

OJIBWE INAAJIMOWIN

THE
STORY
AS IT'S
TOLD

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MELANIE
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Aaniin, Boozhoo! While it has only been two weeks since the last newspaper came out, there has been no shortage of activity in Band government. As Chief Executive, I've been doing a great deal of work in Washington D.C. on issues critical to the Band, which I will discuss in more detail at the State of the Band Address on Tuesday, January 12th, at the Grand Casino Mille Lacs Convention Center.

The November 19th Community Feast was a huge success, and everyone who attended seemed to have a wonderful time. We had a lot of fun playing games and hearing about how our businesses continue to grow. Earlier that same week, the Band Assembly and I met with Commissioner Joe Nayquonabe for our quarterly meeting where we receive detailed information about our businesses and also provided directives and input to Corporate about our vision for economic growth. As Joe shared with Band Members at the Community Feast, our businesses are doing very well. With the purchase of a second Double-Tree hotel in St. Louis Park, our hospitality profile continues to strengthen and grow. Miigwech to Joe and his staff for their good work!

On November 23, I was invited to speak at Central Lakes Community College about "Why Treaties Matter," which was an important educational opportunity for our non-Indian neighbors. At that event, I discussed how many non-Indians mistakenly think that treaties are unfair because they "gave" special rights to Indian people, which is not true. The treaties primarily gave special rights to the non-Indians. Treaties were a real estate transaction in which tribes transferred to the federal government most of the land in Minnesota, creating the right of non-Indians to settle on lands that used to belong to the tribes. As Mille Lacs Band Members, we didn't gain new

harvesting rights. We reserved (kept) our rights that we always had to hunt, fish and gather on lands we had always used. Without treaties, non-Indians would have no right to occupy the lands they own today, so all Minnesotans should support our treaties.

The Commissioners and I convened a Cabinet Meeting on November 25th, where we focused on the strategic planning process and ways to maximize government efficiency and service delivery. I also provided an update of the work that I've been focused on at the federal level to address many of the challenges we're currently working on.

On November 19th, I attended an All Elders Meeting in Hinckley, and heard valuable feedback and ideas from elders about many different issues, including the opiate crisis. Recently, a mailing was sent to all households regarding the work we are engaged in to stop this epidemic. This continues to be a top priority.

Preventing ourselves and our family members from being exposed to opiate medication is the first step to stopping this epidemic, so I want to say a few words about that. All Band Members should be aware that we have strong scientific evidence that Anishinaabe people are what doctors call "rapid metabolizers" of opiate-based pain medications, such as Vicodin, Oxycontin, Percoset, Morphine, etc. This means these drugs move through our systems very quickly, which puts us at especially high risk of becoming addicted.

Studies have shown that the majority of people addicted to opiates, including heroin, first became addicted while taking an opiate-based pain medication prescribed by a doctor for an injury or medical procedure. Most physicians and dental professionals do not know that they should never offer opiate-based

pain medications to our youth when a drug like Tylenol, Advil or aspirin can relieve pain. It is especially important that parents, grandparents and caregivers be involved when their youth are being treated for any injury, because you may have to advocate against these drugs. I have personally had the experience where I ended up arguing with a medical provider who wanted to prescribe an opiate to me for muscle soreness. She insisted that I was not "the kind of person" who would abuse the drug. I had to explain to her that opiate addiction has nothing to do with a person's character, and there was no way I was taking that drug. I refused the prescription. I'm sharing this story because I think we all need to be vigilant about the dangers of taking these prescription pain-killers, and know that there are risks for us that our own doctors might not even know about. None of us are immune to addiction, and as parents and grandparents, it is critical that we are armed with that knowledge.

Finally, as we head into the holiday season, let us remember that for too many families, this is not the "most wonderful time of the year" (as the song goes). Many families were touched by loss this year, and the first holiday season without a loved one can be extraordinarily difficult. Let's remember to put out our asema for those in our community who are struggling right now, whether due to loss of a loved one, depression, violence or addiction. A kind word, gesture or checking in on those who are struggling can make a huge difference in a person's life!

Have a safe and wonderful holiday season, and I look forward to seeing everyone at the State of the Band Address on January 12!

Chief Executive Plays Big Role at White House Summit

Brett Larson Staff Writer

Chief Executive Melanie Benjamin was surprised and honored to be asked to moderate two of the 12 breakout sessions at the White House Tribal Nations Conference Nov. 4 and 5, and she was happy to do her part.

On Nov. 4, Melanie moderated a panel on Restoring Tribal Homelands: Land into Trust. Federal officials on the panel included Larry Roberts (Principal Deputy Assistant Secretary of the BIA), Mike Black (Director, BIA), and Gina Allery (Sr. Counsel for Indian Affairs, Office of the Attorney General).

In her opening remarks, Melanie talked about the Band's history, including the fact that of the 61,000 acres promised the Band, all but 2,600 were allowed to be settled by non-Indians. She said the 1934 Indian Reorganization Act, which allowed tribes to place land into trust, "was an attempt by the Congress to undo a great wrong. The fee-to-trust process is the only means available to us to restore to even a very limited extent our vastly depleted trust-land base."

She also told about Mille Lacs County's opposition to the Band's fee-to-trust applications (see story above).

On Nov. 5, Melanie moderated a panel titled "Federal and Tribal Partnerships in Law Enforcement and Public Safety Initiatives," which included federal officials from both the Department of Justice and the Department of Interior.

She spoke about the Band's law enforcement agreement with Mille Lacs County, and about the County's opposition to the Band's request for additional federal law enforcement aid under the 2010 Tribal Law and Order Act.

Melanie was also able to spend time with Karen Diver, the former Fond du Lacs Band chairwoman who was appointed on Nov. 2 to serve as special assistant to President Obama on Native American affairs.

"I have worked with Karen Diver for many years, and I know she will be the most effective advocate we've ever had in the White House," Melanie said.

Tribal Nations Leadership Council

In late October, just before the White House summit, Melanie attended the Tribal Nations Leadership Council (TNLC), hosted by the Department of Justice's Office of Tribal Justice. Melanie represents the Midwest region on the Council, which includes Minnesota, Wisconsin and Michigan.

The council met with Acting Associate Attorney General Stuart F. Delery who described the department's efforts to address public safety and to strengthen tribal sovereignty. The TNLC provided suggestions to improve the department's grant programs, its support for tribal youth and the implementation of

special domestic violence jurisdiction in the Violence Against Women Reauthorization Act of 2013, and expanding tribal access to federal criminal justice databases, among other topics.

Afterwards Melanie said, "Whenever I had the opportunity, I talked to every federal official I could about the importance of getting our Tribal Law and Order Act application done so we can finally get federal assistance to fight crime and drugs."



Melanie met with Fond du Lac Chairwoman Karen Diver shortly after Karen was appointed Special Assistant to the President on Native American issues.

Mille Lacs County Claims Band is Not Federally Recognized

Brett Larson Staff Writer/Photographer

Mille Lacs County and the state have long argued that the Band's 61,000-acre reservation, as established in the Treaty of 1855, does not exist.

Now the County has upped the ante on its attacks against the Band. In a recent argument against the Band's application to put land into trust, attorney Randy Thompson, on behalf of the County, said the Band is not a federally recognized Indian tribe.

In January, the Band applied to put land known as the "Betlatch parcels" into trust. The property is home to the District I cultural/immersion grounds and is used for Midewiwin ceremonies.

On Sept. 30, the application was approved by the U.S. Department of Interior, and on Oct. 29, Thompson filed an appeal on behalf of Mille Lacs County, saying the Band is not federally recognized except as a member of the Minnesota Chippewa Tribe.

Thompson's argument would throw into doubt all sorts of court decisions and developments over the decades. If the Band is not federally recognized, then the Supreme Court may have afforded the Band improper party status within the 1837 Treaty rights case, the State of Minnesota may have erred in recognizing the Band's right to build two casinos, and many other properties put into federal trust on behalf of the Band should not have been.

Thompson's appeal on behalf of Mille Lacs County also repeats the county's claim that the 1855 Reservation has been disestablished, and therefore the Betlach parcels, which are

within the boundaries of that reservation, should not be put in trust. To put land into trust that is part of a disestablished reservation would be "unconstitutional, unlawful and exceeds the authority granted the Secretary of the Interior."

The appeal also claims that the Band does not have need for additional trust land, given its financial resources and other assets, and that it is unconstitutional for the U.S. to remove land from state jurisdiction.

The Department of Interior's decision in favor of the Band addresses the arguments in the County's appeal, stating that the Band was recognized under the 1934 Indian Reorganization Act, that parcels on Indian reservations, even if they are disestablished, can be put into trust, and that the Band does have a need for the parcels to be put into trust for the exercise of treaty rights and performance of sacred ceremonies. The decision also states that placing land into trust has been declared constitutional in federal court.

The Department of Interior determined that since the Band only owns 4.3 percent of its original reservation, putting the land into trust helps to "ameliorate the damage" of the allotment policy, which is one of the legal justifications for placing land into trust. The Department also ruled that the loss of tax revenue to the County and Kathio Township would be "minimal" — a total of \$1,700 per year.

Kathio Township did not respond to the Band's application.

Thompson's history

Thompson represented Mille Lacs landowners in their unsuccessful opposition to the Band in the 1837 Treaty case. He

has contracted with the County for years on various matters related to Indian law, including the County's losing federal suit over the 1855 Reservation boundaries.

In 2007 and 2008, he was hired as special counsel when the County and Band temporarily severed the mutually beneficial law enforcement agreement. He has also worked for Proper Economic Resource Management (PERM), an organization opposed to treaty rights and tribal sovereignty.

In 2013, the county hired Thompson to write its response to the Band's request for increased federal law enforcement under the 2010 Tribal Law and Order Act. Thompson rehashed his arguments that the 1855 Reservation does not exist and concluded with an ominous warning that the Band was not being honest in its application: "The Request has little to do with a need for Federal concurrent criminal jurisdiction. Rather, the Request is an effort to use the Department of Justice as the forum to incrementally reestablish the Mille Lacs Reservation as Indian country."

In 2014 Thompson was hired by Enbridge Energy to oppose tribal rights activists who said their treaty rights gave them a say over pipeline routes.

On April 21 of 2015, the county board unanimously voted to "Retain Randy Thompson for work on Indian law-related matters, as requested by the County Board or designee."

According to the county administrator's office, the county has made no payments to Thompson or his firm in 2015. However, he has written the county's opinions on two recent fee-to-trust cases.

Isle School District Expands Services to Indian Students

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

Outside of education circles, it may not be commonly known that Minnesota holds the national title as the state with the largest achievement gap between Native American students, students of color and white students.

Yet, those who work in schools across the state know that the gap exists, and they know that it needs to change. They know that Native students and students of color have the ability to succeed academically and to help narrow the gap.

Just ask Band member Carla BigBear, who works as the American Indian Academic Interventionist for Isle Schools, or Shawn Willis, the school's American Indian Home-School Liaison.

"Our roles are important because it gives the Native American students and other students another resource to use at Isle schools," said Carla. "We don't work just with students and staff. We also work closely with the families to ensure success on attendance, academics, and school program participation."

Carla, along with Shawn Willis, began working at the school this fall. They both work with students in kindergarten through the 12th grade.

In their roles they offer support for students including monitoring their grades, tutoring, attending classes with students and providing transportation for students who may have missed the morning bus.

"We work closely with the administration, teachers and families to ensure the success of students," Carla said.

Both Carla and Shawn have noticed that since they began in their roles they've seen an increase of students coming in for help with their homework, and they've noticed that students have been more engaged in their classrooms.

"We hope to impact the students by helping them increase their grades and attendance in school," she added.

Shawn, who also is the Mayor of Onamia, says the services

he and Carla provide are a "wrap around approach." They focus, he said, on the whole child and their life both inside and outside of school.

"We have to help them any way possible to make them successful," he said.

Dean Kapsner, the superintendent for Isle Schools, said the district is finding ways to make student achievement a priority.

"Connecting school and family has been a focus, and having Carla and Shawn has been a big help," said Dean. "They were in the building already because of their work with Niigaan, so families know them, the students know them and having them in these new roles was, quite honestly, the best way to use our funds."

Both Carla and Shawn still work with students through the Chiminising Niigaan program but added the school partnership thanks to grant funding that the school received this year.

Dean said it was a natural connection and that it's been a great way to meet the needs of the Native American students at Isle schools.

Their presence allows the kids to develop a trust and relationship that goes beyond a 50-minute class and that lasts throughout the school day and beyond. The students can interact with Shawn and Carla in a group or one-on-one setting.

"I think there is a great need for schools to have people in their schools such as Shawn and I," said Carla. "Some students feel more comfortable opening up to us, not just about academics, because we work with them in and out of school."

In the short time that the two have been at the school, they have already seen an increase in some of the students' grades, attendance and their attitudes about school, Carla said.

That's exactly the kind of outcome Dean was hoping for.

"We're hoping this closes the achievement gap and that we see our students achieve academic success," he said.

Shawn agrees and considers himself fortunate to work in a role that impacts the lives of students.

"I love this job," he said. "I don't know if they could pay me enough money to leave."



Shawn Willis and Carla BigBear are now working for the Isle School District in addition to their duties with the Niigaan program.

Drug Crisis Leads to Shortage of Indian Foster Homes

Brett Larson Staff Writer/Photographer

The ongoing drug crisis in the Mille Lacs Band community is not just about individuals struggling with addiction. It's also about families, as children are placed in foster care because their parents are unable to care for them.

Statistics tell the story. During 2015, there has been a 39 percent increase in the number of Mille Lacs Band children in foster care. That unprecedented increase means there is a severe shortage of foster homes as well as Family Services staff.

The number of Band member foster homes has been stable for many years. That means the Band's Family Services Department may not be able to place children in Band-member foster homes or other tribal foster homes.

Both the Indian Child Welfare Act (ICWA) and the Mille Lacs Band statutes promote the placement of Band children in

Indian homes. But unfortunately, due to the shortage of Indian foster homes, the Band may have to seek other alternatives to place children in suitable licensed homes, which may include non-tribal homes.

And sadly, there is also a shortage of non-Indian foster homes. Changes to Minnesota law have resulted in more children than ever being placed in foster homes.

The Mille Lacs Band Family Services Department is hoping more Band member families will consider taking in foster children.

An employee of the Band's Family Services Department said, "Normally there are family members who step forward, but now many of those family members are taking care of other kids or don't meet the requirements."

The Band's Family Services Department is also severely understaffed. Caseloads for social workers are double or even triple the recommended number. The department has not been fully staffed for more than two years.

On the positive side, the Band is working on a family preservation program that will work proactively with families to keep children from being removed from their homes.

The Band is also working on training foster parents to work with children who are often troubled because of the trauma they've suffered.

Those who are interested in becoming foster parents should call (320) 532-7776.

Foster Families Help Children, Tribal Community

Brett Larson Staff Writer

For many Band member families — as well as members of other tribes — providing foster care is a meaningful way not only to help children but also to ensure that Anishinaabe culture remains strong.

District I Representative Sandi Blake has opened her home to several foster kids over the last decade. To her, it is important that children are placed in homes that feel familiar.

"A lot of the children are coming from troubled homes, so it helps them to feel a little better if they're with a family that is similar," said Sandi. "It is really important that we keep our children with their families if possible, or in our community, to find people who love and care for and nurture them, and also give them that cultural connection."

Sandi said she knows many grandparents who are making great sacrifices to care for family members. In some cases, Band members try to avoid getting involved with Family Services, but it may be in the best interest of some children.

"It's scary and worrisome," said Sandi. "I see a lot of grandparents trying to help their children on their own, and a lot of them are on limited incomes. I feel bad for the children who may need foster care but are under the radar of the foster care system." Once the children are in foster care, the children and families have access to therapy and medical services they might not be receiving.

Sandi has cared for a range of children, from newborns to grade-schoolers, and for periods lasting from a couple weeks to three or four years. She said those considering taking in children can start by providing respite care on weekends, or temporary emergency care. After that they can decide if longer-term care is right for them.



District I Representative Sandi Blake has cared for foster children for several years. She attended the Corporate Ventures Fall Feast Nov. 19.

Some may be scared off because they don't know if they can handle the behavior of children who have undergone trauma, but in Sandi's experience those behaviors improve with time. "The kids I see in foster care, a lot of them have issues, but once they start stabilizing, they're just happy kids," said Sandi.

Thelma and David Baker, who have provided care to many children for over 30 years, would agree. They currently have 10 Indian foster children, and to them, seeing that change is the most rewarding aspect of providing foster care.

David cited some examples. One boy, on his first day in the Baker home, scrambled to clean up his sibling's spilled milk — fearful of the consequences. Now, he has a more easy-going and trusting attitude.

Another child came in as a below-average student and is now succeeding in advanced classes, including a score of 102

"It is really important that we keep our children with their families if possible, or in our community, to find people who love and care for and nurture them, and also give them that cultural connection."

— Sandi Blake

percent in math.

A third came to them heavily medicated and is now completely drug-free.

"When you're able to give them structure, discipline and security, the things they can accomplish are amazing," said David.

Thelma agreed. "It's very rewarding to see the success and watch them change. Nothing can make you feel better."

As a Mille Lacs Band member, Thelma also considers the importance of foster care to her tribe. "In order for the Band to be successful in the future, we need to raise successful children, because they are our future."

"Everybody needs a purpose," said David, "and I can't think of a better purpose than to help a child in need."

David and Thelma would be happy to talk to anyone considering foster care. Contact the Band's Family Services department at (320) 532-7776 for contact information.



Quit Month Events

Carol Hernandez and Amy Maske came to each district in November to talk to Band members about secondhand smoke and smoking cessation. Those who attended received a healthy meal and played Ojibwe bingo. To find out more about secondhand smoke, call Carol at (320) 532-7812. To learn about the Band's smoking cessation program, call Amy at (320) 532-7760.

Band Plays Lead Role in Bringing Bass Tourney to Mille Lacs

The Toyota Bassmaster Angler of the Year Championship is coming to Lake Mille Lacs in September of 2016. This tournament is expected to boost the local economy and bring thousands of visitors to the region, thanks to Grand Casino.

Earlier this year, the Minnesota DNR announced that it would allow culling of bass in tournaments on Mille Lacs, hoping to lure Bassmasters or other organizations to the lake.

Shortly afterwards, Mille Lacs Corporate Ventures Public Relations Manager Sarah Barten was contacted by Bassmasters to explore the option of a tournament.

All they needed was a host to sponsor it.

Grand Casino stepped up to the plate, and negotiations began in earnest. Soon, the final contract will be signed and planning will begin.

Sarah sits on the Mille Lacs Area Tourism Council and, along with Grand Casino General Manager Tracy Sam, took the lead in negotiations with Bassmasters.

"Grand Casino is proud to be a popular tourist destination for the Mille Lacs area and we look to sponsor events that will also bring new people to the region, help with tourism and have a positive economic impact," said Sarah. "This tournament was the perfect opportunity."

Tracy added, "We've always believed that if the Mille Lacs area is successful, we'll be successful, and vice versa."

Sarah said they consider several questions before investing in an opportunity like this: Does it serve the entire community? Will it make an economic impact? Will it bring people in from outside the area? Will it be an entertaining event that complements the spirit of fun at the casino?

The Bassmaster tournament met those qualifications, so Grand Casino made the decision to invest in the sponsorship to bring the tournament to the area.

"We are pleased that the tournament will showcase the diverse recreation opportunities around the lake to visitors from far and wide," said Tracy. "Ultimately it's a partnership that benefits everybody, showcases the other species in the lake and exposes visitors to this great area that we've always called home."

Bassmasters will come for a site visit early in 2016. Sarah said, "There's a lot of planning to do, and we're excited to get started."

Sarah noted that the economic impact is not limited to the days of the tournament. Anglers may spend weeks "prefishing" prior to the tournament hoping for a share of the generous prize money.

Bassmasters ranks Mille Lacs as the tenth best bass lake

in the country, making it a perfect location for its signature event. When the tournament was held in Texas in 2013 it drew 30,000 people and generated more than \$2 million in economic impact.

Tina Chapman, the executive director of the Mille Lacs Area Tourism Council, said, "We have a rich history of great fishing in this community, and this tournament is a chance to increase awareness of numerous fishing opportunities to new anglers. This is great news for businesses and communities all around the lake."

State DNR Commissioner Tom Landwehr said, "We are very pleased that Bassmaster has recognized something we've known for years – that Mille Lacs Lake is a world-class small-mouth bass fishery. We're thrilled that anglers from all across the nation will get to experience and see what Mille Lacs Lake and the surrounding community has to offer. To boot, Bassmaster announced that the potential economic benefits could be \$3.4 million for the region."



"We've always believed that if the Mille Lacs area is successful, we'll be successful, and vice versa."

— Tracy Sam

Old Friends Take New Positions in Chief's Office

Brett Larson Staff Writer/Photographer

Chris Gahbow and Quintin Sam both got their nicknames as babies. Says Chris, who's known as Spud: "It happened when I was first born. My uncle said, 'Look at him! He's got a spud for a head!'"

Quintin, or Bone, was also named for his head. "Somebody said I looked like I had a bonehead, and it got shortened to 'Bone.'"

That's not all they have in common. They play together in Timber Trails drum group, and they've been singing together since high school.

As far as day jobs go, they're also spending more time together, since Bone took Spud's old job as receptionist in Chief Executive Melanie Benjamin's office.

Spud was promoted last summer to Deputy Assistant to the Chief Executive. The post was previously held by Percy Benjamin, who was promoted to Commissioner of Community Development.

Spud has worked in the office since 2013. He worked his way up from receptionist to office manager and now deputy assistant. He says he liked his old job but was looking to take the next step and was ready for greater responsibilities.

Before Melanie gave Spud his promotion, she asked him to help her find a new deputy assistant. "Think about it over the weekend," she said. When he came back in, and they couldn't settle on the right person, she said, "What about you, Spud?"

He thought about it and answered, "Uhh ... Sure!"

As Melanie's deputy assistant, Spud is in charge of operations of her office, including managing her schedule and supervising a staff of four.

"There are a few things I'm still learning," he said. "This is my first supervisory position. I'm also trying to familiarize myself with Band statutes and everything else that comes with the job."

Asked why he thinks Melanie chose him, he said, "I have a good attitude I guess. I'm not one to be rude to be people. Up

here you have to realize that this is business. It's important to not take anything personal."

Spud attributes that attitude to good role models: Melanie, his Grandma Panji Gahbow, teachers Jack and Darrell Kingbird, and his mom, Tammy Gahbow, who works in the Department of Labor.

He also credits his grandfather, the late Art Gahbow. Spud was young when he passed away, but he remembers him as a joker who liked to poke fun at him. "He liked to pick me up and take me out to eat," Spud recalls. "My mom would tell me stories about him. She said no matter if someone was mad at him, or he was mad at them, he'd always talk to them. I remember him as a good man."

Growing Up

At Nay Ah Shing in the early 2000s, Spud was getting into singing powwow, learning from teachers Darrell Kingbird and John (Slick) Benjamin, who was a couple years older than Spud.

Bone was more interested in sports. "I said to Spud, 'If you join basketball I'll start singing with you.'"

Spud nods. "That's exactly how it happened."

With Slick, the two started a powwow group called 'Sick Fly,' but a couple years after Spud graduated in 2005 and Bone in 2006, they parted ways for a while.

Spud taught music and dance at Nay Ah Shing before becoming a full-time "powwow person" for a few years.

Bone joined the Marines, serving four years as a heavy equipment mechanic, mostly in southern California. He wanted to challenge himself, and he was proud to be the first member of his family to serve since his grandpa, Fred Sam.

When Bone was discharged in 2011, their paths converged again, and they got the band back together under a new name: "Timber Trails" — after a road in District I.

They've been joined by Percy Benjamin, and they're now asked to perform often at functions around the reservation and

at powwows around the region.

Bone says the military was a positive influence on him, along with his mom, Denise Sargent, who works in Elder Services, and his dad, George Pendegayosh, who works at the Indian Museum.

Melanie is impressed with both young men, and she has high expectations of them.

She said, "Spud has vision, a nice personality and a team approach. He and Bone are the kind of people we want to see as leaders of the Band in the future."



Quintin Sam and Chris Gahbow have known each other since childhood and now work together in the chief executive's office.

Minisinaakwaang Student Pursues Travel, Language

Brett Larson Staff Writer

Minisinaakwaang Leadership Academy student Molly Bohanon is only in 9th grade, but she's already had adventures to remember for a lifetime.

Last summer she went to Tanzania, Africa with Global Leadership Adventures, thanks to her dad, Dennis Bohanon, who funded her adventure.

Why Africa instead of Europe, South America or Asia? "My dad was in the Army, and he told me he's been to every continent except Africa, so I wanted to tell him what it was like," said Molly.

When Molly was only 12 years old, her love of travel was piqued when her grandmother, Band Elder Marene (Boyd) Hedstrom, helped her to achieve her dream by paying for her first overseas trip to Europe with the People to People program. Molly was able to see many of the famous sights in France and Italy, such as the Parthenon, Venice and Vatican City. Grandma jokes, "I finally paid that trip off. Now we will see where she wants to go next!"

Waiting at home were Molly's mom, Band Member Mary Sue Anderson, and her gaa nitaawig'id, Vincent Merrill Sr.

In Tanzania, Molly was in a group of 24, living in a small village near Moshi, which is at the base of Mount Kilimanjaro. During the day they taught English at the local school and planted trees with the students.

"The last day made me cry," Molly said. "I was sad to leave the kids."

Molly's traveling companions were from all over the U.S.

— and beyond. She spent most of her time with five Chinese students: two from China, one from Vancouver and two from San Francisco. Since her return, she's also remained friends with a girl from Boston.

After returning from Africa, Molly didn't stay home long. In October, she flew to Portland with Minisinaakwaang staff members Josh Mailhot, Wanda Jackson and Brie Peterson. Molly was able to network with students from other tribes and learn about college and career opportunities.

Molly's travels have given her an interest in culture and a passion for language. She's a serious student of Ojibwe, which

"Most kids don't understand the importance of trying to learn the language," said Molly. "I think that's sad. If we don't learn it, no one's going to learn it, and it's going to be gone."

Molly has been exposed to Ojibwe at home and through attending ceremonies both locally and in Wisconsin with family, so she understands the relationship between language and the ceremonies that have kept the Anishinaabeg strong. Having the opportunity to listen to her Gram and Vincent use terms and phrases that are not commonly used anymore, she has developed an interest in revitalizing the "old style."

Although she'll continue learning the language, her main academic interest is science. She likes physics and math and has had the same teacher, Ms. Wagner, throughout middle school and high school.

That's another thing Molly loves about Minisinaakwaang.

"There's a small number of kids, so it's really tight knit," she said. "You get more one-on-one time with the teachers and you get to form a relationship."

One of Molly's goals in terms of Ojibwe Language is to translate the Baraga Dictionary to double vowel so learners can be exposed more to the "old style" language.

Molly has been a student at Minisinaakwaang Leadership Academy since it opened in 2007, entering with the first class of first graders. The school has helped her develop a love of learning, and she feels fortunate to be raised in the close-knit, traditional community of Minisinaakwaang.



Molly loves life in the Minisinaakwaang community, but she also takes every opportunity to travel.



is part of the reason she loves Minisinaakwaang. The teachers she's encountered have helped her make great progress in language learning. She's grateful to Branden "Husky" Sargent, Deb Northrup, Shawn Killspotted and Winnie LaPrairie — with whom Molly has a special relationship.

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Nay Ah Shing Students Take Knowledge on the Road

Toya Stewart Downey Staff Writer

Students from Nay Ah Shing upper and lower schools had an opportunity to share their knowledge of Ojibwe culture, history and language at the Minnesota Indian Education Association (MIEA) conference held in early November.

The seven students, four from the lower school and three from the upper school, participated in a conference-sponsored Knowledge Bowl that tested them on how well they know the ways of the Anishinaabe.

The students — Adam Carrigan, Jr., RaeAna Sam Nickaboine, Jarvis Sam Nickaboine, Morgan Boyd, Mia Anoka, Jennifer Mitchell and Ronni Jourdain — competed against 15 other teams during the event, which was held at the Shooting Star Hotel, Casino and Event Center in Mahanomen, Minn.

"It was really fun, but it was hard, too," said Jarvis, 11, who is a fifth grader. "We were going against other teams and we were asked hard questions like how to say, 'see you again' in Ojibwe."

For that question, the Nay Ah Shing team ended up in a three-way tie as the teams vied against each other to pronounce "gigawaabimin miinawaa" (see you again).

"It's a long word," Jarvis said.

Though the Band's team didn't win the Knowledge Bowl, the experience was well worth it, said Joe Montano, the parent coordinator for Nay Ah Shing Schools.

"It was a really good experience for the kids and they did really well," he said. "It can be overwhelming with all of the people there who are watching or playing against them, but



Jarvis, Rae Ana and Adam competed in Knowledge Bowl in Mahanomen in November.

they did a great job."

The students readily agreed that the lessons they learn at school helped prepare them for the event. Unlike some of the other teams, they didn't have to spend hours preparing or practicing, because they learn language, culture and history daily at school.

RaeAna, who was the designated spokesperson for the team during the bowl, said it was nerve-racking to hold the microphone and talk in a loud voice so people could hear and understand the team's answers.

"I was really nervous talking in front of a crowd of people," said the 10-year-old fifth grader.

When asked what she learned while she was at the event,

RaeAna said, "respect and how to pronounce 'see you again.'"

The knowledge bowl was part of the conference's new youth day. Some of the other activities for the youth included traditional activities like getting walleyes out of nets, processing a deer and playing lacrosse. They also learned and played the moccasin game and the hand game. There was a feast and a powwow to end the day.

"I set up a drum and some of the kids sang at the powwow," said Joe, who is a tribal member of the Red Cliff Band of Lake Superior Chippewa and recently celebrated his one-year anniversary as the school's parent coordinator.

"What's most important is that the kids had fun and they had this experience," Joe said.

"I learned how to filet a walleye," said Jarvis. "And I learned that there's meat in the cheek of the fish. It was my first time to filet a fish."

The theme of Youth Day at MIEA "Niibwaakaawin" was "Promoting Culturally-Based Traditions to Achieve Academic Success" and was designed to help youth realize the power of both academic and culturally-relevant teaching and experiences.

"The best part of the day was playing lacrosse and swimming," said Adam, who is 10 and in the fifth grade. "I like learning how to play lacrosse and the Knowledge Bowl."

Although it was their first time as a team to participate in a knowledge bowl, also known as a quiz bowl, it wasn't the last time. The kids are set to compete again in December.

District I Veterinary Clinic is a Big Success

Brett Larson Staff Writer/Photographer

Although the second day of a veterinary clinic in District I had to be rescheduled, the first day was a rousing success. It was the first clinic of its kind at Mille Lacs, and organizers hope to hold similar events in other districts in coming months.

Emergency Management Coordinator Monte Fronk, Deputy Police Chief Sara Rice, and District I Community Coordinator Megan Ballinger worked to bring the clinic to District I in cooperation with the Student Initiative for Reservation Veterinary Services (SIRVS).

According to the group's website, "SIRVS is a group of veterinary students who have recognized a need for veterinary services in underserved Reservation communities in Minnesota. Our mission is to train future veterinarians by serving communities in need."

Molly Kubeczko, SIRVS president, and Rachel Johnson, SIRVS president-elect, were both in attendance at the District I clinic on Nov. 14, helping to perform 18 surgeries to spay and neuter dogs and cats. Dogs scheduled for surgeries were also given wellness checks and heartworm tests.

SIRVS brought a total of 22 veterinary students, four pre-vet students, two technicians, and five veterinarians, including Dr. Larissa Minicucci, who has been the faculty advisor for the group since it was started in 2009.

The student volunteers drove up in their own personal vehicles, along with a van provided by the U of M to haul their clinic equipment. The students brought inflatable mattresses and spent Friday and Saturday nights at the community center.

On the day of the clinic, Megan Ballinger, the Band's two Community Service Officers and Monte helped the group to welcome pet owners. They also assisted with pet registrations and helped feed the students and veterinarians.

SIRVS has conducted clinics at Lower Sioux, Leech Lake and White Earth reservations.

Among those bringing their pets for surgery were Marcey Smith and Derek Shingobe with their dog Max, Michelle and Jeff Beaulieu with Chuck Norris, Barbara Swierczek with Punkboy, and Stacy Boyd with her cat Bagheera and dog Sergeant.

Joni Boyd brought her cat Baby Bear Bear, the only survivor from a litter of kittens rescued from Mille Lacs Lake.

Future Clinics

Originally a walk-in wellness clinic was planned for Sunday, Nov. 15, with vaccinations, checkups and heartworm tests. Band Community Service Officers were hoping to register as many pets as possible.

The Sunday clinic had to be canceled because the community center was unavailable. Pets were registered on Saturday, but only if the owners had vaccination certificates.

The wellness clinic in District I has been rescheduled for Jan. 9. Tentative hours are 11 a.m. to 4:30 p.m., with Elders welcome to come between 10 and 11 to avoid waiting in line.

Monte is working with the Minnesota Spay Neuter Assistance Program (MNSNAP) to provide their services to Districts II, IIA and III. District III Administrator Monica Benjamin has requested April 1 for MNSNAP to bring their mobile surgical unit to the Lake Lena Center.

Districts II and IIA are looking at options to sponsor the MNSNAP to come to East Lake and Chiminising in the spring.

Monte said the goal is for SIRVS or MNSNAP to visit each district once a year. See future issues of the *Inaajimowin*, millelacsband.com and the Band Facebook page for updates.



Top: Barbara Swierczek looked concerned as the veterinary students prepared Punkboy for surgery. Bottom Left: Stacy Boyd brought her cat Bagheera and her boxer Sergeant to the clinic. Bottom Right: Max was a little nervous while waiting in line with Marcey Smith and Derek Shingobe.



Band Members Display Talents in Hinckley

Artists, bakers and community members gathered at the Hinckley Assisted Living Unit in District III on Nov. 6 for a craft, bake and rummage sale. Beautiful beadwork and quilts were on display, as well as breads, treats and odds and ends. Elders Activities Director Renée Bruneau put the event together and is planning another for District I in December. Top left: Janice Taylor and Phyllis Quaderer. Bottom left: Lucy Hansen and Mabel Woyak. Center: Teresa Schaaf. Top right: Ona Knoxsah with daughter Minnie, niece Mariana and nephew Alex. Bottom right: Renée Bruneau and Bonita D. White.

Youth Program Focuses on Language and Leadership

Brett Larson Staff Writer/Photographer

A vision is taking shape at Mille Lacs that will help to perpetuate the Ojibwe language and Anishinaabe culture while creating future leaders of Indian nations.

The vision grew out of the experience of Adrienne Benjamin, Byron Ninham, Laurie Harper and others who were part of the Native Nations Rebuilders Cohort 5 (see 'A New Generation of Leaders' page 9).

"We want to give youth what we didn't get growing up," said Adrienne. "Access to Ojibwe language, positive role models in the community, and the chance to build their leadership skills early."

"We want to create a community of speakers," said Laurie. "Where it's uncool not to know the language. We want our youth to be 'fiercely Ojibwe.'"

"I like to imagine that someday a 15-year-old will give an invocation in Ojibwe at a community meeting," said Byron. "That would bring tears of joy to my eyes."

In addition to language learning, the program will focus on development of leadership skills and exposure to positive role models. Another goal is to establish a Youth Council to participate in Band government.

The kids themselves, who are being asked to help develop the program, chose the name of the group: "Ge-niigaanizijig," "the ones who will lead."

Adrienne, Byron and Laurie planned and hosted cultural activities at the Anishinaabe Izhitwaawin cultural grounds in Rutledge last summer, with help from Chris Nayquonabe, Joe Regguinti and John Benjamin.

This fall, they have been meeting with a group of young people to help determine the direction of the program.

In the spring, they will choose participants through an application process, and by summer the program will be in full swing.

Each meeting of the group will include an Ojibwe lesson with John Benjamin, an activity designed to build leadership skills, and a visit from an Elder or other positive role model who can help the young people with language, cultural skills, life skills, college readiness, or career planning.

Laurie stressed that the youth will take the lead in defining what it means to be successful. "This has been an ongoing conversation with the youth to have them articulate what it means to them," she said. "Through honest conversations and treating them as adults, we've witnessed this empowerment. To see them realize that they are indeed guiding their own



Laurie Harper, left, and Byron Ninham, right, hope to inspire youth to aim high and work hard.

learning is beyond awesome."

Laurie said the program will emphasize goal setting and planning for the future by teaching students how to think beyond the immediate, and envisioning something more for not only themselves, but for the Band.

Adrienne agreed. "It is important for the youth to see successful community members on a small and large scale, to give them a sense of pride in themselves as Anishinaabe youth," she said. "Too often, we don't see many native role models growing up or they aren't shown to youth directly. Showing the kids that there are different ideas and levels of success in life is important, and showing them that there are people in the community who care enough to talk to them is huge."

Youth will also meet twice a month in their home districts with an elder to discuss a certain subject. They will share their experience in the main group with youth from other districts, and they'll digitally document their conversations and share them via the Internet and social media. In doing so, they will create a language archive — a benefit not just to themselves but to other community members who want exposure to the language and teachings of elders.

"We have valuable wells of knowledge and resources in the community," Byron said. "Everything we have is in people — their knowledge, their stories, the lessons they've learned that they can pass on."

They have applied for a grant from the Minnesota Indian Affairs Council, but they are prepared to keep the program going regardless of the outcome.

Inaugural meeting

On October 4, Byron, Laurie and Adrienne hosted their first meeting with 16 students at Chiminising Community Center in District IIA. Also helping out were Bugs Haskin, Shawn Willis, Bob Eagle and Pamela Johns.

As the agenda showed, language learning was central from the first day.

The agenda began with "onaagan achigaade" — invocation and setting of dish by Byron. He showed the kids that it's not only elders who speak Ojibwe and conduct ceremonies.

After participants ate their fill of brunch, they moved on to "odaminowin," playing an ice breaker "name game" and talking about what it means to be Anishinaabe.

The event continued with "waakaabidaa," or group discussion. Leaders asked students what their expectations of the program are and what they want to learn and accomplish

During the rest of the afternoon, they set rules (inaakoniganan), came up with a name (Aaniin ge'izhinikaanidiyang?), and discussed what to expect from language immersion (waakaabidaa).

The afternoon ended with "baanima miinawaa," including a survey about the experience, a review of goals and expectations, and a discussion of how to keep in contact.

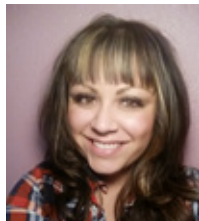
For information on how to get involved, contact Adrienne or Byron at Adrienne.Benjamin@millelacsband.com or Byron.ninham@millelacsband.com.



At their first meeting, students chose the name for the language and leadership group: Ge-niigaanizijig, which means "The ones who will lead."

A New Generation of Leaders

Adrienne Benjamin



I have been inspired in my life by our language and ceremonies. Through my struggles, I have learned firsthand how important they are to our spiritual growth as

Anishinaabe people. In the last five years I have taken many steps to become not only a better person, but a better role model and leader in the community. An important part of this journey was my time in the Native Nations Rebuilders Program through the Bush Foundation (Cohort 5). The first year of the program focused on strengthening our understanding of what it takes and means to be a leader of your tribe. It didn't focus just on elected officials being leaders but how we all can be leaders and make small differences through community involvement and caring. As a goal of this program, we were to come up with an "Action Plan" that we were passionate about and could take back to our community to implement.

I knew from the start that I wanted my project to involve language, leadership, and youth. Language, because it is the foundation of everything that makes us who we are as Anishinaabe people. Leadership, because empowerment and belief in one's self is a powerful thing. Youth, because they are the future leaders of any community. I just had to figure out how to blend those into a viable plan with achievable and purposeful goals.

I developed the plan with my co-workers (at the time) Byron Ninham and Chris Nayquonabe and my Bush Foundation mentor Ian Record, the Director of the Partnership for Tribal Governance at NCAI. Ian helped us immensely throughout the process. We were pushed to come up with a plan that we could start at minimal cost, so we could pay for it out of our own pockets if necessary.

We worked through many different ideas and came up with a Language and Leadership Cohort for youth modeled on the Rebuilders program. We decided it should have an application process and high expectations of its members, leading to the formation of a youth council. The youth would formulate the rules and set the agenda, with a focus on leadership skill building and Ojibwemowin learning and retention.

The program is a collaborative effort of Niigaan (the Band's youth program) and Anishinaabe Izhitwaawin (the Rutledge cultural grounds). We asked Professor John P. Benjamin to be our main language teacher and he gladly obliged. His incredible skills in language and his eagerness to teach are a blessing to have on board. We were also encouraged to team up with other Rebuilders in our region who had correlating action plans, which is how Laurie Harper, Pamela Johns and Joseph Regguinti became a part of some of the traditional harvest camps we've held at Anishinaabe Izhitwaawin.

My hope is that we can make a meaningful impact in the lives of these kids through teaching the value of our language and instilling in them confidence and leadership skills. We can help them to be proud of who they are and where they come from. If even one kid gets inspired by any part of what we do in these sessions, then this idea will have been a success.

Each Day is Rewarding for NAS Teacher

Toya Stewart Downey Staff Writer

When the third grade class files into the classroom each morning, they are well versed in the daily rituals that begin their school day.

They know that their teacher, Lehtitia Weiss, will begin by offering them an opportunity to share stories, important news or any updates they have with their classmates.

The veteran teacher has long practiced that ritual so she "can gauge how students are doing, figure out if I need to address anything immediately, or just recognize or celebrate students."

Lehtitia, who has taught at Nay Ah Shing for 28 years, says one of the best parts about being a teacher is because she can provide "a safe place to learn and talk."

When she was hired in 1987, she worked as a special education teacher in the Headstart program. Back then the school was located where the casino now stands. Students in grades 7 through 12 also shared the building, and after two years, Lehtitia began teaching the older students.

As the school began to grow with students and added more grade levels, it eventually moved across the street to a new building. At that same time, Lehtitia became a lead teacher in the middle school.

Although she loved working with middle school students, she switched her focus to teaching the third grade.

While there are many things she loves about being a teacher, watching the kids finally master a math concept or advance in their reading skills brings her great joy.

"I love it when kids get something after they have said 'I can't' over and over again," she said. "Their face lights up and I can't help but smile and give them a hug."

When she first began her career, she wanted to work with children with severe disabilities, but her interest shifted as she spent the whole day in classrooms working with students.

Like every teacher, not a year goes by when Lehtitia doesn't learn something new from her students. She cherishes their honesty and humor.

Beyond mastering the skills needed to succeed academically, Lehtitia hopes the students she teaches "grow up to be happy, have no regrets and take the chance to do what they are capable of."

"Every single part of each day is rewarding," she said. "Even just one small thing like one student finally getting a math concept is rewarding."

Lehtitia grew up in Brainerd and still lives there. She graduated from St. Cloud State University with a degree in special



"I love it when kids get something after they have said 'I can't' over and over again," she said. "Their face lights up and I can't help but smile and give them a hug."

—Lehtitia Weiss

education. She received her licensure for teaching grades kindergarten through 8th grade from Bemidji State University. She also has a master's degree in education and curriculum.

Lehtitia has been married for 32 years to Donald, and they have three children – two boys and a girl. Her eldest son works as a biologist for the Band. Her daughter is also a teacher and worked for the Band in the early education program.

When she's not enjoying time with her grandchild, Lehtitia likes to craft, sew and spend time outdoors.



Helping Elders in District II

Cindi Douglas and David Sam Jr. came to District II Assisted Living Unit on Nov. 17 to spend time making crafts with Elders. Cindi is the Elder Abuse Program Coordinator, and David is the Elder Abuse Advocate. They work with Elders who have been victims of neglect, verbal abuse, emotional abuse, physical abuse or financial abuse. "Working with Elders has given me a lot of joy," said David. "I really like my job." If you are an Elder or know of an Elder who needs assistance, call the 24-hour crisis line at 1-866-867-4006, or call Cindi at (218) 768-3311 or David at (320) 532-7802.

Citizen Supper Club Celebrates Grand Opening

Mille Lacs Corporate Ventures

Mille Lacs Corporate Ventures (MLCV) today announced the grand opening of Citizen Supper Club – Saint Paul’s newest upscale restaurant destination located in the InterContinental® Saint Paul Riverfront hotel. The launch of Citizen Supper Club brings a creative new dining option to Minnesota’s vibrant capitol city.

MLCV created the new Citizen Supper Club concept with Graves Hospitality to offer guests an impressive lineup of mid-century cocktails, wine, beer and spirits at the bar, as well as an inspired menu of confidently crafted cuisine in the intimate dining room.

“This restaurant is the perfect fit for a powerful city,” said Joe Nayquonabe, Jr., CEO of Mille Lacs Corporate Ventures. “We are excited to establish a new destination for drinks, dining and socializing in St. Paul.”

The unique vibe of Citizen Supper Club is defined as ‘modern mid-century,’ which reflects the elegance and class of a

bygone era, seamlessly blended with modern upscale touches that discerning diners expect.

The surroundings set the stage for the inspired cuisine of Executive Chef John Occhiato. Occhiato, who is known as a local leader in fine dining cuisine, developed a menu that pays homage to the 1960s era with a modern take on some of America’s favorite classics.

“This is unlike any menu I’ve ever developed,” said Occhiato. “I turned to those who had fond memories of social gatherings of the 1960s for inspiration. The result is a menu that is accented with classic options like chicken and dumplings and pot roast, but with a unique Citizen Supper Club twist.”

The full menu at Citizen Supper Club features more than two dozen carefully crafted salad, meat, fish and pasta options, with something for every diner’s tastes.

Citizen Supper Club is the crown jewel of the recently-completed total renovation of the former Crowne Plaza into the lux-

urious InterContinental. The interior design of the restaurant pays homage to the 1960’s, when the original hotel was built, while adding modern touches that make the space visually interesting, comfortable and relevant for patrons.

Since the hotel opened nearly 50 years ago, the property has established itself as a premier venue in Saint Paul. “With the completion of our renovations, we are excited to bring the renowned InterContinental service and ambiance to Minnesota’s capitol city,” said Jeff Castillo, VP of Development for MLCV. “With the grand opening of Citizen Supper Club, we’ve given our guests a dining experience that is truly worthy of this luxury property.”

The flag change makes the InterContinental Saint Paul Riverfront the only InterContinental hotel in Minnesota, and one of only 180 hotels worldwide to earn the prestigious brand distinction.



General Manager Tim Blaschke unveiled the new InterContinental logo on Monday, October 12. Citizen Supper Club’s grand opening was Nov. 11.

“With the completion of our renovations, we are excited to bring the renowned InterContinental service and ambiance to Minnesota’s capitol city. With the grand opening of Citizen Supper Club, we’ve given our guests a dining experience that is truly worthy of this luxury property.”

— Jeff Castillo, VP of Development

Band Acquires St. Louis Park Hotel

Mille Lacs Corporate Ventures

Mille Lacs Corporate Ventures (MLCV) announced on Nov. 10 that it has expanded its hospitality footprint with the purchase of the DoubleTree by Hilton Minneapolis Park Place Hotel in St. Louis Park, Minn. The hotel marks the fourth major hotel asset purchased by MLCV in the past three years.

The 297-room DoubleTree by Hilton Minneapolis Park Place is a profitable, turn-key investment for Mille Lacs Corporate Ventures and a strategic expansion of its holdings in the Greater MSP market. Located in St. Louis Park, the hotel is minutes away from the Minneapolis Convention Center, Target Center, Target Field and the Viking’s new U.S. Bank Stadium.

With the hotel acquisition, MLCV is also adding another restaurant to its portfolio — the Dover Restaurant Bar & Grill in the hotel — as well as an additional 26,000 square feet of event space.

Joe Nayquonabe Jr., CEO of Mille Lacs Corporate Ventures, said that market demand is out-pacing supply for full service hotels, making this new acquisition an important strategic addition to the Mille Lacs Band’s portfolio.

“When we look at investments, we look for properties that will perform well from day one, and that have a significant long-term upside for our shareholders,” said Nayquonabe. “We are more than pleased with the financial strength of this hotel

— it outperforms its competitive set and is a great addition to our portfolio of exceptional hospitality assets.”

MLCV plans to make some modest property improvements to better reflect the standard expected of the DoubleTree by Hilton flag.

MLCV will be self-managing the property in partnership with Greenwood Hospitality.

The announcement of the acquisition comes on the heels of MLCV’s recent completion of a whole-property overhaul of its former Crowne Plaza in Saint Paul into the luxury InterContinental Saint Paul Riverfront Hotel – the first IHG hotel in the state.

Interested in submitting to the *Inaajimowin*?

Send your submissions and birthday announcements to Myles Gorham at myles.gorham@redcircleagency.com or call 612-465-8018.

The January issue deadline is December 15.

Monthly Dish Ceremony Keeps Business in Perspective

Grand Casino Mille Lacs has been holding monthly dish ceremonies for any employees and community members who wish to attend.

Commissioner of Corporate Affairs Joe Nayquonabe Jr. said the ceremony is to give thanks, to ask for health and prosperity, and to start off each month in a good way.

The most recent ceremony was held on Thursday, Nov. 12, the day after Veterans Day. Joe Nayquonabe Sr., who is a veteran, gave an invocation in Ojibwe, after speaking in English about the importance of warriors in Anishinaabe ceremonies.

He told participants that if they have any questions about Anishinaabe culture to bring them to future ceremonies. He said he would be happy to answer any questions if he is able, or to find the answers from elders.

He said learning about culture is a lifelong process.

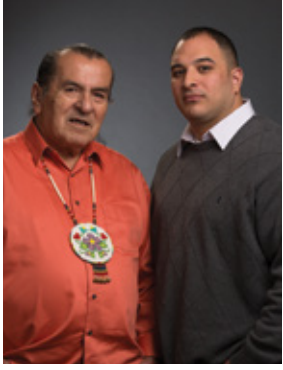
After the invocation, participants were invited to share in the dish. They enjoyed good food and conversation before returning to work.

Corporate Ventures Hosts Mesmerizing Fall Feast

An overflow crowd filled the Grand Casino Mille Lacs Events and Convention Center Thursday, Nov. 19, for the annual Corporate Ventures Fall Feast. After an invocation from Joe Nayquonabe Sr., Chief Executive Melanie Benjamin told the crowd that the Band has become a model of economic diversification. Joe Nayquonabe Jr, Commissioner of Corporate Affairs, served as master of ceremonies.

Hypotist Sami Dare's show was the climax of a memorable evening of good food, games, and fabulous prizes. It wasn't just the 'victims' of hypnosis who were affected — audience members also fell under her spell.





Aaniindi Wenjikaamagak Gekendamaan Ezhichiged I'iw Niimi'idiiked A'aw Anishinaabe How I Learned About These Ceremonial Dances

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

A'aw akiwenziyiban Ogimaawabiban gii-izhinikaazo gaa-nitaawigi'id, ogii-kanawenimaan inow gimishoomisinaan. Mii imaa gii-naadamaageyaan apii gaa-paapaakoshimaawaajin inow gimishoomisinaan. Ingii-ashi-niizho-biboonagiz apii gii-asigooyaan imaa da-dibendaagoziyaan a'aw Manidoo-dewe'igan. Mii iwidi eshkwebid eko-niwing bedakideg i'iw mitig, mii iwidi gii-asigooyaan da-abiigizigewiniiniwiyaan.

The old man that raised me, John Benjamin, took care of a ceremonial drum. I was there to help each time he had a ceremonial dance. I was twelve years old when I was put on the drum as a drum member. I was put on as a drum warmer, and sat at the last position on the fourth stick.

Weweni-go ingii-kikinoo'amaag a'aw Akiwenziyiban naa gaye inow owii'ayaawaaganan Nazhikewigaabawikwebanen gii-izhinikaazowan eni-izhichiged niimi'idiiked a'aw Anishinaabe, biinish gaye ge-ni-izhichigeyaan abiigizigewiniiniwiyaan. Mii gaye endaso-dagwaag miinawaa endaso-zaagibagaag gii-aayaabajichigaazowaad ingiw Manidoo-dewe'iganag, mii i'iw apane nayaano-giizhigakin naa apane eyishkwaajanokii-giizhigakin apii gaa-niimi'idiwaad.

That old man and his wife, Sophia Churchill-Benjamin, thoroughly taught me what was involved when the Anishinaabe had their ceremonial dances, and they taught me my responsibilities as a drum warmer. There are ceremonial dances held every fall and every spring, with the ceremonial dances held every Friday and Saturday.

Mii-go apane gii-naazikaagewaad ingiw gaa-nitaawigi'ijig aaniindi-go gii-ni-aabajichigaazowaad ingiw Manidoo-dewe'iganag. Mii dash imaa apane gii-paa-wiijiwagwaa. Mii dash iwidi iko gii-naazikaageyaang iwidi Neyaashiing endazhi-niimi'idiwaad ingiw Anishinaabeg, mii iwidi gaa-izhaayaang. Biinish igo gaye iwidi Minisinaakwaang gii-tanakamigiziwaad, mii gaye iwidi Gwaaba'iganing gii-aabajichigaazowaad ingiw Manidoo-dewe'iganag, mii gaye iwidi gaa-izhaayaang.

The old people that raised me always attended these ceremonial dances on a regular basis. They always took me with. We went to ceremonial dances that were held at Neyaashiing. We also attended ceremonial dances in East Lake. We also went to ceremonial dances held in Sawyer, Minnesota.

Aano-go gii-aya'ansiwiyaan i'iwapii gii-paa-wiijiwagwaa gii-naazikaagewaad endazhi-niimi'iding, nebowa igo nizezikwendaan gaa-izhichigewaad gii-niimi'idiwaad. Mii dash i'iw wenjikaamagak a'aw mindimoonyeniban ingii-wiindamaag, "Gego anooj omaa gidaa-wii-izhichigesiin megwaa omaa ayaayang endazhi-niimi'idiikeng." Ingii-ig, "Bizaan omaa nanaamidabin da-ganawaabandaman eni-izhichigewaad naami'idiikejig. Mii eta-go apii ge-bazigwiiyan wii-niimiyan, maagizhaa gaye waakaa'igaansing wii-ni-izhaayan." Mii iw nebowa wenjizezikwendamaan gaa-inaabishinaan gii-paa-wiiji'iweyaan endazhi-niimi'iding.

Even though I was young when they took me with, I do remember what I saw and heard when we went to these ceremonial dances. It is then that the old lady told me, "Do not be messing around while we are at these ceremonial dances." She said, "Just sit there quietly and watch what is being done while the ceremonial dance is going on. The only time you should get up is when you get up to dance or have to go to the bathroom." It is because of that, that I remember what I saw as we attended these dances.

Ingoji-go apii gii-ashi-niso-biboonagiziyaan, mii owapii gii-majji-aakozid a'aw mindimoonyeniban. Mii iw okanaapined ezhi-wiinjigaadeg gaa-wenda-aabiinji'igod, biinishgii-ni-gashkitoosiggegoowii-ni-izhichiged. Mii dash imaa gii-naadamaageyaan gii-majjitaayaan gii-chiibaakwaadamaan a'aw akiwenziyiban ge-biindigadood imaa azhigwa apii gii-niimi'idiiked. Mii dash a'aw nizigosiban Nechii'awaasang a'aw ge-wiin gaa-naadamaaged gii-kashkigwaadang iniw waabooyaan ge-aabajitood a'aw akiwenziyiban da-bagijiged owapii gii-niimi'idiiked.

I was about thirteen years old when that old lady started to get sick. She came down with arthritis, and it got so bad for her that she was not able to do things. It was then that I had to start helping and cook the food that the old man brought to the ceremonial dances. It was also at the time my aunt, Mary Churchill-Benjamin, started to help out by sewing the blankets the old man put for his offerings.

Azhigwa dash gaa-ishkwa-ayaad a'aw akiwenziyiban, mii imaa gii-inaakonigewaad wenjida ingiw ogichidaakweg gii-onaabamigooyaan da-mamooyaan imaa gaa-ondabid a'aw akiwenziyiban da-ganawenimag dash a'aw gimishoomisinaan. Mii iw ashi-zhaangswaak miinawaa niizhwaasimidana ashi-niwin owapii imaa gii-asigooyaan.

When the old man passed away, it was then that the women on the drum made the decision for me to take the position the old man held as the drum keeper. That was in 1974 that they placed me in that spot.

Ishke dash gomaapii a'aw nizigosiban ingii-wiindamaag gaa-onji-onaabamigooyaan da-mamooyaan gaa-ondabid a'aw akiwenziyiban. Gii-ikido, ogii-minwendaanaawaa gii-kikendamaan i'iw gidinwewininaan miinawaa gana-go ingii-maji-izhiwebiz ingii-mino-wiiji'aa a'aw niwiji-bimaadziim. Aano-go gii-tazhiikamaan owapii i'iw minikwewin wenda-inigaa'igod a'aw Anishinaabe, gii-ikido a'aw nizigosiban, "Gigii-kikenimin booch da-boonitooyan i'iw giminikwewin gomaapii."

After a period of time, my aunt told me why they decided to put me in the spot that the old man held. She said they liked that I knew how to speak Ojibwe and that I was not a very angry person, and that I usually got along well with other people. Even though I was still drinking at the time, my aunt said, "I knew you would sober up eventually."

Gaawin igo wenipanasinon wii-ni-ganawenimaad inow Manidoo-dewe'iganan awiya. Ishke nebowa omaa niwiji'anokiimaanaanig imaa eginzozig eni-niimi'idiikeng. Booch igo maamawichigewin da-ayaamagak, gaawin omaa majay'ii daa-wii-ayaamagasinon. Gaawin gaye awiya oada-wii-maji-inaasiin imaa eginzonijin. Gida-ni-giige'aanaanig ingiw Anishinaabeg giniigaaniiminaang ge-ni-ayaajig wawingeziyang da-ni-bimiwinang a'aw gimishoomisinaan.

It is not easy for someone to take care of a ceremonial drum. There are several people that we work with as we put on these ceremonial dances. It is important that we all work together in a good way and not have negativity. People should not talk bad about their fellow drum members. It is our Anishinaabe of the future that will benefit from us doing a good job taking care of the ceremonial drum.



Tony Pike, right, was out with his road crew Nov. 9 freshening up the crosswalks in District I. You also may have seen them in other districts making use of the new painting equipment.

Committee Elected for 50th Powwow

The 2015 Iskigamizigan Powwow Committee has chosen the Executive Committee to plan the 50th Annual Iskigamizigan Powwow, which will take place in August of 2016.

The election took place at the Opening Session on Nov. 17 at Grand Casino Mille Lacs. Tony Pike and Carla BigBear were elected to serve as co-chairs, Cyrilla Bauer as treasurer and Barb Martin as secretary.

The next meeting will be Tuesday, Dec. 8, at noon at the

Government Center media room. Subcommittees will be created and duties assigned. Anyone interested in helping out with this historic powwow is welcome to attend.

All powwow committee members are volunteers.

Watch Facebook and the calendars in *Inaajimowin* and millelacsband.com for updates. Also "like" the powwow page on Facebook: [facebook.com/Iskigamizigan](https://www.facebook.com/Iskigamizigan)

Please Remember Him for Me

Arne Vainio, M.D.

"I don't have the friends I thought I had," the patient said. "My family doesn't understand me. I was told I should only grieve for a year, but this was my son."

She'd been coming in to see me for almost a year before she volunteered that information. I should have asked her earlier and I thought I had, but maybe she wasn't ready to talk about it.

I had seen her several times over the past year for chest pain, and she had a very comprehensive evaluation and had seen a cardiologist twice. She had a stress test initially, then finally an angiogram. This is the gold standard for testing for heart disease and involves a catheter being inserted into an artery in the groin and advanced to the blood vessels that supply the heart itself. Contrast is injected into the coronary arteries, and if there are any blocked arteries, they will show up on the monitor. There was nothing wrong with her heart.

"Do you want to talk about it?" I asked.

"It's all I want to talk about," she replied. "No one wants to listen."

"I will," I said.

"OK. Andrew died eight years ago and I think about him every morning when I wake up and every night when I'm falling asleep. He was only nine years old and he shouldn't have been playing by the river. He knew better than that, but there was a neighbor boy who liked throwing rocks in the water. They were on a steep bank and Andrew slid into the river and it was too slippery to climb back out. It was the next day before they found his body a half-mile downstream.

"Do you know what it's like after the funeral to have everyone pretend life goes on as usual? How can anything be normal or usual? My husband buried himself in his work and our marriage lasted for two more years. My friends didn't want to talk about it and their invitations to lunch and their phone calls were less and less and finally they stopped altogether.

"I had people tell me, 'At least you have two other children.'

"I know I have my other children, but that doesn't make losing Andrew any easier or different. He died in the fall, and that first Thanksgiving and that first Christmas were the hardest, but all holidays are hard. This is the year he would have graduated and I think about what he would be like at this age and what his plans would be for after high school. He liked sports and I always wonder if he would have been an athlete. The people around me don't want to say his name, I think because they're afraid it will remind me of him, but everything reminds me of him. Saying his name would at least let me know I wasn't the only one thinking about him.

"I turned to alcohol for a while after my husband left and maybe even for a little while before. I thought it would make me forget, but it made me remember even more. One morning I woke up on the floor with my five-year-old daughter sitting cross-legged next to me and scolding her doll for having her life so easy. A week later I lost my driver's license for driving while intoxicated, and I had to go to treatment.

"I was angry with my husband for leaving and angry with him for not grieving like I was. I was angry with my daughter and my other son for laughing and playing at Andrew's funeral, but they were only four and seven at the time.

"My mother-in-law told me, 'It was God's will.'

Really?

REALLY?

"How is that possible? I lost faith for the longest time and I still don't know if I have it back. How could it possibly be right to take a nine-year-old when there are people who don't value their own lives? How can a nine-year-old die when there's somebody somewhere right now shooting heroin?"

My pager went off for my next patient and she apologized for taking so much time and asked if she could reschedule. I ended up seeing her often for visits for her blood pressure and for general health visits. I remembered what she said about others remembering, and most times I was the one who men-

tioned Andrew first. She scheduled a visit with me on his birthday and she cried through most of the visit.

It was a couple visits later when she stated maybe her husband burying himself in his work was his way of grieving, and she felt bad for holding that against him and that maybe things could have been different.

My time in Seattle was drawing to an end as I was finishing my residency, and I sent a letter to all my patients letting them know I was leaving to go back to Minnesota. She was one whom I really feared would believe I was abandoning her, and I walked into the room with some trepidation.

We talked about her blood pressure and reviewed her home blood pressure readings. They were finally under control. She had not had any chest pains since that first visit she talked about Andrew. I asked her if she got my letter, and she said she did. I asked her if she was going to be all right.

"At first, I didn't know if I was. I will always hurt and nothing will ever change that. It had been so long since anyone would let me talk about Andrew without giving me advice or empty promises. You simply listened to me, and I appreciate that more than you will ever know."

She handed me a box wrapped with a red ribbon and told me I could open it later. Later in the day I got a chance. Inside were a dozen cookies and a note:

"I am a mother and I will always be a mother. I still have three children and one of them would have graduated last year. I love them all, and one loved my oatmeal raisin cookies. I haven't had a chance to make them for him for a long, long time. Please remember him for me."

"Thank you."

Arne Vainio, M.D. is an enrolled member of the Mille Lacs Band of Ojibwe and is a family practice physician on the Fond du Lac reservation in Cloquet, Minnesota. He can be contacted at a-vainio@hotmail.com.

December Is Safe Toys Month

Kari Carlson, RN

According to the U.S. Consumer Product Safety Commission, hospital emergency rooms treated an estimated 251,700 toy-related injuries in 2010 throughout the United States. Additionally, in 2007 alone, toymakers recalled over 19 million toys worldwide because of safety concerns such as lead paint and small magnets. Before you make toy purchases, it is critical to remember to consider the safety and age range of the toys so that you will have a safe holiday season and beyond.

Please consider the following guidelines for choosing safe toys for all ages:

- Inspect all toys before purchasing. Avoid those that shoot or include parts that fly off. The toy should have no sharp edges or points and should be sturdy enough to withstand impact without breaking, being crushed, or being pulled apart easily.
- Be diligent about inspecting toys your child has received. Check them for age, skill level, and developmental appropriateness before allowing them to be played with.
- Look for labels that assure you the toys have passed a safety inspection — "ATSM" — means the toy has met the American Society for Testing and Materials standards.
- Gifts of sports equipment should always be accompanied by protective gear (give a helmet with the skateboard).
- Keep kids safe from lead in toys by: Educating yourself about lead exposure from toys, symptoms of lead poisoning, and what kinds of toys have been recalled; being aware that old toys may be more likely to contain lead-based paint; having your children wash their hands frequently and calling your doctor if you suspect your child has been exposed to lead.
- Do NOT give toys with small parts (including magnets and "button" batteries which can cause serious injury or death if ingested) to young children, as they tend to put things in their mouths, increasing the risk of choking. If the piece can fit inside a toilet paper roll, it is not appropriate for kids under age three.
- Do NOT give toys with ropes and cords or heating elements.

- Do NOT give crayons and markers unless they are labeled "nontoxic."

For more information about toy safety, please call Mille Lacs Band of Ojibwe Public Health at 320-532-7776 or you can look online at: <https://www.healthtradition.com/december-is-safe-toys-and-gifts-month/>

Updated Mammography Guidelines

Linda Moses, Circle of Life Plus Coordinator

The American Cancer Society has released updated mammography screening guidelines and materials incorporating these guidelines. The new guidelines were developed over two years by an independent panel using the latest evidence available on mammography screening. They differ slightly from the USPSTF guidelines.

The basics every woman should know:

- Mammography reduces death from breast cancer.
- These guidelines incorporate individual preference, values, and understanding of the balance between benefits and potential harms of screening (unnecessary follow ups for false positives)
- Women of average risk should start mammography screening at the age of 45 and continue with annual screening until 54.
- Women 55+ can switch to being screened every other year, or have the option to continue screening every year.
- ASC no longer recommends clinical breast exams as a breast cancer screening for U.S. women (because it can lead to false positives and unnecessary follow ups).

All women should be familiar with the known benefits, limitations, and potential harms linked to breast cancer screening. Some women at high risk for breast cancer, because of family history, a genetic tendency, or certain other factors should be screened with MRIs along with mammograms (the number of women who fall into this category is very small). Talk with a health care professional about your risk for breast cancer and the best screening plan for you.

Winter Safety Information

Driving in the winter can be harrowing, especially where blizzard and icy conditions crop up seemingly out of nowhere. Midwesterners may be used to heavy snow, but residents of states as far south as Georgia and Texas are seeing ice and snow more often. Driving can be even more treacherous in these areas because drivers are not accustomed to it. Drivers can take precautions to ensure they will arrive safely at their destination.

Don't leave home without these:

In an emergency situation, in addition to a full tank of gas and fresh antifreeze, National Safety Council recommends having these with you at all times:

- Properly inflated spare tire, wheel wrench and tripod jack
- Shovel
- Jumper cables
- Tow and tire chains
- Bag of salt or cat litter for better tire traction or to melt snow
- Tool kit
- Flashlight and extra batteries
- Reflective triangles or flares
- Compass
- First aid kit
- Windshield cleaner
- Ice scraper and snow brush
- Matches in a waterproof container
- Scissors and string or cord
- Blankets, mittens, socks and hats
- Non-perishable, high-energy foods like nuts, dried fruits and hard candy

Winter road trips — even short ones — are a great way to celebrate with family and friends. Being prepared can ensure a safe and happy time is had by all.

Source: www.nsc.org/learn/safety-knowledge/news-and-resources

TRIBAL NOTEBOARD

Happy December Birthday to Mille Lacs Band Elders!

Judith Louise Beaulieu
 Gayle Marie Bender
 Pamela Jean Bixby
 Henry Benjamin Bonga
 Loann Dana Boyd
 Phyllis Ann Boyd
 Vicki Marie Burton
 Kyle Matthew Cash
 Lawrence Churchill
 Frances Davis
 Marilyn Ann Davis
 Winifred Marie Davis
 Delsie Louise Day
 June Louise Day
 Randy James Dorr
 Rodney John Dorr
 Ruth Elaine Garbow
 Diane Marie Gibbs
 Rosalie Marie Gopher
 David Darryl Granger
 Dale Herbert Greene Sr.
 Angeline Hawk
 Viola Mary Hendren
 Michael Ray Hensley
 Carole Anne Higgins
 Frank Hill Jr.
 Esther Marie Johnson
 Cheryl Ann Keller
 Larry Allen Koepp
 Renda Lynn Leslie
 Michael Allen Mager
 Daniel Rae Matrious

Gordon Wayne Matrious
 Kim Alane Modaff
 Debra Jean Morrison
 Richard Raymond Mortenson
 Linda Lou Moxness
 Jay Jay O'Brien
 Dale John Pindegayosh
 William Richard Premo Jr.
 Herbert Sam
 Corrina Marie Sheff
 Susan M. Shingobe
 Laura Ruth Shingobe-Garbow
 Vanette Louise Todd
 Carol Ann Turner
 Anita Louise Upegui
 Kenneth Laverne Wade Sr.
 Maureen Cynthia Weyaus
 Yvonne Cecelia Winiecki
 Douglas Alan Wistrom
 Lucille Mabel Woyak

Happy December Birthdays:

Happy 15th Birthday to **Bailey and Taylor Woommavovah** on 12/3, Love Mom, Noah, Lyssa, Breezy, Alex and Ameir. • Happy Birthday **Randy Dorr (Dad)** on 12/7. Your family loves you more than words can say and we are so proud of you in so many ways. We hope you have a wonderful day! • Happy Birthday **Tiny** on 12/16 love, Dad, Melissa, Braelyn, Payton, Waase, Eric,

Brynley, Bianca, Grannie Kim, Papa Kyle, Papa Brad, Val, Pie, Kev, Jay, Taylor, Adam, Bruce, Jayla, Lileah, Randi, and Rachel. • Happy Birthday **Mom** on 12/21, with Love from Vannie and George. • Happy Birthday **Grandma Diane** on 12/21, with Love from Reuben, Cedric, Cedar, Caiarah and Cyliss. • Happy Birthday **Gordy Matrious** on 12/23, with love from your favorite daughter. • Happy Birthday **Chilah B** on 12/29 from momma, Son, Jayden, Jordan & Bunny.

Submit Birthday Announcements

Send name, birthday and a brief message that is **20 WORDS OR LESS** to Myles Gorham at myles.gorham@redcircleagency.com or call 612-465-8018. The deadline for the January issue is December 15.



Nice job, ValaReya!

ValaReya Leecy of Isle played rightside hitter for the Fond du Lac Tribal and Community College Thunder this fall. "We were happy to have a player with her passion for the game, and her veteran leadership as well. I look forward to coaching her for another season!" says Volleyball Coach Laura Sylvester. Photo courtesy of Fond du Lac Tribal and Community College/Tom Urbanski.



Fall Cleanup

Megan Ballinger and Semira Kimpson helped clean up the District I community on November 4. Megan organized the event with the support of District I Rep. Sandi Blake. Participants received a buffet coupon for their efforts.

Reporters Wanted

The Mille Lacs Band and Red Circle Agency are seeking Band members in all three districts to cover events and provide content for the Inaajimowin newsletter, millelacsband.com, and the Facebook page. If you or someone you know enjoys being out in the community, is active on social media, likes taking photos, or has an interest in writing, send an email to brett.larson@millelacsband.com or call (320) 237-6851. No experience necessary. Hours and pay will depend on work experience, education and availability.

Bii Gii Wiin Community Development Loan Fund

Bii Gii Wiin CDLF is a Native community resource created to help Native community members achieve a sense of prosperity and financial empowerment with the money they earn. We do this through providing individual mentoring and group training programs as well as an array of resources that help you to plan, manage and save money. Bii Gii Wiin programs are designed to help you make strides in these areas:

- Everyday money management
- Quickly grow your savings with a money-matching IDA- Individual Development Account
- Achieve home ownership
- Start your own business with the help of our Micro Entrepreneur training program

We can help you do the math.

It may seem that owning a home, saving for college or starting a business may be out of reach-especially after paying all the monthly bills. At Bii Gii Wiin we know how

tough it can be, which is why we'd like the opportunity to help you see what's possible and start you on a pathway to achieving your dreams.

Native financial confidence starts here.

Drop by 1113 East Franklin Ave., Suite 200, in Minneapolis, or give us a call at (612) 354-2249 and set up a time to talk. You don't need to have a plan or prepare anything ahead of time. Just bring your desire to find out more.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Want your event here? Email myles.gorham@redcircleagency.com or call 612-465-8018.</p> <p>Visit millelacsband.com/calendar for additional Mille Lacs Band events</p>		<p>1 Open Gym 5:30-9:30 p.m. DI Community Center</p>	<p>2 Circle of Health Outreach 1-4 p.m. Aazhoomog Clinic</p> <p>Open Gym 5:30-9:30 p.m. DI Community Center</p> <p>Tabata Workout Sessions 6-7 p.m. Chiminising Community Center</p>	<p>3 Open Gym 5:30-9:30 p.m. DI Community Center</p> <p>Band Assembly 10 a.m. Chi Minising Community Center</p>		
6	<p>7 Tabata Workout Sessions 6-7 p.m. Chiminising Community Center</p> <p>Minobimaadiziwin Sweat Lodge 7 p.m. Minobimaadiziwin Hotel</p>	<p>8 Open Gym 5:30-9:30 p.m. DI Community Center</p> <p>Band Assembly 10 a.m. Aazhoomog Community Center</p>	<p>9 Circle of Health Outreach 1-4 p.m. East Lake Community Center</p> <p>Open Gym</p> <p>Tabata Workout Sessions</p> <p>District 2A Holiday Party 5 p.m. Chiminising Community Center</p>	<p>10 Open Gym</p> <p>Administrative Policy Board Chiminising Community Center</p> <p>Band Assembly 10 a.m. Grand Casino Hinckley</p> <p>District 2 Holiday Party 5 p.m. East Lake Community Center</p>	11	<p>12 Urban Holiday Party 11 a.m.-2:30 p.m. Minneapolis American Indian Center</p>
13	<p>14 Tabata Workout Sessions 6-7 p.m. Chiminising Community Center</p> <p>Minobimaadiziwin Sweat Lodge 7 p.m. Minobimaadiziwin Hotel</p> <p>Fond du Lac Easy Enrollment Day 10 a.m.-2 p.m. DI Community Center</p>	<p>15 Open Gym 5:30-9:30 p.m. DI Community Center</p> <p>Band Assembly 10 a.m. Nayahshing Band Assembly Chambers</p> <p>Fond du Lac Easy Enrollment Day 10 a.m.-2 p.m. D2 Minisinaakwaang</p>	<p>16 Circle of Health Outreach 1-4 p.m. Urban Office</p> <p>Open Gym 5:30-9:30 p.m. DI Community Center</p> <p>Tabata Workout Sessions 6-7 p.m. Chiminising Community Center</p> <p>Movie Night 7:00 p.m.</p>	<p>17 Open Gym 5:30-9:30 p.m. DI Community Center</p> <p>Band Assembly 10 a.m. Nayahshing Band Assembly Chambers</p> <p>Anishinaabe Tribal College Family Fun Night 5:30 p.m. Entire community is invited. Join us for supper, fun games and bingo.</p>	<p>18 Azhoomog Holiday Celebration (DIII) 5:30-9 p.m. Grand Casino Hinckley</p>	<p>19 All District Elder Xmas Party 5-10 p.m. Grand Casino Hinckley</p>
20	<p>21 Tabata Workout Sessions 6-7 p.m. Chiminising Community Center</p> <p>Fond du Lac Easy Enrollment Day 10 a.m.-2 p.m. D3 Community Center</p>	<p>22 Open Gym 5:30-9:30 p.m. DI Community Center</p>	<p>23 Circle of Health Outreach 1-4 p.m. Isle Community Center</p> <p>Open Gym 5:30-9:30 p.m. DI Community Center</p> <p>Tabata Workout Sessions 6-7 p.m. Chiminising Community Center</p>	<p>24 Mid-Winter Break</p> <p>Open Gym 5:30-9:30 p.m. DI Community Center</p>	<p>25 Mid-Winter Break</p>	26
27	<p>28 Tabata Workout Sessions 6-7 p.m. Chiminising Community Center</p>	<p>29 Open Gym 5:30-9:30 p.m. DI Community Center</p> <p>Band Assembly 10 a.m. Minisinaakwaang Assisted Living Unit</p>	<p>30 Open Gym 5:30-9:30 p.m. DI Community Center</p> <p>Tabata Workout Sessions 6-7 p.m. Chiminising Community Center</p>	<p>31 GOVERNMENT OFFICES CLOSE AT NOON</p>	<p>Government offices will close at noon on Dec. 31, so be sure to pick up your medicine and take care of other business beforehand. Band Assembly meetings begin at 10 a.m. All dates and times are subject to change.</p>	



Fond du Lac Tribal and Community College
Spring 2016
January 11, 2016 – May 17, 2016

COURSE SCHEDULE
ITV and ONLINE



*Prerequisite - refer
***ON CAMPUS

Course #	Course Name	Instructor	Room	Time	Days	Cr.
AMERICAN INDIAN STUDIES						
AMIN 1050	01 Anishinaabeg of Lake Superior	Dan Jones	ITV	1:00-2:15	MW	3
AMIN 1050	20 Anishinaabeg of Lake Superior	Candi Aubid	ONLINE			3
AMIN 1050	21 Anishinaabeg of Lake Superior	Candi Aubid	ONLINE			3
ANISHINAABE						
ANSH 1002*	01 Anishinaabe Language II	Dan Jones	ITV	11:00-11:50	MTWH	4
ANSH 1002*	90 Anishinaabe Language II	Dan Jones	ITV	6:15-7:55	MW	4
ANSH 2002*	01 Anishinaabe Language IV	Dan Jones	ITV	12:00-12:50	MTWH	4
BIOLOGY *** Must come to FDLTCC campus for Lab portion of class***						
BIO 1060	20 Environmental Science (LECTURE) ***01 Environmental Science Lab***	Jay Sandal Jay Sandal	ONLINE FDLTCC Room186	1:00-2:40	T	4
BIO 1060	21 Environmental Science (LECTURE) ***2 Environmental Science Lab***	Jay Sandal Jay Sandal	ONLINE FDLTCC Room186	1:00-2:40	W	4
BUSINESS						
BUS 1001	90 Intro to Business	Don Carlson	ITV	6:00-8:45	T	3
BUS 1080	01 Personal Finance	Bryan Jon Maciewski	ITV	3:00-5:45	M	3
ENGLISH						
ENGL 1101*	03 College Composition	STAFF	ITV	2:00-3:15	TH	3
ENGL 1101*	20 College Composition	STAFF	ONLINE			3
ENGL1102*	20 Advanced College Composition	Maglina Lubovich	ONLINE			3
GEOGRAPHY						
GEO 1020	20 Cultural Geography	Elizabeth Jones	ONLINE			3
HISTORY						
HIST1051	01 American Indian History II	Richard Gresczyk	ITV	2:00-3:40	TH	4
MATHMEATICS						
MATH 1020	Beginning Algebra	Jana Anderson	ONLINE			3
MATH 1025*	Intro to Contemporary Mathematics	Connie Wappes	ITV	9:00-10:00	TH	3
PSYCHOLOGY						
PSYC 2002	01 Indigenous Psychology		ITV	10:00-10:50	MW	3

Leading Cause of Adult Injuries

Indi Lawrence, RN

Mille Lacs Band of Ojibwe Public Health Department

As we age with physical changes, health conditions and sometimes the use of medications, falls can become more likely. With winter fast approaching, the weather could contribute to a higher risk of falls. Falls can be prevented through simple strategies.

Physical activity can help prevent falls by improving strength, balance and coordination. If you feel you are unable to exercise, notify your primary care provider who may be able to recommend a monitored exercise program or a referral to a physical therapist.

Wearing sensible shoes can be a part of your fall prevention plan. It is recommended that wearing properly fitting, sturdy shoes with nonskid soles will promote safety. If possible, high heels, slippers and flip-flops should be avoided.

Making your home safe can help prevent a fall. Home safety is extremely important in keeping yourself safe from falls by cleaning clutter and securing or removing loose rugs. Using nonslip mats in the shower and tub can also contribute to a safer environment. Having adequate lighting and a lamp near your bedside for nighttime needs should be included in your fall prevention plan.

Winter-specific tips include planning extra time to get to your destination; you will be less likely to fall if you are not rushed. If possible, do not carry children or heavy loads. Keeping your hands free will help you maintain your balance. Choosing the right footwear with the greatest traction will enhance safety. If you find yourself on an icy patch, take short, shuffled steps, and do not be afraid to ask for help if there is a bystander. Immediate snow removal can reduce the formation of ice on your pathway, and for an added safety measure, apply ice melting granules.

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 myles.gorham@redcircleagency.com or call Myles at 612-465-0653.

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millelacsband.com



Heating, Water, and Maintenance Problems?

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

Free Hearing Evaluations

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

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