

OJIBWE INAAJIMOWIN

THE
STORY
AS IT'S
TOLD

JULY 2016 | VOLUME 18 | NUMBER 07



ANISHINAABEG ANNIVERSARY

25TH HINCKLEY POWWOW IS ONE FOR THE AGES

PAGE 7

Four traditional jingle dress dancers helped lead the Grand Entry at the Grand Celebration Powwow in Hinckley on June 18. Left to right: Rebecca Roberts, Karla Smallwood, Jenny Joseph, Shianna Smallwood. For a story on Karla, see page 11.

MOTHER AND
DAUGHTER
GRADUATE
TOGETHER

HHS ADDRESSES
CHRONIC
ADDICTION

LONG-TIME
EMPLOYEE
RECEIVES
HONOR

FORMER GANG
MEMBER
EARNS DEGREE

MESSAGE FROM THE CHIEF EXECUTIVE

MELANIE
BENJAMIN
CHIEF EXECUTIVE



Aaniin, Boozhoo! June was a month filled with conferences and learning opportunities for Band members. As I write this column, we just finished our Circle of Healing and Strength Conference at Grand Casino Hinckley. This was the first of two conferences my office is hosting this summer to find community-based solutions to the drug crisis that has impacted our community. It was well attended by Band members from all ends of the spectrum, including people in recovery, those still struggling with addiction, family members, and providers. Information was shared about the science behind addiction and new medical approaches were shared. Attendees were very interested in the presentation by tribal police and had many questions about law enforcement. The second conference will be held at Grand Casino Mille Lacs later this summer, and will focus more on the cultural aspects of solutions, prevention and recovery.

Earlier in the week, I attended the Leadership Conference hosted by the Corporate Commission at Grand Casino Hinckley. This was an outstanding conference attended by people from all over the country, representing many different governments and industries. The focus was on “servant leadership,” a business philosophy spreading throughout corporate America. Servant leadership means putting the needs of others first and yourself second, and is based on values such as compassion, respect, humility and courage rather than just making money. While this philosophy is new to corporate America, it is actually based on our age-old Anishinaabe cultural teachings. So apparently corporate America is just catching up to us!

On June 7–8, we held our annual Elder Abuse conference, and on June 15–16 we hosted the statewide Wisdom Steps Conference, which was one of the best conferences I have ever attended. One common theme was that our elders have a right to live out their lives in dignity, safety and in wellness.

I want to close by updating you about one recent development. By now, many Band members have heard that Mille Lacs County voted to terminate our mutual aid law enforcement agreement effective on July 21. This agreement enabled our 32 full-time tribal police officers to enforce state law in the northern portion of the County and assist and respond to 911 calls placed by our non-Indian neighbors in addition to Band members.

The County’s decision to end this agreement does not deprive the Band of law enforcement authority. As a sovereign Nation, the Band has inherent authority under federal and tribal law to protect Band members and other Indian people without needing an agreement with Mille Lacs County. “Inherent tribal sovereignty” means our right to be self-governing from time immemorial — we always had that right and will always have it. The Band also retains significant law enforcement authority under State law without the agreement with Mille Lacs County, and has a separate law enforcement agreement with Pine County that remains in full force and effect.

You should also know that Mille Lacs County is required to provide law enforcement service to all citizens of Mille Lacs County, including Indian and non-Indians on the reservation, and we expect them to fulfill that obligation. Unfortunately, the County’s decision to end the law enforcement agreement may hurt our non-Indian neighbors and friends by denying them swift response from tribal police when help is needed. It may also hurt all Mille Lacs County taxpayers. Some have estimated it could cost the County an additional \$2.7 million per year to replace the service our officers currently provide to all Mille Lacs county citizens.

A separate article in this paper explains the history behind this development, but the short description of what happened is this: In 2013, the Band applied to the federal government under the Tribal Law and Order Act (TLOA) to get help we desperately need to fight violent crime on the reservation. Mille Lacs County informed the federal government that it **objected to our application because it encompassed our entire reservation, claiming that our reservation no longer exists.** Although the federal government had repeatedly concluded that our reservation remains intact, in response to the County’s objections it undertook a new analysis of the issue. At the conclusion of its research, federal officials issued an “M Opinion” affirming the long-held position of the United States that our reservation has always existed and always will. Despite what the County is now saying, the Band did not request the M Opinion. In fact, **it was the County’s own actions that resulted in federal attorneys writing the M Opinion.** By objecting to our application, the County played politics with our efforts to get federal help for law enforcement, and is now

playing politics with the public safety of its own citizens.

There are a number of things to keep in mind. First, under the laws of Minnesota and Public Law 83-280, the State and the County have a legal obligation to provide law enforcement services to all Minnesotans within their jurisdiction — this includes all parts of the Mille Lacs Reservation. Second, the Tribal Police Department will continue to protect Band members under the inherent sovereign powers of the Band. Third, because of our agreement with Pine County and several provisions of state law, our officers will continue to be a recognized law enforcement entity in Minnesota. Fourth, the Federal Tribal Law and Order Act will become effective at the beginning of next year. This means for certain major crimes, persons accused of crimes might be tried in Federal court and face a Federal prison sentence. This will be a limited number of crimes — and was put in place to curtail the gangs, the violence and the drug problem on the Reservation.

The meaning of all this is that Band members will continue to have police protection. The State, the Band and now the Federal government are protecting the homes, property, Elders, children and all Band members and non-Band members. The County action, outside of costing County taxpayers more money, will have no impact on Band members. The only persons who may be harmed are non-Indians in the Northern part of the County and the taxpayers of the County, which will have to come up with the money to replace tribal law enforcement for non-Indian citizens.

Mille Lacs County is playing politics with the lives and pocketbooks of its own citizens, and unfortunately County citizens will pay the price. As always, the Mille Lacs Band of Ojibwe has kept its word. Mille Lacs County is breaking their word to us. But this time, the only people they are jeopardizing are our non-Indian neighbors and friends. We will continue to keep Band Members informed and safe. Miigwech!



A Special Day

Nay Ah Shing Upper School students celebrated graduation with their families and friends June 2. Pictured are Valedictorian Brittany Eagle, Shawntel Jellum, Edward Nadeau, Aaron Nayquonabe and Tehya Wade. They were inspired by speeches from Chief Executive Melanie Benjamin and Deputy Administrator of Education Ed Minnema, and they gave their own speeches in Ojibwemowin. They presented roses and blankets to their loved ones, and they were treated to a wonderful dinner by the school’s nutrition program staff. Counselor Heather Sasse was Master of Ceremonies, and Principal Noah Johnson and School Board Member Semira Kimpson presented diplomas.



Job Well Done

Nay Ah Shing fifth-graders were honored at a graduation ceremony June 1. Chief Executive Melanie Benjamin was the guest speaker, and Principal Jane Harstad, teacher Bambi O’Hern and Deputy Administrator of Education Ed Minnema offered their congratulations. Photo by Bill Jones.

Mille Lacs County Board Votes to Terminate Law Enforcement Agreement

Mille Lacs County is once again attempting to undermine the Band's sovereignty and question the status of the 1855 Reservation.

The Mille Lacs County Board of Commissioners passed a resolution on June 21 revoking the law enforcement agreement that addresses the manner in which the Tribal Police Department executes law enforcement services under Minnesota law. The termination of the agreement will be effective July 21.

Solicitor General Todd Matha said the action means that state criminal arrest authority will largely fall on the State and County. He expects them to "fulfill their obligations to provide robust law enforcement services on the Reservation regardless of the status of the cooperative agreement, and to provide equal protection to all of the Reservation's residents and visitors."

Matha assured Band members in all districts that "[t]here will be absolutely no impact upon the provision of tribal law enforcement services."

He said the resolution appears to be an attempt by the County to once again deny the boundaries of the Mille Lacs Reservation. "This is not an appropriate or productive way to address those issues," Matha said.

Ironically, the County's resolution accuses the Band of using the criminal justice system "as a tool to address boundary issues."

Chief Executive Melanie Benjamin agreed with Matha that the action appears politically motivated. She also reassured Band members that "the level of law enforcement services will remain stable and be unaffected."

She and Matha both said Tribal Police officers will exercise their authority under Federal and Tribal law if no agreement is reached in 30 days. In addition, Matha believes Tribal Police officers will retain significant law enforcement authority under State law, notwithstanding the County's revocation of the law enforcement agreement. The Band has a separate agreement with Pine County, which will not be affected by Mille Lacs County's action.

"Unfortunately for our non-Indian neighbors," Melanie said, "the majority of any negative impact from the County's actions will be felt by our friends who have come to rely upon and value the swift response of Tribal police in the northern portion of Mille Lacs County."

The County's resolution lists several reasons for terminating the agreement:

- The Band's attempt to modify Minnesota Statute, section 626.90, which establishes the authority of the Tribal Police Department to enforce state law. "These changes were focused on allowing the Mille Lacs Band of Ojibwe's law enforcement authority to continue whether or not a cooperative agreement existed in Mille Lacs County," the resolution states.
- The Band's ability to self-refer cases to the U.S. Attorney's Office under the Tribal Law and Order Act, which would "be a direct violation" of the law enforcement agreement.
- The Band's participation in an Intertribal Violent Offenders Task Force Joint Powers Agreement under its "inherent tribal authority," which the County says violates state law.
- The Band's alleged "exercise of law enforcement authority outside of its jurisdiction" and "failure to cooperate and coordinate with the Mille Lacs County Sheriff's Office, which has jurisdictional authority throughout all of Mille Lacs County" according to Public Law 280.

Matha said that none of these reasons has merit. Nothing in the agreement prevents the Band from seeking changes in State law or from exercising its authority under federal law – whether by referring cases to the United States for prosecution, participating in an intertribal task force, or exercising its inherent law enforcement authority within its reservation. In each case, the County is objecting to the Band's initiatives to improve law enforcement for the benefit of all reservation residents. The objections are rooted in the County's desire to control the Band's law enforcement activities, deny the Band's inherent sovereign authority and disestablish its reservation, not a good faith dispute regarding the Band's compliance with the existing agreement.

The County resolution concludes that "the relationship between Mille Lacs County and the Mille Lacs Band of Ojibwe regarding law enforcement is no longer cooperative" and "no longer serves the interest of public safety for the benefit of all residents in Mille Lacs County." However, according to Matha, the County has been threatening to terminate the agreement since it was first informed that the Band would be applying for concurrent federal criminal jurisdiction on the reservation.

The County requests that the Band cooperate with an audit of the Tribal Police Department's evidence room and turn over all contents to the Mille Lacs County Sheriff's Office prior to the termination of the agreement. Matha said that the Band objects to the request for an audit.

Boundary dispute

The resolution also states that "Mille Lacs County rejects the conclusions of the M-Opinion and the Mille Lacs Band of Ojibwe's use of the criminal justice system to address the disputed boundary of the Mille Lacs Indian Reservation."

Last November, the Office of the Solicitor of the U.S. Department of Interior released Solicitor's Opinion M-37032, a legal opinion concluding that the 1855 Reservation boundaries are still intact, contradicting claims by the State and the County that the reservation was diminished and disestablished by subsequent treaties and laws.

The opinion presents a detailed analysis of the facts and concludes that the Band and Federal position is correct.

The M-Opinion was prepared as part of the federal government's January decision to grant the Band's request for federal law enforcement help under the 2010 Tribal Law and Order Act.

The County's obsession with the boundaries, which have little effect on non-Indian residents of the County, led to a lawsuit filed in 2001 by the County against the Band. The suit was ultimately dismissed (after the County and Band spent over two million dollars on the case) because the County could not show it had been harmed in any way by the Band's position regarding the boundaries.

The County's resolution says the Band "deliberately withheld" the M-opinion for five months, even though the opinion was made available to the public in January on the website of the Interior Department.

Stories on the Band website and in the Inaajimowin, which are available to the public, made reference to the TLOA decision and the M-Opinion, as did posts on the Band's social media sites beginning in January.

According to Band Solicitor General Matha, the County Attorney indicated that he was aware of the M-Opinion in February, and the scope of the TLOA decision was specifically discussed at a meeting that month. A direct link to the Opinion was provided on the Band's website and in the Inaajimowin in May.

Noting that the county has spent millions of dollars employing private attorneys to fight nearly everything the Band does, Chief Executive Melanie Benjamin remarked, "My responsibility is to Mille Lacs Band Members. At the State of the Band Address in January, I told nearly 1000 Band Members about this development in detail. It is not my job to assist their attorneys in monitoring public documents for Mille Lacs County."

Another example of irony: It was the County's objection to the Band's position regarding the reservation boundaries in the Band's Tribal Law and Order Act application that led to the cre-

ation of the new M-Opinion. (To read or download the opinion, go to <https://solicitor.doi.gov/opinions/M-37032.pdf>)

Impact

The termination of the agreement will have major ramifications for the Tribal Police, according to the County resolution. In essence, the County claims that "the Mille Lacs Band of Ojibwe shall not have the powers of a law enforcement agency."

Attached to the County's resolution is a long list titled "Transitioning of Tribal Law Enforcement Agreements," including the following:

- Tribal Police will no longer have access to the Criminal Justice Information System Data Exchange or other criminal tracking and analysis data.
- Tribal Police will need to deliver all government records under the Minnesota Government Data Practices Act to Mille Lacs and Pine counties.
- Tribal Police will no longer have access to Automated License Plate Reader data.
- Tribal Police will no longer have a Mutual Aid agreement with the County and other law enforcement agencies.
- Tribal Police will no longer have access to ARMER, the statewide emergency radio network.

However, Matha pointed out that the County's position disregards applicable provisions of state law, the Pine County agreement, and the Band's inherent law enforcement authority under federal law.

Mille Lacs County Attorney Joe Walsh told the Mille Lacs Messenger on June 21 that the County's decision was "the inevitable result of a series of decisions made by the Mille Lacs Band of Ojibwe." He said he would do all he could to try to put together a new law enforcement agreement.

In May, Walsh told the Inaajimowin that he hoped the County and Band were at "the beginning of a new chapter of our relationship that will continue to improve for our mutual benefit."

He referred to the "acrimonious" history between the County and Band and said, "I am convinced that neither party will be able to achieve its goals until we put this history behind us and work toward achieving common goals together."

Historical background

The law enforcement agreement was required by Minnesota Statute, section 626.90, as a condition for the Band to appoint peace officers under state law. It was passed in 1991 by the State Legislature as an alternative to retroceding State criminal jurisdiction within the reservation to the United States. The statute applies throughout the Band's trust lands and the entire 61,000-acre Mille Lacs Reservation as established by the Treaty of 1855.

Because Minnesota is a Public Law 280 state, the state has criminal jurisdiction on reservations, with the exception of Red Lake and Bois Forte.

The agreement functioned well until 2007, when the Band pulled out of the agreement because the county was demanding to see all Tribal Police reports — not just those involving enforcement of state law.

The Band said its officers could enforce Band law throughout the 61,000 acres, but the County said it could not.

A new agreement was signed giving the county attorney responsibility for prosecution of any person arrested by Band officers under section 626.90, but conceding that tribal police may act independently of section 626.90, and that in those cases, no report to the county attorney is required.

The agreement also allows tribal police to forward any report to the Band's chief of police or solicitor general, and it does not "authorize, govern or limit the Band's exercise of its own law enforcement authority or the Band's prosecution of any crime or traffic offense within its prosecutorial jurisdiction."

At the time, county negotiators, including Commissioner Frank Courteau and private attorney Randy Thompson, called the agreement "fragile." Courteau, who has since left the area, said, "It may last 10 minutes and it may last 10-plus years."

National News Briefs

Against Abuse: In a unanimous decision, the US Supreme Court ruled that convictions in tribal courts can be used against domestic abusers in state and federal trials. The ruling in *U.S. v. Bryant* is an important step in helping protect Native women from abuse and is also an important reaffirmation of tribal sovereignty. Native women and girls are two and a half times more likely to be sexually assaulted by a partner than their non-Native counterparts; this decision strengthens laws designed to prevent that abuse such as the Violence Against Women Act and the Tribal Law and Order Act.

Artifacts Protected: More than 700 archaeologists have signed a letter to President Obama urging him to designate a Bears Ears National Monument in Utah. The Bears Ears region is America's most significant unprotected cultural landscape famous for its preserved back-country cliff dwellings, rock art panels, surface sites, artifacts, and Native American burials. A coalition of five sovereign tribal nations proposed a 1.9 million-acre national monument that would honor Native American connections to the land and protect cultural resources. Currently, grave robbing, looting, and serious damage continues at Bears Ears because there is no bill in Congress to protect it. The letter urges Obama to create a national monument if Congress fails to pass meaningful laws to protect the area.

Trust Reform: Congress just passed a bill, the Indian Trust Asset Reform Act, that enables tribes to take greater control of their trust funds and trust assets. The bill also establishes an Under Secretary for Indian Affairs to oversee all Indian programs at the Special Trustee for American Indians department. This is the first major trust reform bill to clear Congress since 1994, and comes after tribes and tribal organizations have advocated for change.

Gridlock Broken? In the last two months, Senator Al Franken and fellow members of the Senate Committee on Indian Affairs have been moving quickly on a number of important pieces of legislation. In contrast to the House Subcommittee on Indian, Insular and Alaskan Native Affairs, which has held only two hearings since January, the Senate committee has sent 11 bills to the Senate floor. While nothing has cleared the official chamber yet, Sen. Jon Tester, vice chairman of the committee, says they are a sign of moving Indian Country forward.



History Week

Sierra Edwards and Chris Gahbow demonstrated Anishinaabe dance and music as part of Brainerd's History Week (see page 5).

Ne-la-Shing Clinic Participates in COAT

Ne-la-Shing Clinic in District I has joined other regional healthcare providers by adopting Chronic Opioid Analgesic Therapy (COAT), a program designed to treat people with long-term dependency.

Opioid addiction has become an epidemic not just on the Mille Lacs Reservation, but across the region and the country. Among the effects have been overdoses, babies born addicted to opiates and a rising number of children in foster care. Burglaries and other crimes are also attributed to desperate action taken by addicts seeking money or drugs.

According to Ne-la-Shing Medical Director Dr. Donald Gunderson, COAT is a cooperative effort among providers in the area to collectively deal with the opioid crisis in our midst. Right now, the medical centers involved are in the initiation phases of this effort.

"One of the initial goals of the program is that of the training and education of providers in so far as the latest information on opioids and their use," said Dr. Gunderson. "Some of the recent findings tell us that the long-term use of opioids for chronic, benign pain may result in rather modest benefits, but at a significant risk to safety to the individual using them."

Dr. Gunderson emphasizes these principles apply to the use of opioids for chronic, benign pain, not pain resulting from malignant disease (cancer).

Recent data, for example, reveals that:

- The chronic use of opioids for chronic, benign pain results in a significant risk of addiction, particularly at higher doses, but also in lower doses in some cases.
- In some cases, it has been shown that the long-term use of opioids actually results in an increase in the pain level, not a decrease.
- At higher doses, the risk of overdose and death increases substantially. There are reported instances of death for no apparent reason in people using high doses of opioids, even if they are used responsibly as they are prescribed. There have been cases such as this reported in our area.

Other aspects of this educational effort will include:

- The use of evidence-based guidelines for the use of opioids for chronic, benign pain.
- A recognition that opioids are, in many cases, not effective

in the long-term treatment of non-cancer pain and may, in fact, be deleterious (may cause harm) over the long-term.

- A recognition of those conditions for which chronic opioid therapy is not indicated. These include headaches, fibromyalgia and even chronic low-back pain.
- A recognition of the long-term side effects and toxicities associated with chronic opioid therapy.
- A recognition of the public health consequences of the use of chronic narcotic therapy for benign pain. These include addiction, diversion of drugs, and an increased use of other illicit drugs in the community, usually heroin at the present time.

Out of this educational effort, Dr. Gunderson anticipates that standard protocols for the use and monitoring of opioids will be adopted and used by the participants in COAT across the region. Some examples of these protocols may include:

- The development of limits in the dosing of opioids beyond which providers will not prescribe.
- A recommendation for an increased use of multi-disciplinary pain management clinics for those individuals where management of the pain is more difficult.
- For new pain patients a more limited use of opioids and, when they are used, they will be used in lower doses.
- An increased use in other alternative pain medications and adjunctive methods in pain therapy (physical therapy, massage therapy, acupuncture and others).
- In established patients who are on programs of higher doses of opioids, the institution of tapering programs so as to achieve safer dose levels.

"These and other protocols will be developed and adopted by all of the participants in the program," Dr. Gunderson said. "Thus, it will address abuse of opioids by preventing individuals from going from one provider to another ('doctor shopping'). The providers in our area will be following the same guidelines."

Dr. Gunderson envisions ongoing cooperative efforts such as these between medical providers in the area. "We believe that this may be one effective tool to address the opioid crisis that we all face daily now," he said.

Family Services in Need of Foster Homes

The nationwide opiate crisis has resulted in a severe shortage of foster homes around the Mille Lacs Band communities. The number of children needing foster care has increased dramatically, and the number of foster families has not kept pace.

Employees of the Family Services Department have issued the following plea to families to consider opening their homes to needy children.

It takes a community to raise a child. Right now, we need the community to come together to provide foster homes for our children when they enter foster care.

We are experiencing a great need for foster homes due to the drug epidemic sweeping our nation. Children and families need our love and support.

During this difficult time the children need us to keep them immersed in their community, culture and family. The children and their families depend on us to keep them together and to provide support to their parents.

We need families to come forward to provide safe homes. Our ultimate goal is reunification. We need foster homes that

can support foster children and their families in that reunification effort.

To become a foster home, all household members must be drug free and must not have had a chemical use problem within the last two years. They need to be able to love foster children and care for them like they are their own.

Each adult household member needs to submit to an Adam Walsh Background Check. Disqualifications include felony level drug and alcohol charges from within the last five years and felony level physical assault and battery charges from within the last five years.

Other disqualifications include any felony level child abuse or neglect, spousal abuse, sexual assault, homicide, or a crime against a child.

If you have any questions, please do not hesitate to call Rachel Boyd, Foster Care Supervisor, at 320-630-2663.

Miigwech,
Rachel Boyd
Foster Care Supervisor

Do you have a photo to submit to Ojibwe Inaajimowin? Email it to myles.gorham@redcircleagency.com or brett.larson@millelacsband.com or call Brett at 320-237-6851.



District I Voters Re-elect Representative Sandi Blake

Sandi Blake, who has served as District I Representative since 2008, will remain in office for another four-year term. On June 14, District I voters cast 201 ballots for Blake and 99 for her challenger, Ginger Weyaus.

"For my family, friends, and community, I want to offer my most humble and gracious Miigwech for all of the support in the election," Sandi said. "I could not have done it without everyone who pitched in and came out and voted. Miigwech for your belief in me. I will continue to work hard for Band Membership, and let's go forward together and continue to make our reservation a great place to live."

Sandi and Ginger were the top two finishers in the April primary. Chief Executive Melanie Benjamin won re-election in the primary by garnering over 50 percent of the vote.

In her campaign, Sandi stressed her experience and record of accomplishments while pointing out that in Band Assembly, you need to be able to work as part of a team. "One member is seldom responsible for any accomplishments without support from the rest of the Assembly," she said.

Some of the projects that Sandi was a part of were the creation of the Elder Supplemental Income Program, ensuring that Elders would always have some financial stability, and the establishment of Minobimaadiziwin (Budget Host) Hotel to help deal with homelessness on the reservation. Dollars were also appropriated to the Department of Labor so that jobs could be developed for those who wish to join the workforce. Early Education was expanded through the appropriation and construction of the new Wewinabi building to be able to take great

care of our Abinoojiiyag and their education.

She also spoke of the need to educate children about the dangers of drug use and the importance of language, culture and spirituality. She expressed support for caregivers and community policing and worked with committees to amend various policies.

Other tribes

The Fond du Lac Band elected Kevin Dupuis Sr. as their new chairman, replacing Karen Diver, who was appointed to a post at the White House. He received 622 votes to 442 for Wayne Dupuis.

At White Earth, Terrance "Terry" Tibbetts defeated Melinda (Mindy) Iverson 1,279 to 674 in the election for Chairperson. Eugene (Umsy) Tibbetts defeated Barbara Fabre 485 to 415 for District III Representative.

Travis Morrison won the race for Bois Forte District I Representative with 53 percent of the vote over Karlene Chosa with 47 percent. Cathy Chavers won the Chief Executive election in April by winning over 50 percent of the primary vote. She defeated incumbent Kevin Leecy.

The Leech Lake elections for tribal chair and District III Representative were both decided in the April 5 primary, with Faron Jackson Sr. winning the race for chair and Leroy Fairbanks elected District III Representative.

Incumbent Norman Deschampe was reelected Chairman of the Grand Portage Band with nearly 75 percent of the vote. Vice-Chair Janice Spry was reelected in the primary April 5.

State and Local News

History Matters: During Brainerd History Week, members of the Brainerd community learned about an important part of Ojibwe culture. Mille Lacs Band member Jamie Edwards and his daughter Sierra presented on the tradition of jingle dresses at Brainerd High School. Sierra Edwards demonstrated the jingle dress dance alongside drumming and singing, and then answered questions about the dress and about Ojibwe culture in general at the schoolwide assembly. This was an important moment of sharing about the Ojibwe culture to the surrounding community.

Offensive Art: A long-running fight about art at the State Capitol is nearing a conclusion. The Capitol Preservation Commission's subcommittee on art, a group of 15 academics and members of the public, have been debating what to do with nearly 150 pieces of art at the Capitol. The pieces incite emotional debate between those that want to preserve the Capitol as it was, and those that think the building's art — particularly the way it portrays Native Americans — needs to be updated. Altering the Capitol's art would be an opportunity to change the way Minnesota presents itself and its history to the public — a history that was previously depicted and created by white men. The recommendations are expected from the subcommittee in the coming weeks.

It's a Deal: The ongoing legal dispute between the Fond du Lac Band and the City of Duluth has finally been resolved. The settlement calls for the Band to pay the city \$150,000 a year in exchange for dropping the litigation over whether it's entitled to a portion of the casino's revenues. The casino employs 235 people in downtown Duluth. This deal provides stability for those employees and creates opportunities for job growth in the future; it's also an agreement that respects the sovereignty of the Band. The deal was announced by Duluth's new Mayor, Emily Larson, and interim chairman of the Fond du Lac Band Wally Dupuis.

Veteran's Victory: David Danielson, a member of the Fond du Lac Band of Lake Superior Chippewa, has been honored for his military service and given military benefits 41 years after they were due. Danielson served with U.S. Marines in Cambodia. After his service, he spent years of writing the Department of Defense in an attempt to rectify the errors on his paperwork, finally turning to Minnesota Congressman Rick Nolan with a letter as a last resort. It's a common oversight for Native Americans to not receive appropriate recognition for their service. The ceremony highlighted the importance of recognizing Native Americans and their important role in U.S. military service.

Working Together: In mid-June, representatives from the region's federally recognized Native American tribes met with leaders from Camp Ripley to discuss projects and developments of the Minnesota National Guard. The National Preservation Act requires federal agencies to take into account the effects of their work on historic properties and provide tribes the opportunity to advise and make comments on the projects. Discussions ranged from military training to forest and wildlife management to conservation and future projects, concluding with a tour of the Bois Forte Heritage Center and Museum.

Band Helps Protect Bird Species

When Wildlife Biologist Kelly Applegate came to work for the Mille Lacs Band DNR 10 years ago, one of his duties was to conduct bird surveys on all of the Band's properties.

His identification skills are now paying off for a small bird called the golden-winged warbler.

Kelly knew their population was declining, and as he conducted his surveys he realized that certain Band properties had dense populations of the colorful songbirds.

As the males return to their breeding grounds each spring at a 3,000-acre parcel the Band owns in Morrison County, Kelly can hear the "bee-bzz-bzz-bzz" of a male singing every hundred yards.

He realized that the Band had the opportunity to enhance habitat on behalf of the warbler, which would help to strengthen their population.

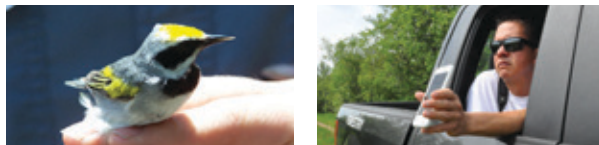
The Band is teaming up with the Natural Resource Conservation Service (NRCS) to come up with a plan. This will involve harvest of certain stands of trees to promote new growth of aspen among scattered taller, older trees — the kind of setting where golden-winged warblers prosper.

The golden-winged warbler winters in Central America and northern South America and breeds in the eastern United States. They prefer "early successional habitats" which have declined due to forest regeneration, changes in agriculture and forestry practices, and development.

According to the Cornell Lab of Ornithology, they have one of the smallest populations of any bird not on the Endangered Species List, which indicates just how rare they are. They are threatened by breeding-ground habitat loss, wintering-ground habitat loss, and hybridization with the blue-winged warbler, which has increased due to climate change.

Their population has declined 66 percent since the 1960s, and the Appalachian population has fallen by 98 percent. They have disappeared from much of their former range. Minnesota, Wisconsin and Manitoba now harbor the strongest remaining breeding populations.

Kelly will work with Jake Horbacz, the Band's forester, to



Left: Golden-winged warbler populations have declined dramatically since the 1960s. Photo by Walt Ford. Right: During surveys, wildlife biologist Kelly Applegate sometimes uses recordings to attract birds.

determine where and how to expand golden-winged warbler habitat.

A 'national park'

Kelly conducts annual bird surveys of Band lands by slowly driving the roads of the parcel, eyes peeled for movement, and ears tuned to bird songs. Sometimes he plays recordings that attract birds, like the sound of a screech owl being mobbed by songbirds, which tends to bring various birds out of hiding to join in the effort to chase the owl away. By that method Kelly has found uncommon species like black-backed woodpeckers breeding on the property.

The 3,000-acre parcel is used by Band members who hunt and trap, but also to monitor the health of the central Minnesota region. Kelly also conducts small mammal surveys, which help him estimate their populations as an indicator of the health of the forest.

He's seen wolves, bears and bobcats on the property, as well as mountain lion tracks. Other species like deer and snowshoe hares are thriving, but Kelly is concerned that climate change may be affecting the snowshoe hare. The hares' white winter coats make them stand out to predators when spring comes early, making them more vulnerable than ever.

"National governments have National Parks," said Kelly, as he leaned out the window listening for bird calls. "This property is kind of like the Mille Lacs Band's national park. We're able to conduct studies here to make sure we're protecting the land for future generations."

Fronk Receives V.F.W. Emergency Technician Gold Medal Award

Monte Fronk, who has served the Mille Lacs Band community for 25 years, was honored by the Veterans of Foreign Wars (VFW) June 11 with the Emergency Medical Technician Gold Medal Award.

Monte was nominated by Jake Shetka, Commander of the Isle VFW. The award, which was presented at the VFW state convention at Grand Hotel in Rochester, reads as follows:

"In recognition and utmost appreciation of his dedication and selfless service to the Mille Lacs Band Tribal Police Department. During Monte Fronk's outstanding career, he has demonstrated a record of extraordinary and courageous service to the community and the nation. His exceptional devotion is illustrative of the esteemed core values and traditions of the profession of emergency responders, further evidenced by the high degree of admiration and respect from both his peers and the local public he serves. Coordinator Monte S. Fronk is truly a premier example of all EMTs and this honor reflects the proudest ideals and values of the Veterans of Foreign Wars of the United States."

Monte said he was humbled and honored by the award because it showed that a small VFW can have its nomination selected.

He gave credit to his mentors in the EMS, police and the fire services who showed him the importance of serving and living in the community they served.

"My mentors have always been that way," said Monte. "They served and responded to all calls for service day or night whether for someone who just needed a listening ear or to save life and property. They also knew the importance of being active in their communities by being a member of a sports league or serving on boards, coaching or scouting to show they can get along with people who they come in contact with on the job as well as when they are off duty. That was a gift I had, to learn that that's what we're supposed to do.

Monte said he has tried to serve by following the Teachings of the Seven Grandfathers, which Elders and Tribal leaders have passed down in stories and modeled in their lives.

"I also recognize how fortunate I have been to work under the leadership of such nationally known, honored and respected leaders as former Chief Executives Art Gahbow, Marge Anderson and now Chief Executive Melanie Benjamin, who always reminds us as employees to remember the humble beginning of the Mille Lacs Band Government."

Monte noted that the Band has come a long way since the days of the original brown metal Tribal Government Center building, the community center, which became the first Nay Ah Shing School, and the original clinic.

Monte was on duty the night the casino opened at Mille Lacs and remembers the wood chips that they put down on the ground to help the cars. He also remembers many of the events recounted in David MacArthur's book "The Day the Water Tower Froze."

In his characteristic way, Monte — as a Chiminising resident — was just as happy for Jake Shetka as he was for himself. "Jake is very proud that his nomination from our little community was accepted," Monte said. "It's nice to see that it's not always the big city VFWs that have their nominations accepted."

According to the VFW, "the award is presented so that those brave and honest men and women in the field of emergency service might know that their dedication and good will are appreciated. And, we also hope, that by making such an award, our fellow citizens will be reminded of the special efforts and sacrifices made by this nation's many emergency medical technicians."

Monte pointed out that Emergency Medical Responders and EMTs owe a lot to those military medics, corpmen, and PJs (pararescuemen) who bring what they learned on the battlefield into the civilian world, introducing new methods to help those in need of medical attention. He's proud of the way the Band honors its ogichidaag and ogichidaakweg, especially knowing that many of them were combat medics in WWII and Vietnam.

The criteria for the award are as follows:

1. Recognition by colleagues of their service, whether that service be one of quiet dedication or one achieving wide publicity, to the best and highest interest of the nation and the

community;

2. Unswerving loyalty to, and active performance in, the defense, safety and security of the nation's citizens; on a full-time or a volunteer basis;

3. Dedication to their official responsibilities over a period of years and continuous growth in responsibility and experience, not only in fields within fire or emergency safety but in those fields which safeguard the community, the state and the nation.

The VFW website states, "The Veterans of Foreign Wars of the United States, in presenting the awards to the Public Safety Community, appreciates the fact that there are many members of the community throughout the nation who meet these rigorous standards. It is our hope that by granting this distinguished award, the Veterans of Foreign Wars of the United States will call national attention not only to the dedicated services of the recipient, but to all those other deserving who share the attributes and accomplishments for which the Gold Medal Award represents."



Monte Fronk was given the Emergency Medical Technician Gold Medal Award at the VFW state convention in Rochester June 11 by Gary Kurpius, VFW Past National Commander-in-Chief (left) and State Commander Duane Hermanson (center).

Band Hosts Two Conferences for Elders in June

Elders were the focus of two conferences hosted by the Mille Lacs Band in June: an Elder Abuse Educational Conference at Grand Casino Mille Lacs June 7 and 8 and a Wisdom Steps conference at Grand Casino Hinckley June 14–16.

The Elder Abuse Education Conference was organized by the Elder Services Program, led by Elder Services Coordinator Denise Sargent.

The conference began with an opening prayer by Joe Nayquonabe, an Honor Song by Timber Trails, and welcoming remarks by Health and Human Services Commissioner Sam Moose and Chief Executive Melanie Benjamin.

The keynote speaker was Fran King, who works with the Minnesota Chippewa Tribe's Area Agency on Aging.

Breakout sessions covered five topics: Dementia, and Strategies for Caregivers Support by Susan Lyback; Boundaries, Tough Love and Holding Families Accountable, by George Goggey; Power of Attorney, Scams, and Living Wills, by Band Member Legal Aid; Reporting Abuse, Co-dependency, Cost of Looking the Other Way, by Denise Lindquist; and Drug Abuse, by Michale Reyes and Patty Bittner.

The conference culminated with an Honor Our Elders Powwow on Wednesday, June 8, from 1 to 4 p.m. (see page 16).

Wisdom Steps

The Wisdom Steps Conference brought Elders from around the state to learn and celebrate healthy lifestyles. The event included healthy activities, education, a fashion show, prizes and awards.

Each year, as part of the conference, Elders are recognized for participating in health screenings and completing one of three activities: attending a health fair, doing routine exercise or participation in an organized walk.

The conference offered numerous educational opportunities with vendor booths from organizations including the Social Security Administration, the Mille Lacs Band Family Violence Prevention Program, the American Association of Retired Persons, the Indian Health Service, Veterans Affairs, the National Indian Council on Aging and the Minnesota Board on Aging.

Workshops were held on Sacred Tobacco, Healing Touch, Eye Health and Mouth Health. Vendors sold arts and crafts and clothing throughout the conference.

At the Awards Ceremony on June 15, Joe Nayquonabe gave the invocation, and Swamp Nation played a Flag Song.

Attendees were entertained by comedian Jeff Gerbino prior to dinner. Also addressing the crowd were Wisdom Steps Chair Marie Spry, Minnesota Board of Aging Chair Don Samuelson,

Executive Director Kari Benson and American Indian Elder Desk Liaison Paulette Baukol.

Chief Executive Melanie Benjamin addressed the conference earlier in the day.

Ferninand Martineau of the Fond du Lac Band was given the Alan Allery Award by Chris Allery.

After dinner, Barb Benjamin-Robertson, who has been on the Wisdom Steps board since the group was founded, led a Round Dance while Swamp Nation played.

Wisdom Steps is a program to help Native American Elders decide how they want to obtain and maintain optimal health. Wisdom Steps provides tools and education, and Elders volunteer to participate and are recognized for their efforts.

Wisdom Steps began in Minnesota in 1999 as a partnership among the eleven Minnesota Indian tribes, three urban areas (Minneapolis/St. Paul, Duluth and Bemidji) and the Minnesota Board on Aging.

Wisdom Steps encourages Elders to take simple steps toward better health. Activities such as participating in health screenings, attending a health education class, or enjoying a healthy living activity are promoted.

Elders learn that the path to health is easy and can be walked by visiting with a physician and setting a personal health goal like losing weight or stopping smoking.

Silver Anniversary for Grand Celebration Powwow

The dancing was spectacular, the regalia magnificent, the music inspiring, the fry bread delicious and the weather ideal (well, maybe a little warm). All-in-all, visitors to the 2016 Grand Celebration Powwow at Grand Casino Hinckley June 17–19 witnessed what has made the powwow a can't-miss summer event during its 25-year history. Howah to the great team of organizers who made the Grand Celebration a success.



Tonight He Travels Without Me

Arne Vainio, M.D. Guest Writer



George Earth and I traveled across Minnesota and then across South Dakota so I could speak at a conference a couple of years ago. I was supposed to fly, but George told me he always wanted to see the Black Hills, and at 79 years old, he didn't

think he had many chances left.

We took turns driving and spent the better part of a day in the Black Hills of South Dakota. We crossed the big sky country of Wyoming on the way to the Wind River Mountains, and George told me stories about growing up, about boarding school when he was young and being released from school to pick potatoes with his parents in the huge potato fields of North Dakota. He told me stories of traveling all day on muddy roads with his dad's Model T and his mother holding a kerosene lantern for heat and for the lights for the car. His dad put tire patches over other tire patches, and even as a kid George was good at helping change tires. A good used inner tube was four dollars, and one with only a few patches was two dollars.

His dad always got the two dollar one.

"The old people used to tell stories when the sun went down in the winter. It was still early, and the kids would be in bed and the elders would tell creation stories in Ojibwe and they never spoke English when they told those stories. They could only be told in Ojibwe."

One time he worked as a lumberjack on an island for a whole summer, and he got paid over three hundred dollars and he bought a black Ford convertible with a white top. He and a friend got all dressed up and drove to a town close to the Canadian border. "Some girls started flirting with us and they got into the car and we were riding around. Some of the guys in that town didn't like that, and they followed us, so I turned into an alley and I couldn't turn around. There were too many of them and they beat us up. When I came to, the tires on my car were slashed, all the spark plug wires were gone, and I didn't have enough money to fix the car. I had to leave the car at a garage and we agreed to go into another logging camp and I had to cut wood for 3 months again before I had enough money to fix that car."

He spent years drinking and working off and on. He and a friend lived in an old abandoned car for over a year in St. Paul, and they would go to the shelter at the church every day to have breakfast and take showers and try to find work for the day.

He forgot about his traditions, and his drinking spiraled out of control.

"One day I was drinking with everyone else in the park

by Franklin Avenue in Minneapolis, and I decided that was enough. I took all the beer and wine out of the trunk of my car and I put it on the picnic table in front of them and I told them I was done and they laughed at me."

Someone in recovery gave him a vest and a bustle to wear, and he started dancing as a traditional dancer at powwows. "It took me a long time to remember some of the things those old people tried to tell me, and finding my traditions again saved me." George has been a traditional dancer since then, and his dance outfit was given to him over time by friends and sometimes by dancers who were too old to keep dancing but wanted their regalia to stay in the powwow circle. "When I dance, every step is a prayer for healing for all Indian people."

He had a guitar with nylon strings and "Man, I could really sing! I used to play at weddings, even. I played everything from Johnny Cash to Merle Haggard, and people would really like it when I brought out that guitar."

Last summer he was supposed to travel with me to the Association of American Indian Physicians annual meeting just north of Seattle. He was really excited about seeing hundreds of Native American doctors and medical students and health professionals and he would have much to teach in return.

He was too short of breath to make the trip, and his breathing problems were getting rapidly worse. He saw a lung specialist, and it wasn't long before he was on oxygen. He had more and more difficulty traveling and last spring he danced at a powwow and realized he couldn't make it all the way around the circle. At the end of the summer he passed all of his dance regalia to me and I danced for the first time at the Cha Cha Bah Ning traditional powwow in Inger, Minnesota wearing George's dance regalia as George watched from a chair under the trees at the edge of the circle. A young grass dancer and I became friends and we were dancing together. I watched George slowly make his way across the ring and he sat at one of the drums. I could see his arm rising and falling in unison with the other singers, and I tried to separate out his voice from the others, but I couldn't. His voice blended in perfectly with the song and with the wind blowing through the trees.

He made his last trip here a month or so ago and, "I brought something I want you to have." His breathing has been getting steadily worse, and on this last trip he didn't get out of the van to come into the house. He watched me open the guitar case on the driveway next to the van. Inside was his guitar from a long time ago and it hadn't been opened or played in decades.

"It's beautiful, but I don't know how to play a guitar, George."

"You'll learn. I did."

We've been talking almost every day on the phone, and

sometimes I call him late at night. I go outside and I listen to the night and I tell him what I see and what I hear. We've heard the first frogs together and we've heard geese migrating together, and one night last spring I was sitting in the darkness and I could hear a steady, but quiet popping sound everywhere in the woods and it sounded like a gentle rain, but the sky was clear. It took me a long time to realize it was the new spring grass slowly growing, and as it pushed on the leaves, a leaf would fall to the side and make a small, singular sound. Multiplied by all those blades of grass and leaves and the sound was steady and only at night when the wind was gone. It would have sounded crazy to tell anyone but George I was listening to the grass grow. He understood it fully and he stayed on the phone as I described it to him in detail.

Today George got sick really fast and was having a hard time breathing. I got a call as I was finishing clinic that he had pneumonia and they were thinking he might need to be on a ventilator. On the way home I got another call that his blood pressure was really low and that he had an infection in his blood. By the time I got home he was getting CPR in the hospital, but they were unable to save him and he died.

I started a fire outside and we made a spirit dish with the food from our meal and some of the traditional tobacco I make. In Ojibwe, I thanked the spirits who watch over us and invited all of them to share this meal with us. After our meal, I took the spirit dish with the food and burned it in the fire with the tobacco.

I've been watching that fire all night and it's almost 6 a.m. The sun will be coming up soon. All night I've been tending the fire and I sit next to it and I listen to the night for awhile, then I come in and write for awhile, then I go back outside to tend and sit by the fire. The frogs just started singing in the past few nights, and I've had plenty of opportunity to sit and listen to the night. I can hear the gentle popping sound everywhere in the woods and it sounds like a gentle rain.

The grass is growing.

Giigawaabamin, George. I will dance your regalia and I will remember every step is a prayer. I will try to learn some Johnny Cash songs.

And I will see you again.

Arne Vainio, MD (Mille Lacs Band of Ojibwe Member) is a family practice physician on the Fond du Lac Ojibwe reservation in northern Minnesota. He has been writing health articles for News From Indian Country and other tribal and non-tribal newspapers for over 5 years.



Urban Office Graduation Celebration

Band members and their families gathered at the All Nations Indian Church in Minneapolis to recognize the academic, athletic and cultural accomplishments of their school-age children on Monday, June 20. The annual event, sponsored by the Band's Urban Office, celebrates the success of the youth, with a gathering that offers congratulations and encouragement for a job well done during the school year.

Walking a Better Path — Destination Unknown

Brett Larson Staff Writer

Arlyn Sam was an angry young man. “I had a big chip on my shoulder,” he said. “I was that kind of person who wanted to hate you before you hated me. I looked at people and wanted to strike fear into them.”

After a couple rough decades, all that has changed. Arlyn graduated this year from Central Lakes College, and next fall he’ll continue his education at St. Cloud State University.

He even had the honor of carrying the Mille Lacs Band flag at graduation. “It gave me a sense of pride to represent my tribe,” he said. “It shows that we’re moving on to bigger and better things by educating ourselves, creating a foothold in society.”

It’s been a long road. After moving to District I from Brainerd as a teenager, Arlyn was looking to fit in. He started running with a gang in Minneapolis and Vineland — stealing, fighting, shooting, selling and drinking. Lots of drinking.

“It wasn’t pretty,” he recalled. “I did some nasty things to some nice people. When you’re young you don’t think about how life is going to be affected by the choices you make.”

Arlyn’s parents, Betty and Henry Sam, were good role models. His mother worked hard and attended college when Arlyn was a kid.

His dad, who passed away in 2001, spoke to Arlyn man-to-man, even when he was a teenager.

“My dad sobered up when I was six,” Arlyn said. “It was really good to have him around. He loved life, and he taught me a lot about my culture and being a man.”

At the time Arlyn couldn’t follow his father’s advice. He cared more about his friends and the next party.

He graduated from Nay Ah Shing and eventually left the gang behind — even though he was jumped and shot at for his decision.

“When I was in that life, it was all about brotherhood, but once I made the decision to

leave, a lot of those guys who said ‘I got your back, through thick and thin,’ they were no longer there,” Arlyn said. “I feel like all gang members are individualistic, and they’re out for themselves, not anybody else.”

One thing Arlyn couldn’t leave behind was alcohol. He calls himself a “functional alcoholic” who held down jobs at the casino and in construction. He had kids but wasn’t a major part of

their lives. He tried to support them financially, but their mothers didn’t always want him around.

After hurting his back, he started college at Central Lakes, but his drinking got in the way. “I still had a chip on my shoulder,” he said. “I wanted to go in and do my thing and leave, not really reach out and use the resources that were available.”

As with many recovering alcoholics, he had to hit bottom, and the low point became the turning point. A college friend told him he should think about quitting, and after a bad night of drinking, he finally took his advice and said, “I’m done.”

He started attending AA, but his meeting attendance declined over time, and a year into his sobriety, he felt himself slipping. He knew that one bad experience would lead him to drink — so he started attending meetings again.

“I didn’t want to attend,” he said. “They make you think about the past, the people you’ve wronged, and I was the kind of person who didn’t want to think about my past. When I actually did go it just spilled out of me, everything that ever happened to me, everything I’d ever done, how alcohol affected me. I talked for 20 minutes about my life and how it had fallen apart, and I was crying and sobbing.”

Although his struggles continued, Arlyn persevered. This time around, he brought a different attitude to his education — and it paid off.

“I started working at the college, opening myself up to a lot of different things, and everyone at the college started to see it,” Arlyn said. “I started to smile more, to attend more events, to be part of the community. As I opened myself I met a lot of people who were in AA and were sober.”

As his attitude changed, he found support from mentors. When times were tough, he’d stop in at Mary Sam’s office for encouragement. He worked in the TRIO program, where he was inspired by the director, Charles Black Lance, who modeled what it meant to be a successful Native American man.

Back home at the reservation, his cousin Bradley Harrington Jr. showed him the benefits of sobriety, and Joe Nayquonabe Sr. supported him in his efforts to rediscover his culture.

“I told him I wanted to come back to the Big Drum, to do my duties. Joe said, ‘When I was where you are, that really turned my life around, and I’m sure it will help you as well.’ Now I’m

“I sobered up for myself, but I stay sober for them, in order to be a role model for them, to show them that someone who came from the gutter can turn their life around and become a positive person in the community.”

— Arlyn Sam



Arlyn Sam smiles more now, and people have started to notice. “My sobriety has awakened me, and I’ve bloomed to where I’m accepting and walking a better path,” he says.

trying to embrace my culture and pass on that teaching to my kids.

“I sobered up for myself, but I stay sober for them, in order to be a role model for them, to show them that someone who came from the gutter can turn their life around and become a positive person in the community.”

Nowadays he speaks to his sons the way his father spoke to him — as adults. “There’s times when I’m talking to my son when I can actually hear my dad’s voice. I want my kids to talk to me, to know we’re in this together, to know that I love them. I want them to hear it come from my mouth because it’s reassuring to know your father loves you.”

Arlyn doesn’t know where his current road is leading, but he does know he’s on the right path. “My sobriety has awakened me, and I’ve bloomed to where I’m accepting and walking a better path,” he said. “It’s a trail in the darkness, but I can control what I do now.”

“I’m sure my mom is super proud of the person I’ve become, and I’m sure my dad would be proud of me too. That’s who I strive to be: somebody he would be proud of.”

Camp Promises to Educate and Encourage Teenage Girls

Toya Stewart Downey Staff Writer

Teenage girls who are looking for an enlightening summer activity might want to consider attending a free three-day camp tailored specifically for them.

The 6th Annual Teen Girl’s Camp, sponsored by the Family Violence Prevention Sexual Assault Program, is still seeking applicants. The camp is designed for girls between the ages of 13 and 17 years old and will be held Aug. 3–5 at the Immersion Grounds in Rutledge.

The topics for the camp — Educate, Encourage and Support — will be age appropriate and will be offered in an environment that will allow the youth to feel at ease with the subject

matter, said Rena Hales, the District Services Coordinator for the Family Violence Prevention Program.

Topics covered will include healthy sexual relationships, abstinence and birth control, and this year there will be a focus on how opiate use can impact babies. A nurse from the Band’s Public Health Department will also be on hand to provide information and answer questions.

Campers will also learn about preventing dating violence and how to help a friend if they are in an unhealthy relationship.

Another goal of the camp is to introduce girls to strong role

models and let them learn from the wisdom and expertise of the Elders.

Rena is also inviting Band Elders to teach the girls about women’s ceremonies, Anishinaabe culture and traditional crafts.

The girls will have an opportunity to have fun, too. There are games, crafts and other activities planned during the event. The application deadline is July 17. Space is limited, so register early.

For an application or more information contact Rena at 320-292-1566 or Rena.Hales@hhs.millelacsband-nsn.gov.

'Growing Committee' Helps Bring Healthy Food to Districts

Brett Larson Staff Writer

They call themselves the "growing committee," which is appropriate for two reasons: They're working on "growing" healthy foods in all three districts, and the committee itself is "growing" as more and more people get involved in the Band's Integrated Food Systems program.

The program is a collaboration between the tribal government, Honor the Earth, and the communities in all three districts. So far, they've built greenhouses, set up garden boxes at individuals' homes, and started plants at community gardens.

The Growing Committee met on June 14 at the Public Health building in District I to plan a flurry of activity to keep the program moving forward.

Kristian Theisz, Emergency Services Director with Health and Human Services, chaired the meeting. He was joined by Band employees Kevin Pawlitschek, Lisa Benjamin, Geraldine Garbow and Nick Benjamin, and Honor the Earth employees John Smekofska, Melanie Garbow and Lila White. He also announced that Sam St. John would be joining the Honor the Earth team. "Hats off to everyone here," said Kristian. "You guys have been kicking butt."

That's for sure. The team has delivered 130 4-foot-by-6-foot garden boxes, many of them to Elders, in all five communities. They have developed a layout plan for the boxes and provided the starter plants — tomatoes, pumpkins, squash, beans, cabbage, peppers and cucumbers — making it easy for novice

gardeners to know what to plant, and where.

As time goes on, excess plants will be sold to Band businesses or given to schools, ALU food programs, food shelves and elders.

Next on the agenda are several larger scale projects: a 14-acre site in Chiminising, a 40-acre parcel in Minisinaakwaang (District II), the old Sodbusters property in District I, and a 600-acre farm in District III, which may someday be used for animal agriculture.

This fall they'll build additional greenhouses in each district to start plants for next year's program.

The larger sites will be divided between "standard" varieties to be marketed and more unique heirloom and heritage plants. Each district will specialize in some of these traditional varieties.

For example, East Lake will plant White Flint corn (which was gifted to the community from Honor the Earth), Lakota squash, Purple Cowhorn potato, berries, hazelnuts and a maple sugarbush. The Sodbusters property will focus on Purple Mountain corn, Jerusalem artichokes and "Old Man" squash.

The program is also seeking funding to develop food policies and to create an agricultural research facility in District II. They're looking to fund as many projects as possible through the U.S. Department of Agriculture, the Indian Health Service, and the Minnesota Statewide Health Improvement Program.

For now, the plan they developed at their June 14 meeting will keep them occupied: finish delivering soil, wood chips and starter plants for garden boxes; till and plant community gardens; dig a sandpoint well at Sodbusters; put up a gate and fix dry rot at Nay Ah Shing school; fertilize new plants with "compost tea"; develop comprehensive lists of materials needed.

It was looking like a busy week ahead for the growing committee. They hurried through the meeting, took a break for lunch, and got back to work, hoping that their efforts would sprout, blossom and grow into a rewarding harvest.



The growing committee planned a flurry of activities June 14 at the Public Health building in District I.

WEWIN 5k Color Run Raises Funds While Promoting Health

Shannon Porter Guest Writer



"When life gives you color, run with it!" — That was the theme of the 5k Color Run organized by the Mille Lacs Band of Ojibwe's own local WEWIN chapter. WEWIN, Women Empowering Women for Indian Nations, is a national group for women all over Indian country to empower, improve and strengthen the communities they live in and other Tribes around the country. WEWIN's local chapter has been gaining strength in the Mille Lacs Band area for the last few years. More recently this year the local chapter has been conducting fundraising opportunities to attend the annual WEWIN conference at the Tulalip Resort and Casino in Tulalip, Wash., Aug. 14–17. So far the group has done silent auctions, rummage sales, taco sales and hot dog/burger sales.

Through months of planning, this 5k was the product of a group dedicated to enriching the Mille Lacs Band with what WEWIN stands for. They scoured for donations, and boy did they receive donations. The following entities should receive a "Howah" for helping WEWIN achieve this goal: Grand Market for the fruit and water, Steve Premo for his amazing talent to design the shirt, 20/20 for printing the shirts, Mille Lacs Cor-

porate Ventures and Eddy's Resort for the location of the run, Mille Lacs Band Tribal Police Department and Monte Fronk for the safety of the runners and spectators and lastly the countless WEWIN volunteers and spectators. Thanks to them this 5k went off without a hitch.

Even though the weather threatened to rain out the event, it started on time. Volunteers showed up early to mark the event, set up registration and get the colors ready. Runners came from around the area in support of good health and WEWIN.

"For me the 5K Color Run was to promote a healthier way of life," Carmen Weous, a WEWIN volunteer, stated. "Today was a day of fun for me just to walk and enjoy some time with family and friends."

The path was marked and protected by Mille Lacs Tribal Police and Monte Fronk. As runners received their shirts and numbers, you could hear the camaraderie and laughs between conversations of appreciation for what WEWIN is trying to accomplish and what problems are affecting Native people today. Among the adults there were also numerous children all energized and ready to run.

As the 27 registered runners lined up at the starting line, the rain lifted and off they went, receiving their different colors to wear as badges of honor. From pink to orange to blue, the runners and some staff were tagged with colors. They laughed and continued on their way towards the finish line. The volunteers even took a truck along the path to get more color on the runners. Through each stop it was clear to see just how much fun everyone was having.

The run was a success, and everyone completed it with no problems. As the WEWIN organizers began to realize this was a success, it became apparent that another 5k could easily be arranged. So the WEWIN group arranged another 5k for the Grand Celebration in Hinckley on Sunday, June 19. Wanetta Thompson stated, "WEWIN gives us an opportunity to work with our fellow native sisters to help build stronger community relationships. We put together the 5K Color Run/Walk event that would bring youth and adults together to have fun while participating in an event that promotes a healthy lifestyle!" The community and the group hope to continue this tradition and make the 5k Color Run an annual event.

Karla Smallwood Teaches Dance

Toya Stewart Downey Staff Writer

Karla Smallwood has long wanted to help people learn more about dancing in powwows, what it means and why it matters.

She has been dancing in traditional powwows, non-traditional powwows and competitively since she was a little girl. She's a champion dancer who has traveled internationally with drum and dance groups.

Five years ago, during a sobriety meeting someone asked her what she wanted to do in her life and she replied, "I would love to teach dancing."

Fast forward to 2016 and Karla's desire has come true. She is working with the Band's Department of Labor to teach classes from 6 to 8 p.m. on two Monday nights each month at Grand Casino Hinckley.

The free classes for youth and adults began in April and will continue indefinitely. The goal is to offer classes in other districts and to add a male dancer to help teach, said Tawhnee Archambault-Premo, a training coordinator for the Department of Labor.

"We're looking to get as many cultural activities as we can to our clients," said Tawhnee. "We try to help people as much as we can, and the economic angle isn't all of it. They need tradition and cultural awareness."

"We want to put more focus on culture so people can remember their culture," Tawhnee added.

Karla said she didn't dance when she wasn't sober and said she was lost.

"Dancing made me whole again. When I was sober it was who I was and who I was brought up to be," Karla said.

She said she has relatives who still suffer from addiction and that there is an important connection between sobriety and dancing. Through the classes Karla is helping people learn the emotional, spiritual, mental and physical benefits of dancing. They will also be learning the dances and practicing them.

Karla is also teaching the participants how to care for their regalia, how they should act when they are wearing it, what a powwow is, the order of powwows, what happens after grand entry, the veteran's song, what it is and what to do during the flag song.

"Sometimes there are kids or others who are out there dancing the most during the flag song, and they're not supposed to do that," she said. "They are supposed to stand along the sides and bounce."

"I want people to know the dances and what's behind them," she said. "I want them to know the difference between being in the circle and being a spectator."

One of her recent classes focused on royalty and how someone should carry themselves, including looking people in the eyes and offering firm, strong handshakes. She's planning to teach how to braid hair, too.

Karla can teach males how to dance, too, because she learned the dances as she was growing up and traveling for competitions in other countries like Poland, Finland, Sweden, Russia and elsewhere. She has taught males to dance when she worked at a group home in Red Lake — some of them still dance and she sees them at powwows.

"I think if people attended the classes and learned the dances and the meaning of them there wouldn't be so much chaos in their lives."

One day she would like to record what she's teaching and put her lessons on social media and online sites like YouTube so more people can have access to them.

Tawhnee said she would like to add drumming and singing to the classes.

"The classes are growing and we're happy about that. We want them to grow, and we want to do more."

But besides growing in size, both women say the purpose of what's being taught is most important.

"People sometimes throw on regalia and dance. They might choose a dance because they purchased regalia for it, but it might not be the dance they like or want to do. I want people to try different dances and then decide what they like," said Karla. "And I want them to understand the dance and what it means."

Berry Pickin'

Katie Draper Guest Writer

One of my fondest memories of my grandmother, Cecelia Dunkley, is from when I was about 12 years old. It seemed like a whole herd of us Dunkleys piled in the car that headed off to go berry pickin'. Of course, my gram knew right where to go. For all I know we were in Willow River or Wisconsin, but it didn't matter because we were together on a beautiful summer day. I recall lots of pine trees and an ol' bull snake that she pointed out on the edge of the two-rut road as we neared our destination. We had all kinds of buckets with us; smaller ones for collecting, and larger ones to pour the blueberries into. We parked the car, and off we all went to assume berry pickin' position.

Not long after we started berry pickin', our fingertips and mouths were stained blue. My gram asked me if I was eating berries, and I told her "no" while looking at her with an innocent face. I could tell by the look on her face she knew I wasn't telling the truth. The berries were so good I couldn't help it! I had to eat a few of them! I was able to refrain from eating any more because she explained that we had baking and canning to do with our goods from the woods.

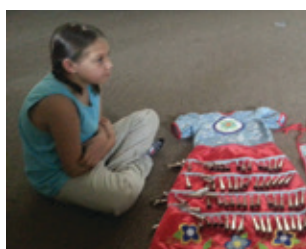
Her soft voice filled the air around us, telling stories about when she was younger, and when my mom and siblings were younger. Once in a while she'd throw her head back and bust out laughing when telling a funny story. To this day, every one of us in my family do that when humored. We can certainly thank her for her humor and love of telling stories.

After a while it was time for lunch. She called us over, and I swear she pulled a big ol' blanket from under her skirt and laid it out on the ground. We all sat down on the blanket, giggling and hungry. Gram was notorious for her big yellow bowl; she mostly had fry bread dough in it, but on some occasions, like berry pickin', she had lunch. She unwrapped the dishcloth that covered the bowl, and inside was mashed potatoes pushed to the sides along the bottom part of the bowl. On top of the mashed potatoes was meat. Now I'd like to think the meat was venison or pork, but it was possibly raccoon, deer feet, beaver tail or a neck bone from something. She loved neck bones. Lastly, on top of the meat was her delicious fry bread. We didn't haul a bunch of plates and forks with us when we were berry pickin'. We sat around sharing food, stories, and time together. Our precious time together.

Berry pickin' will always be one of my fondest memories of my gram.

Katie Draper works in Government Affairs for the Band, and encourages other Band members to share memories and stories for future articles in the Inaajimowin.

Do you have a story to share, or do you have an idea for a story? Call Brett at 320-237-6851 or send an email to brett.larson@millelacsband.com or myles.gorham@redcircleagency.com.





Odisiins A Child's Bellybutton

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

I'iwapii oshki-ondaadizid a'aw abinoojiyens, odayaan imaa omigiid imaa odisiinsing. Azhigwa dash bakwajisemagadinig imaa omigiid imaa odisiinsing, mii i'iw omigiwiw genawenjigaadenig. Mii imaa mashkimodensing achigaadenig miinawaa asemaa. Mii dash a'aw Anishinaabe gaa-izhi-wiindang odisiins a'aw abinoojiyens. Mii-go gaa-izhi-aabiji-ganawendang o'ow odisiins a'aw Anishinaabe. Ishke dash owapii gii-ni-ishkwaa-ayaad a'aw Anishinaabe, mii-go gii-ni-maajiidood o'ow odisiins.

At the time of birth a baby has a small scab on his bellybutton. Once that scab falls off of his bellybutton, the scab is kept. It is put into a little bag with tobacco. That is what Anishinaabe

called odisiins. Anishinaabe has always held on to that bellybutton. At the time of death, Anishinaabe took his bellybutton with him.

Ishke dash ezhiwebizid iko a'aw Anishinaabe nandawaabandang gegoo anooj nandobijged, mii-ko dash wawiyazh ani-gagwejimind awiya, "Awegonen da nandawaabandaman? Mii na iw gidisiins nandawaabandaman?"

When Anishinaabe has lost something and is forever looking around for it, he is jokingly asked, "What are you looking for? Are you looking for your bellybutton?"

Bashkwegino-Makizinensan A'aw Abinoojiyens A Child's First Moccasins

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

Ishke wayeshkad ozhitamawaad bashkwegino-makizinensan iniw abinoojiyensan a'aw Anishinaabe, mii iw ezhichigaadang iniw bashkwegino-makizinensan. Mii imaa bapagone'ang imaa onagaakisidaang iniw bashkwegino-makizinensan. Mii dash iw wenji-izhichigaadang a'aw Anishinaabe, owaabandaanaawaa ingiw abinoojiyensag gakina gegoo wawaaj-igo Manidoon. Bagakaamagadini odinendamowiniwaan, mii iw wenji-waabandamowaad gakina gegoo wawaaj-igo iniw Manidoon bimi-ayaanid. Nawaj gechi-aya'aawijig nebowa odayaanaawaa imaa odinendamowiniwaan wenishkwe'igowaad. Gaawiin wiinawaa gakina gegoo owaabandanzinaawaa dibishkoo ingiw abinoojiyensan wayaabandaminid.

When Anishinaabe makes the baby's first pair of moccasins, this is what is done with those moccasins. Anishinaabe makes small holes on the soles of the moccasins. The reason why Anishinaabe makes the moccasins this way is, because babies are able to see everything including the spirits. Their minds are clear, that is why they are able to see everything even the spirits as they go by. Those who are older have a lot on their minds that distract them. Therefore they are not able to see everything that a baby is able to see.

Ishke dash awiya apii ishkwaa-ayaad, mii imaa ganawenjigaazod niwo-dibik dabwaa-na'inigaazod. Mii dash owapii babaamaadinid iniw ojichaagwan baamawidisaadinid aaniindi-go gii-pabaa-ayaanid megwaa maa gii-pibizhaagiinid omaa akiing. Ishke dash bimi-ayaanid ojichaagwan awiya maagizhaa gaye iniw Manidoon besho imaa ayaad a'aw abinoojiyens, mii dash ge-izhi-wiindamawaad inow bemi-ayaanijin, "Gaawiin gidaa-ni-wiijiwisinon, onzaam bapagoshkaamagadoon nimbashkwegino-makizinensan." Mii iw epenimod a'aw Anishinaabe weweni da-izhi-ayaanid oniijaanisensan.

When someone passes on they are kept over for four nights before burial. It is at that time that the spirit of the individual travels and revisits every place they had been while they lived on this earth. When the spirit of the individual is traveling by, or maybe a Manidoo gets close to where that baby is, the baby speaks out and says, "I cannot travel with you, because my moccasins have holes in them." This is what Anishinaabe relies on to ensure their baby's safety.

Asabikeshiinh-Wanii'igan Dream Catchers

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

Mii dash omaa waa-ni-dazhindamaan i'iw asabikeshiinh-wanii'igan iko gaa-agojigaadenig omaa odikinaaganing ingiw giniijaanisinaanig. Mii o'ow asabikeshiinh-wanii'igan wenji-wiindamaan i'iw, mii iw ezhinaagwak. Mii ingiw mindimooyenyibaneg gaa-ikidowaad, gaawiin gii-ayaamagasinoon gaa-izhi-anishinaabewinikaadeg i'iw niin igo nimichi-giizhitoon. Mii dash gaa-inaabadadinig a'aw abinoojiyens eta-go enaajiwaniing akeyaa da-izhingwashid. Mii dash i'iw iko awiya zeginwashid, mii imaa ani-baataasinig imaa egojigaadenig odikinaaganing. Mii dash gaawiin da-zeginwashisiin a'aw abinoojiyens. Mii dash i'iw enabadak.

What I want to talk about are the dream catchers that were hung on the cradleboards of our babies. The reason I call them spider webs is because that is what they look like. Those old ladies had said there was not an Anishinaabe name for those dream catchers. It was I who created the Anishinaabe name for them which means spider web. It was used to help the baby to have only good dreams. When any bad dreams or nightmares came the baby's way got caught in those dream catchers so they only had pleasant dreams when it was hung on their cradleboards. So as a result the child or baby did not have bad dreams. That was the reason these dreams catchers were used.

Mii iw wayeshkad gaa-onji-miinigoowiziyang iniw asabikeshiinh-wanii'iganan ezhinaagwakin da-naadamaagod a'aw abinoojiyens eta-go enaajiwaniing akeyaa da-inaabandang. Ishke dash i'iw noongom niwaabandaanan anooj inaabadak iniw. Wawaaj igo biinji-odaabaaning agojigaadewanon. Maagizhaa gaye wii-zazegaatood imaa endaad a'aw bemaadizid, mii imaa aasamisagong wawaaj egojigaadenig iniw.

We were originally given the dream catchers to help filter the baby's dreams so that the baby will only have good dreams. Nowadays I see dream catchers used in different ways. They are even hung inside of cars. People are also using them as decoration placed on the walls of their homes.

Gaawiin gidaa-wii-baapinendanziiimin gaa-izhi-miinigoowiziyang anishinaabewiyang. Gaawiin i'iw anooj daa-inaabadasinoon iniw Manidoo-aabajichiganan gaa-miinigoowiziyang anishinaabewiyang. Ishke mii imaa wanitood a'aw bemaadizid i'iw wayeshkad gaa-izhi-gikino'amaagoowiziyang da-inaabadak iniw asabikeshiinh-wanii'iganan. Mii i'iw wayaabishkiwed ezhi-wiindang, "Dream-catcher."

We should have respect for those things that were given to us as Anishinaabe. We should not use our spiritual items that were given to us as Anishinaabe in ways they were not intended to be used. This is where Anishinaabe has lost the original teaching of how to use a dream catcher. This is what the white man calls a dream catcher.

Joyce and LeAnn: Mothers, Daughters, Masters

Toya Stewart Downey Staff Writer

Anyone who knows Joyce “Biidwewekwe” Shingobe knows that she is passionate about education. For years she’s encouraged Band members to focus on graduating from high school, college and beyond.

“It’s never changed. I’ve promoted education for myself, my family and the greater community,” said Joyce, the Band’s Executive Director for Education.

This spring, Joyce had the honor of graduating from the University of Minnesota-Duluth campus with her Master’s Degree in Tribal Administration and Governance (MTAG).

Though pleased to finish the program, graduating wasn’t the best part. It was that she completed the program with her daughter, LeAnn “Biidaana” Benjamin by her side.

The mother and daughter duo decided that they would enroll in the program together, but not before it took some coaxing by Joyce to convince LeAnn to take on the challenge.

“My mom twisted my arm to go with her so I rushed to get my paperwork in so we could do it together,” said LeAnn with a chuckle.

LeAnn, who graduated with a Bachelor of Arts Degree in Social Work in 2010 from the College of St. Scholastica, said she had thought about getting a master’s degree someday, but wasn’t sure when it would happen.

She had enrolled in a master’s program for one semester, but then decided to put it on hold indefinitely, said LeAnn, the mother of two daughters and the peacemaker at Nay Ah Shing School.

But once her mom began urging her to join her in the program, LeAnn became determined to complete her graduate degree.

The two drove to Duluth together for classes, they studied together, supported one another and kept one another encouraged throughout the cohort, Joyce said.

It was her mom’s support and encouragement that helped her maintain her success through undergraduate and graduate school, LeAnn said.

“She made sure I had time to do my homework. She stayed at my house to help out when I needed,” said LeAnn. “Now she’s talking about a Ph.D program, but who knows what I will do.”

For Joyce, who has been in the education field for decades — as a site manager for the Mille Lacs Indian Museum, a history teacher at Nay Ah Shing and the Band’s education commissioner — the program allowed her an opportunity to learn more about laws, finance and tribal government.

It also gave her the opportunity to finish what she had started. Joyce had enrolled in a master’s program at St. Mary’s University and completed the coursework, but she didn’t finish her summary paper. She was considering re-enrolling to finish, but then the MTAG program came along, so she decided to do that instead.

“The biggest issue for me was that it was mostly online classes,” said Joyce. “I prefer face-to-face classes, but after a while it became easier. Though it requires a lot of discipline.”

“Getting my master’s was a personal goal, and I wanted LeAnn to go, too, so I kind of pushed my daughter to do it,” said Joyce, adding that there would be times the two would stay up until midnight completing their homework.

Joyce said her children and grandchildren have attended or completed college, and it’s a dream she has for other Band members.

“We need Band members to continue their education so they can lead,” she said. “It will benefit them, the Band and our government.”

In the end, Joyce was happy to achieve her goal and was “glad to see my daughter go through it and succeed.”

LeAnn, who isn’t sure what’s next for her, but would love to see an Ojibwe immersion school open up one day, said she learned a lot from her classmates from other tribes and that the classes were actually fun. She also enjoyed being with other Native people and not just the only Indian person in the class — like she was during her undergraduate days.

Her advice to others who are considering enrolling in the MTAG program or another higher education institution is to “go for it.”

“The more you learn about federal policies or tribal government it makes the community stronger,” said LeAnn. “With every graduate we get stronger and stronger, and we can become stronger as an Anishinaabe nation.”



LeAnn and Joyce graduated together with their Master’s in Tribal Administration and Governance from the University of Minnesota — Duluth.

The Higher Education Department is seeking applicants for those interested in becoming teachers at the tribal schools.

Joyce Shingobe, Executive Director for Education, is recruiting Band members for “grow your own” teacher training program that is being offered in collaboration with the Fond du Lac College.

Information sessions will be held in July at these locations:

- 5:30 to 8 p.m. on Wednesday, July 20 in DIII at Grand Casino Hinckley
- 5:30 to 8 p.m. on Wednesday, July 27 in DII at the Isle Community Center
- 5:30 to 8 p.m. on Thursday, July 28 at the East Lake Community Center.

For more information contact the Higher Education Office.

Community Education Meeting



All community members are invited to share their vision for Nay Ah Shing schools on July 7 at 5 p.m. at Nay Ah Shing Abinooyiyag. The Department of Education is seeking input from all community members, not just those with children in the schools, because the schools belong to all of us. Dinner will be served. Please RSVP to 320-532-7690.



You are Cordially Invited to join us for the Swearing-In Ceremony of **Melanie Benjamin** Chief Executive and **Sandra Blake** District 1 Representative

.....
July 12th, 2016
10 a.m.
Mille Lacs Band
Powwow Grounds

.....
Swearing-In Ceremony,
Feast, and Powwow.

TRIBAL NOTEBOARD

Happy July Birthdays to Mille Lacs Band Elders!

Robert Duane Anderson
David Niib Aubid
Cynthia Pauline Backora
Darline Ann Barbour
Jeffrey Allen Beaulieu
MaryAnn Sophia Belgarde
Faith Caylen Bellecourt
Anita Lynn Benjamin
James Oliver Benjamin
Roberta Joy Benjamin
Donna Marie Boodoo
Lewelyn Gene Boyd
Roxann Lynn Carr
Archie Dahl Cash
Kevin Scott Churchill
Randall Clark
Christine Marie Costello
Gary Lee Davis
Martha Kathrine Davis
Michael Wayne Davis
Brian DeSantis
George James Dorr Jr.
Victoria Lynn Dunagan
Rosella Marie Eagle
Donna Lou Gilmore
Karen Harrington
Lawrence Gene Johnson
Loretta Ruth Kalk
Debra Ann Kamimura
Dixie Marie Kamimura
Judith Joan Kanassataga

Vivian Roxanne Kegg
Richard Joseph Keller
Terry Bruce Kemper
Deborah Jean Kersting
Darlene Ann LaFave
Bonita Marie Lucas
Virginia Mann
Brian David Matrious
Lucille Ann Merrill
Meskwanakwad
Doreen Kay Mitchell
Jo Ann Mitchell
Letitia Mitchell
Carol Jean Nickaboine
Alan Michael O'Brien
Debra Ann Olson
Karen Peterson
Joseph Vincent Pawaush
Steven Edward Premo
Daryl Alan Quaderer
Louis T. Quaderer
Elfreda M. Sam
Orretta Faye Sharlow
Valerie Jayne Shingobe
Alicia Lydia Skinaway
Geraldine Ellen Skinaway
Loretta June Smith
Andrew Felix St. Clair
Ruth Anne St. John
Glenn Staples
Kevin William Sutton
Patricia Louise Thomas
Jollette Marie Zapf

Happy July Birthdays:

Happy birthday to **Doreen Mitchell** on 7/1! Love, Bob, Barb and the kids. • Happy birthday **Nicole** on 7/2, love the Harrington Family! • Happy birthday **Brody Smith** on 7/2! From Great Grandma June. • Happy 9th birthday **Dallas Downey** on 7/5! We love you to the moon and back. Mommy, Daddy and the rest of the family. • Happy birthday **Aundreyah Sam** on 7/9! From Great Grandma June. • Happy birthday **Max Dean** on 7/12, love the Harrington Family! • Happy birthday **Karen** on 7/13, love the Harrington Family! • Happy birthday to **Great Grandma June** on 7/15! From Dylan, Malerie, Leroy and Lily Ann. • Happy birthday **Rachel** on 7/21, love your brothers and sissys! • Happy Birthday **Granny Tina** on 7/23, with love from Shyla, Caden, Destanie, Carter, Bella, Jordan, Rainey, Dilly Bar, Dallas, Papa and Mom. • Happy 1st birthday to **Caden Shingobe** on 7/24, with lots of love from Mommy, Daddy, Auntie Destanie, Carter, Bella, Uncle Jordan, Auntie

Rainey, Uncle Dilly Bar, Uncle Dallas, Great great Grandpa Merlin, Granny Tina and Great Grandma Gina. • Happy birthday to **Caden Shingobe** on 7/24! From Great Grandma June. • Happy birthday to **Carter** on 7/25! From Great Grandma June. • Happy 1st birthday to **Carter Anderson** on 7/25, with lots of love from Mommy, Daddy, Auntie Shyla, Caden, Bella, Uncle Jordan, Auntie Rainey, Uncle Dilly Bar, Uncle Dallas, Great great grandpa Merlin, Granny Tina and Great grandma Gina. • Happy birthday to my son, **Jeff Aubele** on 7/27! Love you, from Mom. • Happy birthday to my niece, **Shena Matrious** on 7/30! Love from your Auntie Alvina. • Happy birthday to my wonderful loving sons, **Landon Livingston** on 7/13 and **Robert "BJ" Livingston Jr.** on 7/31. • Happy 21st Birthday, **Jessica Lauren!** You have grown up to be such an awesome young lady. Love you lots from all of us!!

Happy Belated Birthdays:

Happy belated birthday to **Debbie Mitchell** on 6/2! Love, Bob, Barb and the kids. • Happy belated birthday to **Stina Pike** on 6/6! Love, Mom, Kevin, Gabby, Caleb, Blake and Grandma Barb.

Other Announcements:

Congratulations to our amazing daughter, **Sara Packard** for earning her Master's Degree in Human Resources. Her dedication has been inspiring and we couldn't be more proud of her. What an awesome achievement, way to go Sara! From your loving parents and family!

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 August issue is July 15.

Commissioners and Staff on Call

All Commissioners carry a phone and are reachable during the evening and weekends. Commissioners' cell phone numbers are provided below and will continue to be included in future newsletters.

Catherine Colstrud, <i>Commissioner of Administration</i>	320-292-0258
Michele Palomaki, <i>Assistant Commissioner of Administration</i>	320-630-7415
Percy Benjamin, <i>Commissioner of Community Development</i>	320-630-2496
Sam Moose, <i>Commissioner of Health & Human Services</i>	320-630-2607
Ed Minnema, <i>Deputy Administrator of Education</i>	320-630-0674
Susan Klapel, <i>DNR Executive Director</i>	320-362-1756

Band Member Presents, Publishes

Congratulations to Band Elder Carol Hernandez, who presented at the National Tribal Public Health Summit April 12 in Atlanta. Her presentation was titled "Think Tribally, Act Locally: Strategies to Support Tribal Policy Work on Health Issues." Carol also co-authored a paper titled "Why the World Will Never Be Tobacco-Free: Reframing 'Tobacco Control' Into a Traditional Tobacco Movement." The paper was published in the American Journal of Public Health. Sheri Scott of ClearWay Minnesota said, "The article simply would not have happened without her. She has also done a tremendous service over the past year in helping us disseminate the key lessons learned about traditional tobacco and the importance of tribal sovereignty."

UPCOMING EVENTS

Second Annual Gii-Ishkonigewag Powwow

July 22 – 24

New Powwow Grounds in Minisinaakwaang (East Lake) in District II.

The 50th Annual Mille Lacs Band Traditional Powwow

August 19 – 21

Iskigamizigan Powwow Grounds in District I. To learn more, follow "Mille Lacs Band of Ojibwe Traditional Powwow" on Facebook.

RECURRING EVENTS

Healer Herb Sam is Available in the Urban Area

Fridays, 10 a.m. – 12 p.m.

Call 612-799-2698 or stop by the Powwow Grounds, 1414 E. Franklin Ave., Mpls.

Ojibwe Language Tables

- District I Community Center
Tuesdays, 6:30 p.m.
- Aazhoomog Community Center
Wednesdays, 6 p.m.
- Hinckley Corporate Building
Thursdays, 6 p.m.
- Division of Indian Work, 1001 East Lake St., Mpls., Saturdays, 10 a.m.

Open Gym

Mondays – Thursdays, 5:30 – 9 p.m.

District I Community Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Want your event here? Email myles.gorham@redcircleagency.com or call 612-465-0653.</p> <p>Visit millelacsband.com/calendar for additional Mille Lacs Band events</p> <p>Also see below for recurring events.</p>					<p>1</p> <p><i>Niibin: It's summer!</i></p>	<p>2</p> <p>Kids Crafts 11 a.m. – 3 p.m. Mille Lacs Indian Museum</p>
<p>3</p> <p><i>Aaniin ezhiwebak agwajjig? What's the weather like outside?</i></p>	<p>4</p> <p><i>It's hot: Gizhaate. It's not hot: Gaawiin gizhaatesinoo.</i></p>	<p>5</p> <p>Band Assembly Meeting Minisinaakwang ALU</p> <p><i>Sunshine: Zaagaate.</i></p>	<p>6</p> <p>DI Community Picnic 5:30 p.m. Powwow Grounds (See below)</p>	<p>7</p> <p>Nay Ah Shing Community Meeting (see page 16) 5 p.m. RSVP: 320-532-4690</p> <p>Circle of Health Outreach 11 a.m. – 2 p.m. Urban Office</p> <p>Band Assembly Meeting Eddy's Resort</p>	<p>8</p> <p>Veterans Coffee 8:30 – 10:30 a.m. American Indian Center</p>	<p>9</p> <p><i>It's windy: Noodin It's not windy: Gaawiin noodinzinoo.</i></p>
<p>10</p> <p><i>Gimiwan: It's raining. Gaawiin gimiwanzinoo: It's not raining.</i></p>	<p>11</p> <p><i>I'm going swimming: Niwii-pagiz. You're going swimming: Giwii-pagiz I don't want to go swimming: Gaawiin niwiii-pagizosiin.</i></p>	<p>12</p> <p>Swearing-in Ceremony 10 a.m. DI Powwow Grounds</p> <p>Band Assembly Meeting Nayahshing Band Assembly Chambers</p>	<p>13</p> <p>Legislative Committee 2 p.m. Isle Community Center</p>	<p>14</p> <p>Circle of Health Outreach 9 a.m. – 12 p.m. DII Community Center/Clinic</p> <p>Band Assembly Meeting Nayahshing Band Assembly Chambers</p>	<p>15</p> <p>Legislative Committee 2 p.m. East Lake Community Center</p>	<p>16</p> <p>Peacemaking and Cultural Teachings with Laurie Vilas and Terry Kemper 10 a.m. All Nations Indian Church</p> <p><i>Giishkizhige: S/he is cutting grass. Ingiishkizhige: I'm cutting grass.</i></p>
<p>17</p> <p><i>Anwebi: S/he is relaxing. Indanweb: I'm relaxing. Gidanweb, ina? Are you relaxing?</i></p>	<p>18</p> <p><i>Niwii-pimose: I'm going for a walk. Giwii-pimose ina? Do you want to go for a walk? Bimosedaa! Let's walk.</i></p>	<p>19</p> <p>Circle of Health Outreach 11 a.m. – 2 p.m. DIII Community Center</p> <p>Band Assembly Meeting Big Sandy Lodge McGregor, MN</p>	<p>20</p> <p>DIII Community Meeting 5:30 p.m. Grand Casino Hinckley Event Center</p>	<p>21</p> <p>Elder Services Meeting Mille Lacs ALU DI</p> <p>Band Assembly Meeting Big Sandy Lodge McGregor, MN</p>	<p>22</p> <p>Second Annual Gii-Ishkonigewag Powwow</p>	<p>23</p> <p>Second Annual Gii-Ishkonigewag Powwow</p>
<p>24</p> <p>Second Annual Gii-Ishkonigewag Powwow</p> <p><i>Niwii-wewebanaabii: I'm going fishing: Ningii-wewebanaabii dibikong: I went fishing last night:</i></p>	<p>25</p> <p><i>Akakanzhebwe: S/he is grilling Niwii-akakanzhebwe dibikak: I'm grilling tonight. Niwii-akakanzhebwe dibikong: I grilled last night.</i></p>	<p>26</p> <p>Healthy Heart Class 12 – 1 p.m. DI Community Center</p> <p>Band Assembly Meeting Aazhoomog Community Center</p>	<p>27</p> <p>DIIa Community Meeting 5:30 p.m. Chiminising Community Center</p> <p>DII Community Meeting 5 p.m. Isle Community Center</p>	<p>28</p> <p>Urban Area Community Meeting 5:30 p.m. All Nations Indian Church</p> <p>DII Community Meeting 5 p.m. East Lake Community Center</p> <p>Band Assembly Meeting Grand Casino Hinckley</p>	<p>29</p> <p><i>Mii giizhizekweyaan: I'm done cooking. Wiisinidaa! Let's eat.</i></p>	<p>30</p> <p>Jewelry Workshop 12 – 4 p.m. Mille Lacs Indian Museum</p>
<p>31</p> <p><i>Miigwech to John Benjamin (Waabishkigaabaw) for providing Ojibwe words and phrases for the calendar!</i></p>	<p>Band assembly meeting dates and times are subject to change.</p> <p>District I Community Picnic</p> <p>A community picnic will be held at the District I Powwow Grounds on July 6 from 5:30 to 10 p.m. The picnic will include a DJ and Karaoke contest (practice and pick your song in advance), drawings, fireworks and inflatable rides and games. The menu will include burgers and brats, mac salad, baked beans, chips, fry bread and cake, with pop, Kool-Aid, tea and nibi to drink.</p>					

Nay Ah Shing, Aazhoomog Serve Free Meals

Nay Ah Shing Schools are participating in the Summer Food Service Program (SFSP). Breakfast and lunch will be provided to all children, without regard to race, color, national origin, sex, age, or disability, at no charge and meet nutritional standards established by the U.S. Department of Agriculture (USDA). Meals will be provided at Nay Ah Shing Abinoojiyag School, 43521 Oodena Dr., Onamia, June 13 through Aug. 18, Monday through Friday. Breakfast will be served from 8:30 to 9:30 a.m. and lunch from 11:15 to 1 p.m. The site will be closed on July 4.

Free meals will also be served at Aazhoomog Community Center to youth up to age 18 from July 5 to Aug. 19. Breakfast will be served from 9 to 10:30 a.m. and lunch from noon to 1:30 p.m. Transportation is not provided. Sponsored by District III Representative and Education Division. For more information, call 320-384-6240.

Fellowship for Band Member

Congratulations to Band member Adrienne Benjamin, who has been chosen to participate in the National Arts Strategies Creative Community Fellows 2016–17 Cohort. The Creative Community Fellows program is designed for individuals igniting change through arts and culture in their community. Adrienne has this to say: "I never thought I would be chosen for something like this. I am truly grateful, excited and still in shock. I can't wait to start this experience and work towards making dreams of arts and theater more accessible to community youth! Miigwech to the amazing people in my life who constantly push me and believe in me. I truly would not be where I am physically, spiritually, and mentally in my life without your beautiful love and unwavering support."

Aazhoomog Clinic Hours

Providers are at the Aazhoomog Clinic in District III from Monday through Thursday. The dentist is in the office on the last Friday of every month, and the foot doctor is available the first Wednesday of every month. Call 320-384-0149 to make an appointment or ask a question.



Honoring Elders

The Elder Services Program hosted the third annual Honor Our Elders Powwow June 8 at Grand Casino Mille Lacs. Royalty came from all three districts to dance in honor of Elders, and the Niigaan program from Chiminising also came to watch and dance. Steve Sam was Master of Ceremonies, Duck White was the Arena Director, and the drums were Timber Trails and Little Otter. Russell Shabaish and Rayna Churchill retained their titles as Elder Warrior and Elder Princess. They addressed the young people in attendance about the importance of culture and education.



The Lake Lena Women's softball team placed 2nd in the Pine City Mid Summer Classic softball tournament June 10 and 11. This is their sixth season playing in the East Central Softball League. The team plays doubleheaders every Tuesday until July 26. Back row: Kate Davis, Pennie Robertson, Brandi Davis, Angela Matrious, Jasmine Staples and Vanessa Gibbs. Front row: Summer Robertson, Shannon Garbow, Marlana Staples and Mary Davis. Not pictured: Reanna Robinson.



The annual End-of-the-School-Year Picnic was held on June 11 in Minneapolis, hosted by the urban office. Miigwech to those who helped out!

PRESORTED
FIRST CLASS MAIL
U.S. POSTAGE PAID
TWIN CITIES MN
PERMIT NO 30308

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



Community Meeting

A community meeting has been scheduled for July 7 at 5 p.m. to discuss the community's vision for Nay Ah Shing middle and upper schools. Dinner will be served. This is not just for families with children in the schools, but for all Band members, since the schools belong to the community. Come and share your thoughts and hear others' ideas! RSVP to 320-532-4690.

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.