

# OJIBWE INAAJIMOWIN

April 2008

"The story as it's told."

Volume 10 • Number 4

## Mille Lacs Band Primary Election Results

Chief Executive candidates Marge Anderson and Melanie Benjamin (incumbent) will move on to the general election for the position after receiving the largest vote totals in the April 1 primary election.

Following are the primary election vote totals for Chief Executive:

Melanie Benjamin	459
Marge Anderson	216
Larry Nickaboine	102
Mushkooub	92
Devona Haskin	39
Vincent Hill	11
Kristie Davis Deyhle	8
Voids/blanks	2
Total	929

In the District I Representative primary election, candidates Sandra Blake and Alicia Skinaway (incumbent) received the highest number of votes. Both candidates will be on the general election ballot.

Following are the primary election vote totals for District I Representative:

Sandra Blake	241
Alicia Skinaway	149
Arlene Weous	93
Peter Gahbow	82
Daniel Boyd	46
Voids/blanks	3
Total	614

**The Band's general election will be held on June 10. See page 5 for more election information.**

## Economic Development Conference to be Held at Grand Casino Hinckley

The Corporate Commission of the Mille Lacs Band of Ojibwe, Minnesota Workforce Center, and Northern Minnesota Technology Institute will host a business and workforce development conference at Grand Casino Hinckley. The two-day conference will be held on April 29 from 7:30 a.m. to 6 p.m., and on April 30 from 7:30 a.m. to 1:30 p.m.

The conference, titled "Putting High-Tech to Work for You," will focus on topics such as e-commerce for artists, technology trends, health care savings accounts, and high-tech communications for businesses. Attendees will listen to keynote speakers, participate in workshops, view an art show, and network with other participants.

Keynote speaker Dan Conroy, operations manager for the Nexon Group, will discuss the "Best Kept Secrets and Missed Opportunities (Manufacturing's Future Workforce)" on April 29. On April 30, Author and President of the NanoVeritas Group, Jack Uldrich, will present "Jump and Curve: Essential Strategies to Help Your Company Stay Ahead of Emerging Technology."

The event is part of the Corporate Commission's annual economic summit to bring together businesses, government agencies, economic development organizations, and local artists to generate ideas to ensure healthy, prosperous economies.

The conference is open to the public and costs \$55. Scholarships to cover the costs are available to Band members through the Governmental Affairs Department. For more information on scholarships, please contact Sara Treiber at 320/532-8814.

To register or for more information, contact Pam Wegner at 320/384-4645 or [pwegner@grcasinos.com](mailto:pwegner@grcasinos.com). **The registration deadline is April 18.**

### Top 10 reasons to attend the business and workforce conference

10. Have a fun time at the casino
9. View interesting artwork from Arts Track in the lobby
8. Have a chance to win a free GPS in a big raffle
7. Learn about arts as an economic tool
6. Listen to speakers talk about health programs for businesses
5. Meet people who use high-tech communications in their businesses and communities
4. Enjoy great food
3. Listen to terrific keynote speakers
2. Learn about cool technology ideas to help keep businesses current
1. Get a glimpse into the future of technology for communities and businesses

## Wellness Fair Held at Grand Casino Mille Lacs



Photo courtesy of Rick Anderson

**Micheala Leecy (front left), Dana Skinaway (front center), Karen Boyd (front right), and Tanya Doyle (back) staffed the Women's Project booth at the wellness fair held at Grand Casino Mille Lacs on March 27.**



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## Ask Melanie

By Chief Executive Melanie Benjamin

### What is the status of the Public Safety Initiative you announced?

In my State of the Band speech, I announced a Public Safety Initiative as a priority for my administration. This initiative is in response to community members' concerns about a variety of public safety issues, with the goal being to improve the safety of our neighborhoods in all three districts.

The key to this initiative's success will be input from the Band community about public safety matters and discussions about how we should proceed. Over the past several months, we have held community meetings to discuss a number of issues, including law enforcement. Solicitor General Rjay Brunkow, who supervises our tribal police, has attended many of these meetings. I've also held many meetings and discussions in my office with Band members about their concerns regarding law enforcement. I know this is one of Band members' top priorities. Beginning in May, we will begin holding a series of public meetings throughout the community to focus exclusively on public safety.

These meetings will be formatted as listening circles, with as much input from Band members as possible being the priority. We need feedback about a number of public safety issues, including tribal police activity; jurisdictional matters involving county law enforcement agencies such as Mille Lacs, Pine, and Aitkin counties; and suggestions for cultural means of dealing with certain behaviors and offenses. I encourage all Band members with public safety concerns to attend one of these meetings.

I also want to stress that these meetings are just the beginning of our public safety conversation. A very serious issue that we need

to look into is whether or not the Band should consider federal options that could be available that would allow us to "opt out" of the state/county criminal system. As I said at the State of the Band Address, Congress is considering legislation that would provide tribes like Mille Lacs with that option, but legislation does not happen overnight. This could take a few years. In the meantime, we need to look very carefully at this issue and consider the pros and cons of a federal/tribal system over a state/tribal system.

Most importantly, whether or not we continue with the current system or look at changes, we must make sure that Band members are staffing our law enforcement positions. In response to my directive issued on this matter at the State of the Band Address, Commissioner Joycelyn Shingobe has already finalized plans to make law enforcement classes available through the Mille Lacs Tribal College. I encourage all Band members interested in the possibility of a law enforcement career to contact the college to gain further information at 320/495-3702 or contact my office at 320/532-7486, and we will assist you in getting that information.

In the meantime, I hope to see many Band members at these community meetings, because your feedback is critical. Look for a schedule of these meetings in upcoming weeks or call my office for further information. As always, mii gwetch for your willingness to participate in Band government.

### Do you have a question?

If you have a question that you would like me to answer, please fax it to 320/532-5800 or mail it to:

Chief Executive's Office  
Attn: Ask Melanie  
43408 Oodena Drive  
Onamia, MN 56359

## Moccasin Workshop at the Mille Lacs Indian Museum

Learn techniques of working with leather to make moccasins. Participants will create a pair of Ojibwe-style moccasins under the direction of Mille Lacs Band Elder Margaret Hill. This two-day workshop will be on Saturday, April 26, from 12-4 p.m. and from 10 a.m.-2 p.m. on Sunday,

April 27. The cost is \$50 for the public, \$45 for Minnesota Historical Society members, and \$30 for Mille Lacs Band members. There is also a \$15 supply fee for infants and children, \$20 for adults, and \$25 for extra-large sizes.

## Abinoojiiyag Students Celebrate Dr. Seuss's Birthday



Photo courtesy of Cindy Bunting

Nay Ah Shing Abinoojiiyag students listen to Reading Coach Cindy Bunting read Dr. Seuss's *Mr. Brown Can Moo* to celebrate the author's birthday.

By Cindy Bunting, Nay Ah Shing Schools Reading Coach

Yes, there really was a Dr. Seuss, and students at Nay Ah Shing Abinoojiiyag came up with several ways to celebrate his 104th birthday. He was not an official doctor, but his prescription for fun has delighted readers for more than 60 years. Theodor "Ted" Seuss Geisel was born on March 2, 1904, in Springfield, Mass., and died September 24, 1991.

Students celebrated by designing Cat in the Hat and Daisy-Head Mayzie hats, and reading Dr. Seuss books throughout the week. First-grade students celebrated with a birthday cake. The elementary students also listened to a reading of *Mr. Brown Can Moo* and sang "Happy Birthday" to Dr. Seuss.

## Circle of Health Update

By Circle of Health Staff

May is fast approaching. As a reminder, following are Circle of Health changes effective May 1, 2008:

- Co-pay and deductible amounts will be paid on covered services for enrolled Mille Lacs Band members and first-line descendants up to the age of 18, who must be on a policy with a Mille Lacs Band member (this includes prescriptions).
- The time limit for claims or personal reimbursement requests will be six months instead of 12. Band members will have 60 days from May 1, 2008, to submit anything older than six months.

Circle of Health will continue to pay for premium amounts in full, even for non-Band members on the policy.

Due to the upcoming changes, Circle of Health has scheduled dates to answer your questions. The remaining community outreach dates are:

- District III, Aazhoomog Clinic – April 15, 10 a.m.-2 p.m.
- Urban office – April 23, 10 a.m.-2 p.m.
- District I Community Center – April 28, 1-5 p.m.

### Circle of Health cards

If you have not received a new card with our Isle address, call your claims processor.

Additionally, ineligible members will be removed from new cards in April and May. If a first-line descendant is missing from your card, we may need further documentation, as annual forms may not be up to date.

If Circle of Health receives any claims for ineligible members on or after May 1, 2008, we will not be responsible for informing the health care provider or pharmacy that this claim is a patient's responsibility. Make sure to follow up on any bills, as some providers only give 30 to 60 days before submitting them to a collection agency. Pharmacies also can choose to discontinue prescriptions if there are any past-due payments.

### Reimbursements

On a final note, please allow reimbursement claims a two- to six-week grace period from the date of submission to process. If you haven't received a reimbursement or denial after six weeks, contact Michele Palomaki, Circle of Health Director; David Boyd, Claims Processor for A-L; or Roberta Lemieux, Claims Processor for M-Z, at 320/676-8214 or 800/491-6106.



## Housing Loans Available to Band Members

The following article ran in the December 2007 *Inaajimowin*. It is a good reminder about the types of loans and grants available to Mille Lacs Band members through the Band's Housing Department.

### Home loan program

Financing is provided to qualified applicants to purchase an existing home, construct a new home, or refinance a home mortgage (either on private property or on tribal land). Mobile homes are not financed, but certain modular homes may be considered if approved in advance. Maximum loan amounts depend upon program limits and the individual's income and other long-term debts.

Applicants' incomes are verified and credit checks are conducted; however, a perfect credit history is not required (the Housing Board ultimately makes decisions regarding this loan program).

For more information, please contact:

- Connie Kittlesen, Loan Office Supervisor at 320/532-7435
- Joe Zhou, Loan Officer at 320/532-7807

### Home renovation loan program

Financing is provided to qualified applicants to renovate an existing home. For more information, please contact Mary Bedausky, Loan Assistant, at 320/532-7748.

### Elder and handicap housing services

In addition to housing maintenance services, Elders or handicapped individuals who submit a written request may be eligible for renovations or the lifetime use of a home in accordance with Housing Development policies as funds are available.

### Emergency rental assistance

Emergency rental assistance is provided to Band members who have a one-time extraordinary need for immediate temporary assistance. The eligible person locates rental housing and the Housing Department may provide financial assistance as funds are available.

### Emergency services loan policy

An emergency housing services loan is available for Mille Lacs Band members who have encountered an emergency that

was unforeseen and beyond their control. If the emergency has caused a Band member to fall behind in basic living needs, they are eligible to apply for a non-interest emergency loan.

Loan assistance is available for:

- Rent/deposit – not to exceed \$1,200
- Buffet coupons for Grand Casino Mille Lacs and Grand Casino Hinckley (provided only after an applicant first applies for the Band's Food Distribution Program, Food Stamps Program, and Health and Human Services' Emergency Services)
- Gas/electric bills – only two utility bills per year
- Hotel stay – not to exceed \$750
- Homeowner's insurance – not to exceed \$1,200
- Real estate taxes – not to exceed \$1,200
- Emergency housing materials – not to exceed \$1,200

### Eligibility criteria

- Applicants must be enrolled Band members and at least 18 years of age (non-enrolled parent(s) or legal guardian(s) of enrolled children are not eligible).
- Applicants must provide a copy of their Band identification cards.
- Applicants must not have any outstanding loans with the Housing Emergency Assistance Program. All outstanding loans must be paid in full before a new application can be processed.

### Loan application

Applicants must complete a Housing Emergency Assistance Loan application form, which may be obtained from a Housing Customer Service Representative, Districts II and III Administrative Assistants, or the urban office.

For more information, please see the full loan policy posted in the community centers in all three districts and at the urban office.

If you have any questions about Elder and handicap housing services, emergency rental assistance, or emergency housing services loans, call Director of Property Management Gina Anderson at 320/532-7456.

## Applying for Tribal Government Employment

By Human Resources Department Staff

### Posting process

#### How does the process begin?

- The Human Resources Department identifies a need to fill an open position or newly created position.
- That request is forwarded to the Employment Specialist's office.
- A job announcement is then created.

#### Where are job announcements posted?

- Job announcements are posted in all departments.
- They are posted on the bulletin board by the main entrance in the government center.
- Job announcements are faxed to numerous locations (17 total), including the outer districts and the urban office.
- Job announcements are posted on the Mille Lacs Band's Web site, [www.millelacsojibwe.org](http://www.millelacsojibwe.org).
- Positions that require special licensures are submitted to the *St. Cloud Times*, *Brainerd Daily Dispatch*, and other media outlets in order to search a larger geographical area for qualified candidates.

### Applying for a position

#### What do applicants need to submit to be considered for a position?

- Applicants must submit a cover letter and resumé for each open position for which they apply.
- Cover letters and resúms need to have current contact information for the Employment Specialist to contact the applicant.
- It is the applicant's responsibility to submit a cover letter and resumé each time there is an employment opportunity in which he or

she may be interested. This will show the applicant's continued interest in working for the Mille Lacs Band.

- All job announcements are posted for ten working days. The job announcements close at 4 p.m. on the tenth day. No resúms will be accepted after the closing time/date. In order to be fair and consistent with those submitting resúms and cover letters prior to the deadline, there are no exceptions to this rule.

### Interview notifications

#### How will I know if I have been selected for an interview?

- Cover letters and resúms that have been received within the posting time will be reviewed and matched with the minimum qualifications by the Hiring Manager.
- Once the pool of candidates to interview is decided, the Employment Specialist begins the notification process.
- All qualified candidates/applicants will be notified by mail about the time, date and location of their interview.
- Applicants not chosen to be a part of the interviewing pool will be notified at this time as well.

The Band's hiring preference is: Mille Lacs Band members, other American Indians, and then other applicants. This hiring preference allows Band members who apply and meet the minimum qualifications of the position the first opportunity to fill open positions.

This is just a short overview of the Mille Lacs Band's hiring practices. This overview will give those of you seeking employment a better understanding of the process. If you have any questions regarding employment, please call the Human Resources Department at 320/532-7460 or 320/532-7488. We will be happy to answer any questions you may have.

## Seeking Vendors for Mille Lacs Powwow

The Mille Lacs Band traditional powwow is August 15-17. The powwow committee is seeking Band member craft and food vendors. Please contact Robert Thompson at 320/532-7841 for more information.

## 2008 Candidate Bios

The candidates running for Chief Executive and District I Representative were invited to submit biographical information to the *Ojibwe Inaqimowin*. Forms were mailed to candidates to provide information on their education, work experience, and background. Following are their responses.

### Chief Executive candidates

#### Marge Anderson

Elder

Married

Current employer: Retired

Current position: N/A

Years in position: 24 years in Tribal Government

Prior employer: N/A

Prior positions: District I Representative, Secretary/Treasurer and Chief Executive

Years in positions: District I Representative 11 years, Secretary/Treasurer, 4 years, Chief Executive, 9 years

Education: High School Graduate, Honorary Doctorate Degree

Organizations involved in: Chair, Minnesota Chippewa Tribe Housing, Chair, Mille Lacs Band of Ojibwa Housing Dept., Vice President, Minnesota Chippewa Tribe, Minneapolis Area Vice President, National Congress of American Indians, Treasurer, National Unity Caucus, President, Midwest Alliance of Sovereign Tribes, Director, Federal Home Loan Bank, Board Member, Minnesota Housing Finance Agency, Board member, Harvard University, Harvard Project on Economic Development, President Clinton's Transition Team.

#### Melanie A. (Staples) Benjamin

52 years old

Single with 1 son (Clayton) and 3 grandchildren (Clayton Jr., Aubrey and Roxann)

Current employer: Mille Lacs Band of Ojibwe

Current position: Chief Executive

Years in position: 8 years (two 4-year terms)

Prior employment: Heavy Equipment Operator for Riley Brothers Construction Company (two summers, 1998-1999), Mille Lacs Band Commissioner of Administration (1989-1997), Senior Vice President of Finance and Administration for Grand Casino Hinckley (1994-1995), Business Development Specialist for Minnesota Chippewa Tribe (1986-1988), Instructor at Itasca Community College

Education: Currently pursuing a master's degree in education from the University of Minnesota-Duluth, bachelor's degree in business

administration from Bemidji State University (1988), clerk/typist certificate from the Minneapolis Area Vocational Technical Institute, and GED from McKinley High School

Organizations involved in: Women Empowering Women for Indian Nations (WEWIN), Minnesota Indian Affairs Council, Minnesota Chippewa Tribe (MCT), MCT Finance Subcommittee, Mille Lacs Tribal College Board of Regents, National Congress of American Indians (NCAI), National Indian Gaming Association (NIGA), Minnesota Indian Gaming Association (MIGA), Federal Home Loan Bank Advisory Committee, American Indian Supportive Housing Initiative (AISHI), Indian Law Resource Center, Native Americans for Hillary Clinton, Indian Health Service Tribal Self-Governance Advisory Committee, Tribal Leaders Diabetes Committee, and Self-Governance Communication and Education Tribal Consortium Board of Directors

### District I Representative candidates

#### Miskwaanakwadooquay, Sandra Lee Blake

49 years old

Married, 30 years

Current employer: Mille Lacs Band

Current position: Education Executive Director

Years in position: 1

Prior employer: Minnesota Historical Society at the Mille Lacs Indian Museum

Prior positions: Acting Site Manager and I worked just about every other position there at one time or another except maintenance. Assistant Manager, Program Manager, Site Tech, Sales Clerk, and Interpreter.

Years in positions: Approximately 12

Education: Bachelor Degree in Organizational Development.

Currently I am working on Master in Education with focus on Language Revitalization. That doesn't mean that I'm fluent, I'm not. I want to be, and some day I will be proficient to say the least.

What it means is that I am studying ways to help ensure that our language continues to be valued and succeeds in retention in our school systems and in our communities. For me, there is great importance and urgency in the reclamation of our language. This is why I continue my education.

Organizations involved in: Minnesota Historical Society, Indian Advisory Committee

#### Alicia Skinaway

At press time, bio was not received by the *Ojibwe Inaqimowin*.

## File a Tax Return to Receive Your Economic Stimulus Payment

**Submitted by Curt Heidt, Vice President and Community Investment Officer, Federal Home Loan Bank of Des Moines**

Starting in May, economic stimulus payments of up to \$600 for individuals or \$1,200 for married couples will be issued by the Internal Revenue Service (IRS) based on 2007 tax returns. Parents also get \$300 for each eligible child.

To receive the payments this year, people must file a 2007 tax return. That's it. The IRS will determine eligibility, determine the amount, and send the payment. This payment will be in addition to taxpayers' refunds.

But the IRS needs your help. Many people are eligible for the payments but may not know it. Some people do not file a tax return because their income is too low or their benefits are

nontaxable. Because they don't file a tax return, the IRS does not know their names or addresses.

People who do not normally file a tax return but who have at least \$3,000 in qualified income may be eligible for a minimum payment of \$300 for individuals or \$600 for married couples. The \$3,000 of qualified income must come from specific sources. It must be earned from wages or self-employment. Or it must be from certain benefits such as Social Security retirement, Railroad Retirement, or Veterans Affairs payments to disabled veterans or veterans' survivors. It also can be from a combination of wages and benefits.

There are some restrictions. People must have valid Social Security numbers for themselves and their children. Those who are claimed as a dependent on someone else's tax return, or

who are eligible to be claimed as a dependent on someone else's tax return, do not qualify.

The IRS is working with the Social Security Administration and the Department of Veterans Affairs to locate beneficiaries who may be eligible. People who do not file a tax return because of low incomes are often hard to locate.

People who already file a tax return each year just need to file their tax return as usual. The IRS will do the rest. People who do not normally file a return can use Form 1040A. There is no need to complete all the lines on the form. Following are what you can do:

- Fill in your name, address, and Social Security number.
- Fill in your filing status and the names and Social Security numbers of your children.

- Complete line 7 if you are a worker with low income.

- Report your total Social Security retirement, Railroad Retirement, and/or Veterans Affairs benefits on line 14a if you receive them.

- Write "Economic Stimulus Payment" at the top of the paper return.

Filers with bank accounts should use direct deposit, because it is the fastest way to receive stimulus payments. The IRS will begin sending taxpayers their payments in early May after the current tax season concludes. These payments will not be taxable nor will the payments affect any federal benefits people receive.

For more information, visit the IRS Web site at [www.irs.gov](http://www.irs.gov).



# Absentee Ballot Request Form

## Mille Lacs Band of Ojibwe • General Election • June 10, 2008

I am requesting an absentee ballot for the June 10, 2008, general election.

My full name, which I am enrolled under, is:

Name: \_\_\_\_\_

Street address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

District which I will vote from:

- District I-Nay Ah Shing    District II-East Lake    District IIA-Isle    District III-Lake Lena

Signed \_\_\_\_\_

For Office Use Only	
In person:	_____
Date voted:	_____
By mail:	_____
Request received:	_____
Phone:	_____
Letter:	_____
Fax:	_____
Request form sent:	_____
Request form received:	_____
Ballot sent:	_____
Ballot received:	_____

## 2008 Election Calendar

- **April 1: Primary**
- April 2: General reservation election board certifies primary results
- April 3: General reservation election board publishes primary results
- April 4: Deadline for request for recount
- April 8 (5 p.m.): Deadline for contest of primary election
- April 9 (Results, if allowed, or 7th or 8th if earlier request): Decision on request for recount and results of recount
- April 18: Decision on contest
- April 21: Deadline for appeal to court of election appeals
- April 24: Record of contest to court of election appeals
- April 28: Last day for hearing on appeal
- May 7: Last day for decision on appeal
- May 9: Notice of regular election TEC provide ballots
- **June 10: General election**
- June 11: General reservation election board certifies results of election
- June 12: General reservation election board publishes election results
- June 13: Deadline for request for recount
- June 17 (5 p.m.): Deadline for notice of contest
- June 18 (or 17, 16, if request for recount is filed before deadline): Decision on request for recount and results of recount, if allowed
- June 27 (or 10 days from notice of contest, whichever is sooner): Decision on contest
- June 30: Deadline for appeal to court of election appeals
- July 3: Record of contest forwarded to tribal court of elections appeals
- July 7: Last day for hearing on appeal (hearing within seven days of notice of appeal)
- July 8: Winning candidates assume office by operation of law, unless sooner seated, or the election is subject of appeal to the court of election appeals
- Ten days from hearing on appeal: Deadline for decision of the court of elections appeal
- Day following decision of appeal: Winning candidate prevailing on appeal takes office

## 2008 Band General Election Candidates

### Chief Executive

- Marge Anderson
- Melanie Benjamin, incumbent

### District I Representative

- Sandra Blake
- Alicia Skinaway, incumbent

### District I School Board Chairperson

- Ruth Sam, incumbent
- Rose Wind

### District I School Board Member

- Dale Ballinger, incumbent
- Leann Benjamin

### District II School Board Member

- Cheryl Miller

## 2008 Election Guidelines

A general election for Chief Executive, District I Representative, and School Board will be held June 10, 2008.

### To vote in the general election, the following conditions must be met:

- Enrolled member of the Mille Lacs Band of Ojibwe.
- 18 years of age as of June 10, 2008.
- Reside in a district of the Mille Lacs Reservation 30 days prior to June 10, 2008.

If you do not meet the 30-day residency requirement or have never resided within the district areas of the Mille Lacs Reservation, then you must vote by absentee ballot.

### How to request an absentee ballot

If you cannot vote in person on June 10 at one of the Band's polling places, you can vote with an absentee ballot by taking the following steps:

#### 1. Request an absentee ballot

You can request an absentee ballot in one of two ways. The first is by filling out the Absentee Ballot Request Form above and mailing or faxing it to the Election Judge. Note that you MUST choose the district in which you would normally vote. If you or your family came from District I, II (East Lake), IIA (Isle), or III, you should vote absentee from that district. If you do not have familial or residential ties with a district, you should choose a district to vote from and consistently vote absentee from that area.

After you fill out your Absentee Ballot Request Form, mail it to the address provided under number four of this article or fax it to the Election Judge at 320/532-7506. DO THIS AS SOON AS POSSIBLE, because the ballot must be sent to you and received back at the government center via mail, which will take some time.

Or, you can request an absentee ballot by calling 320/532-7792 or 800/709-6445, ext. 7792. Ask for the Election Judge, Roberta Fox. If you leave a message, you MUST provide all of the information requested on the form, including the district from which you will vote, your full name under which you are enrolled, and your return address. If possible, PLEASE LEAVE A RETURN TELEPHONE NUMBER in case the Election Judge needs to contact you.

#### 2. Follow up if you do not receive your ballot

Within a few days, you will receive an absentee ballot via mail. If you do not receive a ballot within a reasonable time – approximately FIVE days – please call the Election Judge at 800/709-6445, ext. 7792.

#### 3. Complete your ballot and have it notarized

A Notary Public needs to notarize your ballot. Notaries are generally not hard to find and may be found at your local bank or even your post office. Make your choice of candidates, then sign the ballot in front of the notary. Do NOT fill out your ballot without a Notary Public witnessing you!

#### 4. Seal your ballot and mail it in the envelope you are provided to the attention of the Election Judge

The address of the General Election Board is:

Mille Lacs Band of Ojibwe  
General Election Board  
Attn: Election Judge  
43408 Oodena Drive,  
Onamia, Minnesota 56359

Any election questions can be directed to Roberta Fox at 320/532-7792 from 8 a.m.-5 p.m. Monday-Friday.

Voting is your unique right under the Constitution of the Minnesota Chippewa Tribe and the laws of the Mille Lacs Band of Ojibwe. Please take advantage of the opportunity to vote.



# Screenings Important to Prevent Diabetes and its Complications

**By Mille Lacs Band Diabetes Team**

Early detection of Type 2 diabetes and pre-diabetes – often referred to as secondary prevention of diabetes complications – remains one of the Mille Lacs Band Diabetes Team’s main objectives. Many times people may have high blood pressure or high blood glucose levels without even knowing it. These “silent killers” can lead to diabetes and other serious conditions. It is important for those at risk for diabetes, especially people 45 and older, to get screened. We also screen people younger than 45 at the Band’s clinics because of the high rate of diabetes among American Indians.

## Diabetes in Indian Country

According to the American Diabetes Association (ADA), 20.8 million Americans have diabetes, one-third of whom are undiagnosed. In Indian Country, the rate of those with diabetes is even higher. The Strong Heart Study, which is the longest ongoing study of cardiovascular disease among American Indians, found that there are fewer cases of undiagnosed diabetes in Indian Country than in the general population, but the rate is still high. As we are more aware of the startling statistics among American Indians, groups such as our Diabetes Team are working hard to prevent the disease and its complications.

## Screenings in the community

The Band’s Diabetes Team, the only ADA-recognized diabetes team in the area, screens patients in the Band’s clinics and in other locations throughout the year. Last year, we screened 54 patients in our clinics – five were diagnosed with diabetes and 19 were diagnosed with pre-diabetes. We also held a screening at the Mille Lacs Band powwow last August, when we screened 27 people and educated many others on the disease. Of the 27 screened participants, no new positive diabetes cases were found.

We also screen for diabetes at the government center once a month. In the last six months, we screened 84 people and found that 64% of them had high blood pressure and 12% had elevated blood sugars; all were referred to their health care providers, because these factors put people at risk for diabetes and other health problems.

We hold screenings the fourth Monday of every month, so stop by and see us if you have not been recently screened.

## Screenings at Nay Ah Shing schools

The Diabetes Team collaborated with Nay Ah Shing schools last fall to hold its yearly school screening to help identify children at high-risk for diabetes. We found that 83% of high school students had at least one risk factor (obesity; elevated blood pressure; or acanthosis nigricans, a physical marker on the back of one’s neck). Letters were sent to parents identifying the findings and recommending follow-ups. At least 20% of those identified as at risk have received follow-up education in the clinic.

Diabetes Team members have also assisted the Nay Ah Shing’s Wellness Policy Committee and Nutrition Committee that focus on children’s high-risk behaviors such as obesity and inactivity. The Diabetes Team supplied pedometers for middle school children and Community Youth Services participants to encourage competitions in the number of steps they walk. Danielle Patrick, a fifth and sixth grade teacher at Nay Ah Shing, is working with her class to encourage exercise with the pedometer.

The Diabetes Team has developed a presentation for teachers, clinic staff, parents, and community members on pediatric obesity called “Ideas for Change.” The Diabetes Team has also developed a brochure on pediatric hypertension for use in the clinics, participated in family activity mornings with the Early Education Department, and handed out nutrition plans to parents of children 0-5 years of age.

## Are you at risk?

Answer the following questions:

- Are you 65 years of age or older?
- Are you under 65 years old and get little or no exercise?
- Are you overweight?
- Do you have a parent or sibling who has diabetes?
- Are you a woman who has given birth to a baby weighing more than nine pounds?

If you answered “yes” to many of these questions, you could be at risk for developing diabetes. If so, contact your health care provider for a screening.

# Supportive Talking Circles for People with Diabetes

**By Roberta Ladd, Community Diabetes Representative**

Aaniin. My name is Roberta Ladd. I am the Community Diabetes Representative, and I hold monthly talking circles – a diabetes support group. In our group sessions, we talk about the basics of diabetes and how it has affected our lives and families. We encourage caregivers, family and friends who take care of people with diabetes to join us. As a member of the circle, we share ideas with one another on how we can manage diabetes.

We invite you to take advantage of the opportunities available for our health benefit. For instance, we share topics on prevention, secondary prevention, and nutrition basics. We can share healthy nutritious food recipes that taste great! Learn to live a healthy lifestyle physically and emotionally as a family, or better yet, as a community.

Talking circles are being held in each district. Following are the April and May talking circles:

## District I Mille Lacs

- District I Community Center, April 23 at noon
- District I Assisted Living Unit craft room, April 30 at 1 p.m.

## District II East Lake

- East Lake Assisted Living Unit, May 15 at 1:30 p.m.

## District IIA Isle

- Chiminising Community Center, April 17 and May 8 at 1 p.m.

## District III Lake Lena

- Lake Lena Community Center, April 16 at 1:30 p.m., and May 14 at 1 p.m.
- Hinckley Assisted Living Unit, May 7 at 1 p.m.

If you have any questions or would like more information, please contact me at 320/532-7712.

# Ne-Ia-Shing Clinic Pharmacy Notes

**By Darcy Johnson, Director of Pharmacy**

Interactive Voice Response (I.V.R.) system is streamlining our pharmacy refilling process. The system is activated by our pharmacy direct telephone number: 320/532-4770. Please use this system, as it is very easy, saves time, and is available 24 hours a day, 7 days a week. Entering a prescription number on your telephone keypad and following the voice-activated instructions takes only seconds. A message will also let you know when the prescription will be ready for pickup, or if we need to contact your provider for additional refills.

Your prescription is more readily processed by using this system and assures the quickest processing time for your convenience. If you need to speak to a member of the pharmacy staff, just enter “0” at any time and you will be connected.

## What is the tier system?

This is a system used by medical providers in reviewing prescription refill requests and may indicate patients who need follow-up with a provider because of the type of medication, the length of time since the patient’s last clinic visit, possible lab results, the need for more current lab values, and other reasons. The attending provider may decide if

you need to make an appointment to be seen by your provider. This information is sent to the pharmacy as tier 1, 2 or 3.

Tier 1 will tell the pharmacy to pass along this message to the patient: “Please see your provider.” Tier 2 would usually follow a second refill request for the same medicine 30 days later and would state: “Please see your provider for additional refills.” If the patient hasn’t been seen for a lengthy period of time, and depending on the diagnosis and medication, the provider may indicate Tier 3, which would state: “No more refills until seen by your provider.”

The pharmacy will make every effort to write the message on the patient’s prescription label and verbally indicate this message at the time of prescription pickup at the clinic pharmacy. Please read your prescription labels. If a note is included for you to see your provider, please call the clinic to schedule an appointment. Taking prescription medications can be effective for your condition as diagnosed, but changes in your physical chemistry occur routinely, and a visit to your provider may be necessary to continue certain drug therapy.

Please do not disregard reading your prescription labels. Prescription medicines may become ineffective or result in unwanted adverse effects if you do not follow up with your provider.



## Public Health Updates

By Marlene Poukka, Health Educator

### Plans Underway for Men's Health Event

The Public Health Department is planning a men's health event – tentatively set for June 12 at the District I Community Center – to encourage men to participate in early screening and prevention of illnesses such as diabetes, cancer, high blood pressure, and cardiovascular disease.

There is hope that early screening and prevention will help men become more health-conscious. Men in the community are welcome to participate and will receive an American Cancer Society mug. Men will also have an opportunity to earn prizes. Each male will receive a report card covering various health aspects that will be punched as he moves from station to station. If a man completes five of seven stations, he will receive a medicine wheel t-shirt from the American Cancer Society.

Committee members helping plan the event are Joe Nayquonabe, Robert Thompson, John Mojica, Marjorie Johnson from the American Cancer Society, and me.

Look for more information in future editions of the *Ojibwe Inaajimowin*.

### Help plan a health fair

The Band's Health and Human Services Department is planning a health fair at the District I Community Center for June 19. A planning committee will meet on April 15 at 1 p.m. at the Public Health Building at 17230 Noopiming Drive. If you are interested in being part of the committee, please contact me at 320/532-7812.

### WIC clinic dates

Following are upcoming dates for the Women, Infants and Children (WIC) program clinics:

#### District I

- April 27 and May 6, 13 and 27 – Public Health building (located at 17230 Noopiming Drive), 9 a.m.-noon and 1-4 p.m.

#### District II

- May 1 – East Lake Assisted Living Unit, Public Health office, 10 a.m.-noon and 1-3 p.m.

#### District III

- May 7 – Hinckley Assisted Living Unit, room 110, 10 a.m.-noon and 1-3:30 p.m.
- April 23 and May 28 – Lake Lena Aazhoomog Clinic, Public Health office, 10 a.m.-noon and 1-3:30 p.m.

The Public Health offices will be closed at noon on May 23 and closed all day May 26 for Memorial Day. Call Joanne Weyaus at 320/532-7821 to make an appointment at a WIC clinic.

### Band employees looking to attend births to become doulas

Are you pregnant? If so, would you please help us become certified doulas (birth assistants)? A doula is a community member who is trained to help women before, during and after childbirth.

Why are Mille Lacs Band Public Health Department employees training to become doulas?

We want our mothers and babies to be as healthy as they can be. We believe that all mothers should have the opportunity to feel supported in childbirth, have a good labor experience, and connect with Mille Lacs Band of Ojibwe cultural traditions related to birth.

#### What do doulas help with?

Doulas help women during and after pregnancy by:

- Helping the mom-to-be plan for the birth
- Supporting the mother's physical, emotional and cultural needs during childbirth
- Listening to the mother during childbirth
- Supporting the mother and new baby as they bond

#### What are the benefits of having a doula?

Research has shown that women who have a doula present during childbirth experience lower rates of C-sections, shorter labor time, and less need for pain medication.

#### How can you help?

Right now, the doulas-in-training need to attend three births in order to receive their certification. If you are pregnant, please consider allowing one of us to meet with you and attend your birth. If you are interested or would like to learn more, please call me at 320/532-7812 or Joanne at 320/532-7821. Mii gwetch.

## Boxers to Take the Ring at Grand Casino Hinckley

On April 25, the Mille Lacs Band Boxing Commission will host a boxing event at 7 p.m. at Grand Casino Hinckley.

Andy "Kaos" Kolle, a middleweight boxer from Fergus Falls, will compete in the main event against an opponent to be determined. Local boxer Tim Taggart from Hinckley will also compete.

### Mixed martial arts event

Enjoy a night of exciting full-contact mixed martial arts cage

fighting on May 3 at 7 p.m. at Grand Casino Hinckley. Among the competitors will be Brian Monaghan and Jeremy Lang, who will battle each other for the U.S.A. Warriors Championship.

Tickets are \$30, \$55 and \$75. Tickets will be available the day of the event. To purchase tickets, call 612/716-9654 or e-mail theewarrior15@yahoo.com.

Warriors Fight Promotions will host the event. For more information, visit [www.warriorsfightpromotions.com](http://www.warriorsfightpromotions.com).

## Severe Weather Safety Tips

By Monte Fronk, Emergency Management Coordinator

Severe Weather Awareness Week is April 21-25 to remind us about safety practices during severe weather. Following is valuable information about severe weather that we should remember yearlong:

### Thunderstorms, hail, straight-line winds, and lightning

Severe storms can produce straight-line winds of 100 miles per hour or higher, large hail, and tornadoes. If you are outdoors when a thunderstorm hits, move inside and stay away from windows. Also remember that all thunderstorms produce lightning. Avoid standing near tall objects, such as a lone tree, or other objects such as a chain link fence, which can attract lightning.

### Severe weather warnings

A watch is issued if severe weather is possible in the area; you should be prepared to seek shelter if necessary. A warning is issued if severe weather has been reported or is about to happen. You should seek shelter immediately if you are in the storm's path. To help stay alert of severe weather, the Mille Lacs Band has National Oceanic and Atmospheric Administration (NOAA) weather radios in all Band facilities. These radios broadcast weather warnings and general weather information.

### Flash floods

As you may recall, damaging floods hit southeastern Minnesota last August that resulted in several deaths and much damage. It is important to remember that floods can hit

anytime and affect anyone. Flash floods can result from heavy rains, ice jams on rivers, or failure of dams. You should never drive into flood waters, because vehicles can float in shallow water and cause loss of control.

### Tornadoes

On Thursday, April 24, the Mille Lacs Band will participate in a statewide tornado drill. This is a good opportunity for people to practice their sheltering plans. In the event of a tornado, move to a basement or the lowest floor of the building and stay away from windows. You should also cover your head in case of falling debris and move to an enclosed area such as a closet, bathroom, or under a table. If you are in your vehicle or in a mobile home, find a building or other sturdy shelter as quickly as possible.

### Heat waves

Extreme heat waves can cause illnesses if we are not cautious to take care of our bodies. Some symptoms of heat-related illnesses include vomiting, headache, fatigue, dizziness, and slow breathing. Following are some tips to help you keep cool and healthy during heat waves:

- Reduce the length of time you perform strenuous activities
- Wear light-weight and light-colored clothing
- Drink plenty of water and avoid drinking alcohol
- Avoid getting sunburned

For more information about severe weather, visit [www.hsem.state.mn.us](http://www.hsem.state.mn.us) or attend the storm safety class being offered to Band members by the Mille Lacs Band Workforce Center. Please see page 8 for more information.



*Spring Remodeling?*  
**Call a Band Member**

**Churchill Contracting Company**

**Albert "Joe" Churchill**  
 612/799-6730

**Robert A. Dorr**

800/968-9114



**David Grainger**



**Brad Kalk**



**KALK CONSTRUCTION COMPANY, INC.**  
 218/8397696

**Michael J. Nickaboine**

218/847-5812

**Northland Quality Builders**

**Robert Dowell**



715/392-2889

**Support your fellow Band Members, Call today!**

# Mille Lacs Band Of Ojibwe Tribal Government Monthly Financial Report

November 2007

	Approved Budget for FY 2008	Actual Expenditures through 11/30/07	% of Budget Expended
Administration (1)*	12,988,256	1,466,814	11.3%
Workforce*	9,808,150	699,527	7.1%
Judicial	1,085,086	122,491	11.3%
Law Enforcement*	3,416,991	414,118	12.1%
Education*	12,766,004	2,137,449	16.7%
Health and Human Services*	21,768,916	2,712,473	12.5%
Natural Resources*	4,491,867	1,088,657	24.2%
Community Development*	29,502,722	2,477,027	8.4%
Gaming Authority	1,110,464	605,902	54.6%
Bonus Distribution	15,088,267	1,756,936	11.6%
<b>Total Expenditures</b>	<b>\$112,026,724</b>	<b>\$13,481,395</b>	<b>12.0%</b>

## Financial Notes:

- (1) Administration includes Chief Executive, administration, finance, Solicitor General, legislative, government affairs, and district operations.
- (2) The amounts above do not include casino operations. However, they do include government operations funded by casino distributions.
- (3) The Mille Lacs Band of Ojibwe has its financial statements audited every year by an independent public accounting firm. Audit reports from previous years are available for review at the government center.
- (4) Economic development appropriations have been excluded as of October 31, 1997. As of October 1, 1997, the Band has separate accounting functions for the Corporate Commission from the tribal government.
- (5) The Housing Initiative and Gaming Authority Departments are operating on continuing resolutions for FY 2008.

\* These departments include continuing appropriations from the 2007 fiscal year.

Goff & Howard apologizes for our error in reporting the finance page in last month's Ojibwe Inaajimowin. The actual total expenditures to date "% of Budget Expended," should have been 6.2% instead of 55.7%.

## Legislature Passes Major Bills

By *Jamie Edwards*, Mille Lacs Band Government Affairs Coordinator/State

The state House and Senate recently passed some important bills: a bonding bill, which funds state-sponsored construction projects, and bills to balance the state's budget.

Governor Pawlenty line-item vetoed several projects in the Legislature's \$925 million bonding bill to reduce it to \$717 million, as he deemed the Legislature's bill too costly to the state.

Both houses passed budget bills without any threats to Indian gaming interests, despite efforts by two legislators to introduce a racino bill. At the time of press, a House and Senate conference committee was working through differences in the two budget bills; a compromise bill has not yet been sent to the Governor. We expect that the Legislature and the Governor will reach a final resolution on a budget bill in the next few weeks.

By law, the Legislature must adjourn by May 19; it is possible it may do so before this deadline.

## Free Hearing Evaluations

### Twin Cities locations

Where: Hearmore Hearing offices in St. Paul, Osseo, and Bloomington

When: Monday-Friday

To schedule an appointment, please call the St. Paul office at 651/771-4019, the Osseo office at 763/391-7433, or the Bloomington office at 952/884-3007.

### Ne-la-Shing Clinic

When: Friday, May 9

To schedule an appointment call 320/532-4163.

Walk-ins are welcome, we will do our best to serve you.

Please check your insurance policy to find out if you are eligible for \$1,000 toward the purchase of hearing aids.

## Are You Prepared for Severe Weather?

The Mille Lacs Band Workforce Center is offering a storm and summer safety class for Band members. Learn about keeping you and your family safe during stormy weather.

The class will be offered in three different locations; each class is held from 10 a.m.-noon:

- May 13 – East Lake Education Modular (next to the community center)
- May 21 – Lake Lena Community Center
- June 12 – Mille Lacs Band Workforce Center

To register, contact the workforce center at 800/922-4457, or e-mail Theresa Romard at [theresar@millelacsobjibwe.nsn.us](mailto:theresar@millelacsobjibwe.nsn.us).

Please note that children must be accompanied by an adult. Contact the workforce center for a complete list of workshops or look for more information in future editions of the *Ojibwe Inaajimowin*.



## Tribal Noteboard

### Happy April birthday to:

**Nathan Bugg**, 16, on April 13 from Kevin, Auntie Mal, Rosie, and Sophie LaDue • **Beth and Carrie Mitchell**, on April 2 from Kevin, Amy, Devin and Sophie LaDue, and Laila Marie • **Justin Mitchell**, on April 15 from Kevin, Amy, Devin and Sophie LaDue • **Amy LaDue**, on April 2 with love from Devin Rose, Sophie Bean, Lenore, Bill, Tyson, Eva, Jon, and Laila Marie • **Kevin LaDue**, on April 24 with love from Amy, Devin Rose, and Sophie Bean • **Laila Mitchell**, 4, on April 20 from Kevin, Amy, Devin and Sophie LaDue, mom, Antwaun, Baby Wax, Neemah, Grandma Francis, and your uncles • **Poohzer**, on April 7 from Darrian, Gaylyn, Sassi Rose and Willow • **Sassi Rose**, 8, on April 28 with love from mom, dad, Raenelle, Jereck, Larissa, Corbin and Lia • **Trina**, 11, on April 9 from mom, sissy, Deze, Brother Bear, and J Dogg • **Lindz**, on April 20 from mom, Trina, Cilla, Deze, Jason, Auntie Barb, Boy, Junior, Joanna, Ceddy, Ian, and Tai-Ann • **Richard Davis**, on April 14 from Antwaun, Laila, Baby Wax, and everyone on Henry Drive • **Neemah**, on April 15 from Antwaun, Laila, Baby Wax, and everyone on Henry Drive • **mom**, on April 15 from Ricki, Christopher and Keith • **dad**, on April 15 from Laila and Baby wax • **Aiva Lea**, 1, on April 26 with love from mom, dad, Grandma Tracy, Great-grandma Karen, Great-great grandma AA, Nick, Jameson, Cordell, Lil Chris, Shelby, Jarvis, Sharon, Ravin, Wallace, Val, Kevin, Pie, and Baby Kevin • **Bear and Brandon**, 23, on April 1 from mom, Boy, Junior, Joanna, Ceddy, Ian, and Tai-Ann • **Little Mama**, 11, on April 11 from Auntie Barb, Boy, Junior, Joanna, Ceddy, Ian, and Tai-Ann • **Carrie Graves**, 20, from Barb, Boy, Junior, Joanna, Ceddy, Ian, and Tai-Ann • **Dalylan Benjamin**, 4, on April 30 from Louis St. John • **Seth Benjamin**, 3, on April 26 from Louis St. John • **Naomi Jourdain**, 25, on April 26 with love from Rosebud, Junior,

Daityn, Amare, Kamryn and dad • **Diamond Rose**, 2, on April 3 love daddy, Grandma Missy, Alexis, Izik, Great-grandma Bev, Brandi, Britt, Tammy, Tara, Erica, Nick, Corey, Wally, Sharon, and all your cousins • **Brookey**, 1, on April 15 with love from mommy, daddy, Rome Skillet, Jason, Grandma Bev, Missy, Tammy, Tara, Chey, PJ, Wally, Sharon, and all your cousins • **George Jackson Jr.**, on April 10 from dad, Shaun, George, Troy and Isaiah • **Janet**, from Tara, Sheila, Rachel, Lorelei, Kevin Jr., and your kids • **D-Bo**, 25, on April 21 from Tara, Sheila, Rachel, Lorelei, Dinah and Joni • **Jean**, on April 1 from Niss, Dana, Tanya, Tina, Deondre, Jim, Jay, Rainy, Matty, Valerie, Lil Jay, Chaddy, Tommy Lee, Jaxin, Meany, and the rest of your family • **Chadlin Rose**, on April 20 from Gram, Tina, Deondre, Dana, Tanz, Jim, Jay, Rainz, Matty, Naughty, Lil Jay, Tommy Lee, mom, Thomas, Jaxin, and the rest of your family • **Shellie Anderson**, on April 5 from Dawn, Marlow, Dee, Bre, Simon, Georgianna and Christopher • **Lauren Day**, on April 8 from Auntie Dawn, Marlow, Dee, Bre, Simon, Georgianna, and Chrisopher • **Dorothy A.**, on April 1 from Mr. and Mrs. Anthony Bushey, Baby Boy, Baby girl, Lil Princess, Kandi, Lil Big Man, Jordan, and family in Minneapolis • **Kelia**, on April 20 from mom, Rell, and your aunt and uncle • **Rock**, on April 21 with love from your wife • **Eva Sam**, 16, on April 4 with love from mom, bill, Tyson, Jon, Papa Lenny, Evan, Beth, Susan, Chris, Al, Rosa, Paige, Freddie, and your dad • **Grandma Nazz**, on April 21 with love from Shy, Des, Jor, Dal, Tina, Gina, Elvis, Miley, Buddy, Dal Sr., and Merlin • **Bruce**, on April 13 from Val, George, Jaime and Ricky • **Richard Reynolds**, on April 14 from Ricky • **Teresa**, on April 22 from Auntie Val • **Curtis Lee LaFave**, on April 28 from Auntie Val • **Rayna**, on April 22 from Val • **Marge Anderson**, on April 21 from Raenelle, Jereck and family, and the crew on Henry Davis

Drive • **Lauren Day**, on April 8 from Raenelle, Jereck, Larissa, Corbin, and Lia • **April**, on April 1 from Raenelle, Jereck, Larissa, Corbin and Lia • **Gloria Songetay**, on April 18 from Raenelle and family • **Elias Wagner**, 1, on April 4 from Grandma Tammy, Brandon, mommy, daddy, and the rest of your family • **Debbie Smith**, on April 15 from Tammy, Brandon, Brandi Jo, John and Elias • **Kevin Stobb**, on April 8 from Tammy, Brandon, Brandi Jo, John, and Elias • **Rodney Smith**, on April 14 from Tammy, Brandon, Brandi Jo, John, and Elias • **Derek Smith**, on April 18 from Tammy, Brandon, Brandi Jo, John, and Elias • **Jessica Benjamin**, on April 28 from Tammy, Brandon, Brandi Jo, John, and Elias • **Tyrek Boswell**, on April 4 from Neemah, Jerod, Laila, Antwaun and Chris • **Jamie Rae Boswell**, on April 6 from Auntie Teri, Jerod, Laila, Antwaun, and Chris • **Kendra Boswell**, on April 7 from Auntie Teri, Jerod, Laila, Antwaun, and Jaagaab • **Deliah Medina**, on April 13 from your relatives in Mille Lacs • **Kyla and Jennie Mae**, on April 14 from Teri, Jerod and family • **Ernie Boyd**, on April 16 from the Henry Davis Crew • **Chico Saice Jr.**, on April 23 from your family in Mille Lacs • **Squeeze**, on April 27 • **Dale Defoe Jr.**, on April 30 from your family in Mille Lacs.

### Happy April birthday to Mille Lacs Band Elders!

Margie Anderson  
Dorothy Aubid  
Terry Beaulieu  
Donivon Boyd  
Russell Boyd  
Peggy Bush  
Sharon Chavarria  
Bernice Crown  
Nancy Foster  
Reginald Garbow  
Barbara Grey Bull  
Duane Haaf  
Gwendolyn Hanold  
James Houle  
Darryl Jackson  
Elsie Karsjens

Evelyn Kegg  
Raymond Kegg  
Ada Merrill  
Russell Nayquonabe  
Gloria Nickaboine  
Donald Oswaldson  
Jeannette Oswaldson  
Darlene Savage  
Gloria Songetay  
Leonard Wind

### Anniversary

Happy anniversary to **Pep and Lola** on April 1 *from Willow Beans*.

### Congratulations

Congratulations to Denni Thomas and Antonio Solis on the birth of their baby girl **Antonia Kimora Solis** who was born on November 28, 2007. *Congrats from Auntie Willow, dad, Denise, Darrian, Gaylyn, and Sassi Boo.*

### In memory

In loving memory of **Valerie Skinaway**. Not a day goes by when we don't think of you. We miss and love you dearly. *Always and forever in our hearts, from Niss, Dana, Meany, Jay, Jim, Tanya, Chaddy, Tommy Lee, Jaxin, Rainy, Matty, Naughty, Lil Jay, Alana, Cassidy, Tay-Tay, Lee-Lee, and the rest of your family.*

In loving memory of **Julie Shingobe**. It has been four years since you left us and traveled to the spirit world in April 2004. You were a loving grandmother who provided strength and understanding to her grandchildren – Michael, Kathleen, Daryl John, Rueben, Jamie, and Juanita. It has been a tough four years on our family, and we would like to thank you for all the beautiful memories you left us. We miss you.

In loving memory of **Michael Pindegayosh**. You will always be missed, and we will always remember the laughs, and the good times that we had when you were here with us. Have a peaceful journey my friend, we will miss you dearly. *From Kateri Boswell and family.*



## Summer Youth Employment Program

By Claire Boyd, Job Developer

Are you between the ages of 14 and 20 years old and looking for summer employment? The Mille Lacs Band Workforce Center will accept applications for the Summer Youth Employment Program from May 1 through May 27. To be eligible, you must be at least 14 years old by June 6, 2008, and not turn 21 years of age before August 3, 2008. Applications can be picked up at the following locations and from the following contacts:

### District I

- Workforce Center (lower level of the government center)
- Onamia High School – Nancy Harliss

- Nay Ah Shing schools – Mary Simon

### District II

- East Lake modular building – Judy Brown

### District III

- Lake Lena Community Center – Gloria Songetay

This a great opportunity for Mille Lacs Band youth to gain work experience and earn money while learning. If you have any questions, please contact the Workforce Center at 320/532-7407 or 800/922-4457.

## Community and Employee Spring Cleanups

By Brian Scheinost, Public Works Administrator

### Community spring cleanups

**District I, Vineland – Monday, April 21, through Sunday, April 27.** Hours of operation will be 8:30 a.m. to 4:30 p.m. on Monday through Friday, and 9 a.m. to 4 p.m. on Saturday and Sunday. All rolloff dumpsters will be located at the Mille Lacs Band Transfer Station. Mille Lacs Band Elders will receive free curbside pickup for their community cleanup items. Elders must call the Public Works office at 320/532-7430 by Friday, April 18, to be placed on the list for pickup. All other Band members can also receive curbside pickup for a charge of \$75 per truck load; you must call the Public Works office by April 18 and pay in full prior to pickup. Anyone receiving curbside pickup must have their pile at the end of their driveway.

**District II, East Lake, McGregor, Minnewawa, Sandy Lake, and Isle – Monday, May 5, through Sunday, May 11.** Rolloffs will be placed in the following locations: Apple Orchard (two locations), Old East Lake Center, County Road 30, Lake Minnewawa, Sandy Lake, Isle Community Center, and the cul-de-sac at the end of Sam Drive. Rolloffs will be placed at these locations for one week only.

**District III, Lake Lena and Hinckley for Elders only – Monday, April 28, to Sunday, May 4.** Rolloffs will be placed at the following locations: Old Lake Lena Community Center, midway point on Badger Road, ball field in the Razor Lake area, County Road 20 going north, and the new community center behind the Hinckley ALU. Rolloffs will be placed at these locations for one week only.

### Employee spring cleanups

- District I, Vineland and Isle – Wednesday, May 14
- District II, East Lake – Tuesday, May 13
- District III, Lake Lena – Thursday, May 15
- Urban area, Minneapolis – Friday, May 16

If weather is a factor on any of the employee cleanup dates, except for the urban area, we will delay the cleanup until the following week. All participants in Districts I, II and III cleanups will receive a free lunch buffet coupon for Grand Casino Mille Lacs or Grand Casino Hinckley. Urban area participants will receive a free lunch at Famous Dave's on the day of the cleanup.

Please contact Ashley Blue at 320/532-7430 if you have any questions or concerns about the 2008 cleanups. Thank you.

## Education Department Shares Updates at District I Community Meeting

By Rick Anderson, Tribal/Government Affairs Coordinator

Joyce Shingobe, Commissioner of Education, and Josh Maudrie, Director of the Mille Lacs Band of Ojibwe Tribal College, spoke at the District I community meeting on March 31 about new classes at the tribal college. Josh spoke about working with Fond du Lac Tribal and Community College and Bemidji State University to soon hold law enforcement classes at the Mille Lacs Band of Ojibwe Tribal College.

"Having a degree in law enforcement is not only a requirement to be a police officer, but it can also be used in any area of criminal justice, like being a probation officer or working at correctional facilities and youth organizations," Josh said. Offering law enforcement classes at the tribal college was one of Chief Executive Melanie Benjamin's directives given to the Education Department.

Joyce discussed the Education Department's plans to add day care centers in Districts I, II and III. The plans need to be approved by the Chief Executive, Administrative Policy Board, and the Band Assembly. She also talked about changes being made to the Community Youth Services program. They plan to add more sports, culture and language activities.

Joyce also said she is proud of students who have stayed in school.



Director of the Mille Lacs Band of Ojibwe Tribal College Josh Maudrie spoke at the District I community meeting about new classes offered at the tribal college.

Photo courtesy of Rick Anderson

## Native Voter Engagement Training April 22-23

The Native Vote Alliance of Minnesota (NVAM) is partnering with Wellstone Action to hold voter engagement trainings throughout Indian Country to train leaders and community members on getting out the vote. A training session will be held at Grand Casino Mille Lacs on April 22 from noon to 8 p.m., and April 23 from 9 a.m. to 2 p.m.

The one-and-a-half-day session is part of Wellstone Action's nonpartisan trainings that address topics such as registering and educating Native

voters, voter engagement plans, and tribes' unique status in state and federal elections.

Space is limited, so please register by Friday, April 18. To register, please contact Mary Sam at marysam@grcasinos.com or 320/532-8853. Participants are requested to attend both days' events.

If you are interested in participating in the Mille Lacs Band's Get-Out-The-Vote Team, please contact Mary or Elizabeth Towle at 320/384-4661.

## Recipe for Peanut Sauce

Submitted by Roberta Sam

Try this light version of an Indonesian sauce with grilled foods (recipe from Weight Watchers). Makes 8 servings.

### Ingredients

- 3 tablespoons creamy peanut butter
- 2 teaspoons sugar
- 2 garlic cloves, minced
- 2 tablespoons reduced-sodium soy sauce
- 1 tablespoon water

- 1-1/4 teaspoons rice wine vinegar
- 1 tablespoon chopped fresh cilantro

### Directions

- In a small bowl, combine the peanut butter, sugar and garlic until smooth. Add the soy sauce, water, vinegar, and cilantro. Stir until combined.
- Thread strips of pork, chicken and/or vegetables on small skewers and grill. Then dip away!



# Calendar of Events

## April 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday				
		15	<b>District III Community Meeting</b> Grand Casino Hinckley Ballroom 5:30 p.m. Contact: Monica Benjamin, 320/384-1424 <b>District IIA Community Meeting</b> Chiminising Community Center 5:30 p.m. Contact: Carmen Green, 320/676-1102	16	<b>All District Elder Meeting</b> 11:30 a.m. Contact: Nora Benjamin, 320/532-4181	17	18	<b>Martin Short*</b> GCH 8 p.m.	19	<i>Commissioner on Call</i> <b>Sarah Oquist,</b> Commissioner of Corporate Affairs 877/239-2444
20	21	22		23	24	25	26	<b>Loretta Lynn*</b> GCML 7:30 p.m. both nights	<i>Commissioner on Call</i> <b>Nancy Wood, Office Director for the Office of the Chief Executive</b> 877/239-2444	
<i>Commissioner on Call</i> <b>Sarah Oquist,</b> Commissioner of Corporate Affairs 877/239-2444					<b>District II Community Meeting</b> East Lake Community Center, 5:30 p.m. Contact: Jenny Waugh, 218/768-3311 <b>Urban Area Community Meeting</b> All Nations Indian Church, 5:30 p.m. Contact: Barb, 612/872-1424	<b>All offices closed for Art Gahbow Day</b>				
27	<b>District I Community Meeting</b> District I Community Center, 5:30 p.m. Contact: Becky Sam, 320/532-7423	28	29	30						
<i>Commissioner on Call</i> <b>Nancy Wood, Office Director for the Office of the Chief Executive</b> 877/239-2444										

## May 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
<i>If you would like an event included in the community calendar, please contact Kelly Sam at 651/292-8062 or write to Kelly at 255 E. Kellogg Blvd. Suite 102 St. Paul, MN 55101</i>	<b>Commissioners on call</b> A Mille Lacs Band Commissioner is available every weekend to help Band members handle emergencies. If you have an emergency, please contact the Commissioner on call at 877/239-2444. The emergency phone is answered from 5 p.m. Friday- 8 a.m. Monday.	<b>*To Purchase Tickets</b> Visit a Grand Casino box office, call TicketMaster at 612/989-5151, or visit <a href="http://www.ticketmaster.com">www.ticketmaster.com</a>		1	2	3	<b>John Michael Montgomery*</b> GCML 7:30 p.m. both nights	<i>Commissioner on Call</i> <b>Sam Moose,</b> Commissioner of Health & Human Services 877/239-2444
4	<b>Onamia Indian Education Parent Committee Meeting</b> Onamia School District Office Conference Room 12 p.m.	5	6	7	8	9	10	<i>Commissioner on Call</i> <b>Joycelyn Shingobe,</b> Commissioner of Education 877/239-2444
<i>Commissioner on Call</i> <b>Sam Moose,</b> Commissioner of Health & Human Services 877/239-2444								
11	<b>AMVETS Meeting</b> Grand Casino Mille Lacs 6 p.m. Contact: Ken Weyaus, 320/309-6925 <b>Pine Grove Leadership Academy Meeting</b> Aazhoomog School 6:30 p.m. Contact: Skip Churchill, 320/384-6970	12	13	14	15	16	17	<i>Commissioner on Call</i> <b>Curt Kalk,</b> Commissioner of Natural Resources 877/239-2444
<i>Commissioner on Call</i> <b>Joycelyn Shingobe,</b> Commissioner of Education 877/239-2444								



# What is the Most Important Thing you Learned From an Elder?

**Peggy Klapel**



*"My mom taught me to have respect for others and their ideas."*

**Jamie Short**



*"When growing up, I was taught to respect our Elders and always take care of my family and friends."*

**Carol Higgins**



*"I've learned from our Elders to follow our Ojibwe traditions, which were given to us by our Creator."*

**Carmen Behnkie**



*"The most important thing I was taught by an Elder is to have respect for family because they are all we have."*

**Kelly Kegg**



*"The most important thing I was taught by an Elder is to show respect to others and treat people the same as I would want to be treated."*

**Wally St. John**



*"I was told by an Elder many years ago how we didn't have to lock our doors at night and how we as a community should trust in each other with unconditional love."*

**Perry Skinaway Sr.**



*"I learned from an Elder to keep putting tobacco out whether it's for good things or to ask for guidance from negative issues – to always put tobacco out in a meaningful way."*

**David Matrious**



*"Growing up in District III there was not much work, so I would travel to the Twin Cities to work when I was younger. But I remember we were taught to gather for our families, aunts, uncles, etc. So before I left for the cities to live and work, my mom gave me advice and said, 'Do not do anything you would be ashamed of afterwards, and live a good life.'"*

*Photos courtesy of Rick Anderson*

## Dr. Arne Vainio Shares Health Risks Associated with Smoking

*Dr. Arne Vainio, a Mille Lacs Band member who works on the Fond du Lac Reservation, is sharing his personal experiences in a series of articles in News From Indian Country.*

*Below is an excerpt from Arne's sixth article:*

Seattle was a great place to do my residency. I spent three years at the Seattle Indian Health Board and Providence Hospital and have many stories from there.

This is one of them.

Harold hardly ever came in to the clinic. I usually saw him when he was in the hospital for pneumonia. I had repeatedly tried to get him to quit smoking, but he never wanted to go to the classes or take the medicines. In the three years I'd been at the clinic, I had admitted Harold five or six times to the hospital for pneumonia (a bacterial infection in the lungs). His pneumonia was complicated by his smoking and resultant emphysema. Emphysema is a breakdown of the air sacs in the lungs, making it hard to get oxygen. It's a chronic condition with no cure. It's almost always caused by smoking, and preventing it is the only real solution.

In addition to this, he had lymphoma, which is a cancer of

his lymph nodes (part of the immune system), about ten years earlier. This had been treated with chemotherapy, but he never went back to make sure it was cured. But every time he got pneumonia, he became very worried about his lymphoma coming back. According to the pulmonologist (lung specialist) I referred him to, continuing to smoke put him at an extremely high risk of getting lung cancer.

About six months before I finished residency, he was in the hospital again for pneumonia. This time his chest x-ray showed a worrisome area in his left lung. A CT scan showed this to be likely cancerous. A biopsy (tissue sample) was taken, and this was positive for lung cancer.

He started chemotherapy, but became very sick from it and was unable to finish. Subsequently, he was started on radiation treatment. Multiple treatments of radiation are targeted to the area of cancer. This caused scarring of his esophagus (swallowing tube) and he had a very hard time swallowing. He kept losing weight, but he continued to smoke.

I didn't see him again for several months as he refused to come in for clinic visits, although he did see the cancer

specialists off and on. He was admitted to the hospital again, this time for back pain. X-rays showed that his cancer had spread to his spine, and a bone scan showed it spread to scattered areas of his spine and pelvis. His cancer was widely metastatic (spreading) and he went home with hospice care to spend his last days.

Lung cancer is the leading cause of cancer death in both men and women in the U.S. There are 175,000 new cases per year in the U.S. There are two major types – small cell and non-small cell lung cancer. About 80% of new cases are non-small cell and 50% are metastatic (spreading) by the time of diagnosis. This is the most common cancer worldwide – age 50 to 70 is the most common age, and smoking is involved in 87% of cases.

According to the American Indian Community Tobacco Project ([www.AICTP.umn.edu](http://www.AICTP.umn.edu)), three out of every five American Indian adults smoke, and nearly two out of every five American Indian deaths are due to cigarette smoking and breathing secondhand smoke. Teens whose family members smoke are three times more likely to smoke themselves.

Question: So what do we do about this?

Answer: Prevention!

Anyone seeing a pattern here? We need to keep our kids from smoking, and we need to continue to get current smokers to quit. This is a very difficult problem as nicotine changes receptors in the brain so they only work when nicotine is present. This is why smokers need to have their "fix" and why people can get so crabby when they try to quit. Using patches and gum help by giving a decreasing dose of nicotine over time. There are medicines to help with cravings – there is a new medicine out that blocks the nicotine receptors in the brain. Hypnosis and acupuncture are also helpful (with no side effects). All of these should be in combination with counseling. Quitting with a partner also helps.

Ask for help at your clinic or by calling 888/354-PLAN.

Again, from AICTP: We've survived too much as a people to allow ourselves to be conquered by cigarettes.

Look around. Our kids tend to do what we do. Don't let smoking be one of them.

To view Arne's entire article, visit [www.indiancountrynews.com](http://www.indiancountrynews.com) and click on the food and health section.