rico, Penny An BabyAves, Kacie, Hayde An Caylz, and Erica An Maria. • Happy birthday **Maria Kaylyn** on 10/18, love GrammaB, Papa, Cedez, AuntyJoJo, AuntyChew An BabyAveS, UncleLevi, UncleWade, We'ehVin, We'ehBert, UncleSean, Kacie, Your Sisters Hayde An Caylz, and UncleGranty An RicoHarvey.
• Happy birthday **Christopher Michael Sam** on 10/20, from Mom and all your family. We love you! • Happy birthday **Eric** on 10/25, love Dad, Melissa, Braelyn, Peyton, Wesley, Brynley, Bianca, Grannie, Papa Kyle, Papa Brad, Bruce, Jayla, Lileah, Val, Pie, Kev, Randi, Rachel, Jay, Taylor, and Adam.

• Happy birthday **Virginia Louise Sam** on 10/26, love, your family and all your kids.
• Happy birthday **Will Day** on 10/30, from mom, daddy Aaron, sister and uncle Tramp. We love you, have a wonderful Birthday!
• Happy birthday **Melodie** on 10/31, love Mom, Grama Sharon, Papa Wally, Karen, Val, Pie, Kevin, Tracy, Shelby, Max, Aidan, Jarvis, Jacob, Aiva, Mark, Emery, and DeBreanna.

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 November issue is October 15.

Mille Lacs Indian Museum October Events

Kids Crafts: Bead a Ring

Saturday, October 3

Time: 11 a.m.–3 p.m.

Fee: \$3 per kit (museum admission not included)

Learn a basic stringing technique while beading a ring to take home. Allow an hour to make the craft. Recommended for ages 8 and up.

Great Lakes Woodland Skirts Fashion Show

Saturday, October 10

Time: 6 p.m.–9 p.m.

Fee: Free

This fashion show is a collaboration between Delina White and her two daughters, Lavender Hunt and Sage Davis, all enrolled members of the Minnesota Chippewa Tribe who live on the Leech Lake Reservation. The event showcases traditional skirts of the native peoples of the Great Lakes region. For more information visit: iamanishinaabe.com.

Sweetgrass Basket Workshop

Saturday, October 24 and Sunday, October 25

Time: 12 p.m.–4 p.m. Saturday and 10 a.m. – 2 p.m. Sunday

Fee: \$60 public, \$55 MN Historical Society members, additional \$15 supply fee

Learn the art of making a coil sweetgrass basket in this two-day workshop. Sweetgrass is a fragrant sacred herb used in ceremonies and artwork by the Ojibwe. Refreshments and a light lunch will be provided on both days.

On Home Ground Art Show Closing

Saturday, October 31

Time: 10 a.m.–5 p.m.

Fee: \$60 public, \$55 MN Historical Society members, additional \$15 supply fee

"On Home Ground" is an art show by Mille Lacs Band member Steve Premo, an internationally renowned artist. The show features about 30 pieces by Premo made up of paintings, photos and material patterns. Premo is a graduate of the American Indian Institute of Arts and currently works doing graphic design for the Mille Lacs Band.

UPCOMING EVENTS

Warrior's Day

Wednesday, November 11

Mii Gwetch Day

Thursday, November 26 and Friday, November 27

Tentative October Band Assembly Schedule

Band Assembly is scheduled to meet at the following times and places. Meetings typically start at 10 a.m. All dates and times are subject to change.

District I

Thursday, October 1

Eddy's Resort meeting room

Tuesday, October 27

Nay Ah Shing Band Assembly Chambers

Thursday, October 29

Nay Ah Shing Band Assembly Chambers

District II

Thursday, October 6

Minisinaakwaang Assisted Living Units

District IIA

Thursday, October 8

Chiminising Community Center

District III

Thursday, October 13

Aazhoomog Community Center

Thursday, October 15

Grand Casino Hinckley

OCTOBER 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>				1	2	3 Kids Crafts: Bead a Ring 11 a.m.–3 p.m. ML Indian Museum See page 14
4	5 Minobimaadiziwin Ceremonial Sweats 6:30 p.m. All are invited. Open Gym 6-9:30 p.m. DI Community Center	6	7 Circle of Health Outreach 1–4 p.m. Aazhoomog Clinic Open Gym 6-9:30 p.m. DI Community Center	8 March for Peace 3:30–8:30 p.m. Community Center Gym Open Gym 6–9:30 p.m. DI Community Center	9	10 Great Lakes Woodland Skirts Fashion Show 6–9 p.m. ML Indian Museum See page 14
11	12 American Indian Day Government offices closed Minobimaadiziwin Ceremonial Sweats AMVets Post 53 Meeting 6 p.m. Grand Northern Grill at Grand Casino Mille Lacs. Open Gym	13	14 Circle of Health Outreach 1–4 p.m. Urban Office DI Community Meeting 5:30 p.m. Open Gym 6–9:30 p.m. DI Community Center	15 Open Gym 6–9:30 p.m. DI Community Center	16 Legislative Committee meetings 12–4 p.m. dining room Chiminising Community Center Employee Appreciation Day Government offices closed	17
18	19 Minobimaadiziwin Ceremonial Sweats Open Gym 6–9:30 p.m. DI Community Center	20 Mille Lacs Band Community Health Fair 10 a.m.–3 p.m. Aazhoomog Community Center	21 Mille Lacs Band Community Health Fair 10 a.m.–3 p.m. East Lake Community Center Aazhoomog Community Meeting 5:30 p.m. Grand Casino Hinckley Event Center Open Gym	22 Mille Lacs Band Community Health Fair 10 a.m.–3 p.m. D1 Community Center Open Gym 6–9:30 p.m. DI Community Center	23 Mille Lacs Band Community Health Fair 10 a.m.–3 p.m. Chiminising Community Center	24 Sweetgrass Basket Workshop 12–4 p.m. ML Indian Museum See page 14
25 Sweetgrass Basket Workshop 10 a.m.–2 p.m. ML Indian Museum See page 14	26 Minobimaadiziwin Ceremonial Sweats Open Gym 6–9:30 p.m. DI Community Center	27 Healthy Heart 9 a.m.–1 p.m. DI Community Center Community/ Elder Room Sobriety Feast 4–9 p.m. DI Community Center Gym	28 Circle of Health Outreach 1–4 p.m. Isle Community Center Circle of Health Outreach 1–4 p.m. Chiminising Community Center Community Meeting 5:30 p.m. Chiminising Community Center DII-A Community Meeting 5:30 p.m. Isle Community Center	29 Sobriety Feast 5:30 p.m. Chiminising Community Center Minisinaakwaang Community Meeting 5:30 p.m. Open Gym 6–9:30 p.m. DI Community Center DII Community Meeting 5:30 p.m. East Lake Community Center	30 Halloween Party 5:30 p.m. Chiminising Community Center Halloween Party 5–8:00 p.m. DI Community Center	31 On Home Ground Art Show Closing 10 a.m.–5 p.m.

Infant Sleep Safety

Kari DiGiovanni, RN

It is helpful to understand the importance of infant sleep safety and its importance in preventing SIDS. There is a higher incidence of SIDS (sudden infant death syndrome) in Native American communities. SIDS is the sudden, unexplained death of a baby that doesn't have a known cause even after a completed investigation. It is the leading cause of death in babies 1 month to 1 year of age. Most SIDS deaths happen when babies are between 1 month and 4 months of age.

There are several steps that can be taken to decrease the risk of SIDS for your baby:

- Babies sleep safest on their backs. They are much less likely to die of SIDS, than babies who sleep on their stomachs or sides.
- Every sleep time counts. They should sleep on their backs for ALL sleep times — naps and at night.
- Sleep surface matters. Babies who sleep on a soft surface, such as an adult bed, on a couch, or under a soft covering, are more likely to die of SIDS or suffocation. They need a firm, flat surface. Keep soft objects, toys, and loose bedding out of baby's sleep area.
- Smoke-free environments reduce the risk. Women who quit smoking during pregnancy reduce the risk of SIDS. Homes and vehicles that are smoke-free reduces the risk of SIDS.
- Breastfeed your baby. Breastfeeding has many health benefits for mother and baby, including decreased risk for SIDS. When breastfeeding baby at night, put him/her back in crib when feeding is done.
- Do not let your baby get too hot during sleep. Dress your

baby in light clothing or no more than one layer more of clothing than an adult would wear to be comfortable. Keep room temps at comfortable level for an adult.

- Give your baby plenty of Tummy Time. Supervised Tummy Time helps your baby's neck, shoulder, and arm muscles get stronger. It also helps to prevent flat spots on the back of your baby's head.

For more information on sleep safety, check out this website: nichd.nih.gov/sts/Pages/default.aspx or call the **MLB Public Health team at 320-532-7775.**

Child Support Enforcement Update

Electronic Funds Transfer (EFT)

If a Child Support Client would like their Child Support check to be directly deposited via EFT to their bank account they will need to give OMB their bank account information not the Child Support office. Any questions about EFT please contact OMB.

Updated addresses and phone numbers

The Child Support office would like to remind all Child Support clients the importance of updating your address and phone numbers with our office. At any given time we could possibly need to contact our clients regarding payments, updates or concerns with their case. When a client updates OMB or Enrollments with a new address we do not get that update so please update the Child Support office as well.

If you have any questions or concerns with your case, please contact your Case Manager below:

Shannon Nayquonabe — District I Case Manager:

320-532-7453

Tammy Smith — District II, IIA, III and Urban Case Manager:
320-532-7752

The Child Support office will be closed all day on October 12, 2015 for American Indian Day.

If you have any questions or concerns contact our office directly at 320-532-7755.

Take these simple steps to help your children have a fun and safe Halloween

- Children shouldn't snack while they're out trick-or-treating. Urge your children to wait until they get home and you have had a chance to inspect the contents of their "goody bags."
- To help prevent children from snacking, give them a light meal or snack before they head out — don't send them out on an empty stomach.
- Tell children not to accept — and especially not to eat — anything that isn't commercially wrapped.
- Parents of very young children should remove any choking hazards such as gum, peanuts, hard candies or small toys.
- Inspect commercially wrapped treats for signs of tampering, such as an unusual appearance or discoloration, tiny pinholes, or tears in wrappers. Throw away anything that looks suspicious.

Source: fda.gov/Food/ResourcesForYou/Consumers



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Mille Lacs Corporate Ventures Invites You

16th Annual Feast for all Mille Lacs Band Members
Thursday, November 19, 2015
Doors open & seating starts at 5 p.m.
Invocation/welcome at 5:30 p.m.
Dinner at 6 p.m.
Entertainment: Hypnotist **Sami Dare**, at 7 p.m.
Grand Casino Mille Lacs Events & Convention Center, seating on a first come first served basis

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Heating, Water, and Maintenance Problems?

During normal business hours: tenants in Band rentals and Elders living within the service area should call 800-709-6445, ext. 7433, for work orders. **After business hours:** tenants with maintenance emergencies should call 866-822-8538 and press 1, 2, or 3 for their respective district.

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.