

OJIBWE INAAJIMOWIN

April 2009

"The story as it's told."

Volume 11 • Number 4

Woodlands National Bank Opens Minneapolis Branch



Kelly Sam

Woodlands National Bank opened a new location in Minneapolis on March 2. The branch is operated by Branch Manager Joanne Whiterabbit (left), Teller Chilah Brown (center), and Personal Banking Representative Naomi Mager (right).

Mille Lacs Band-owned Woodlands National Bank opened its first Twin Cities branch on March 2. The branch, located at 11th Street and Franklin Avenue in Minneapolis, provides a full range of personal and business services, including real estate services. The bank also provides ATMs (including a walk-up ATM on the outside of the bank), online banking, and IRAs.

"We've wanted a presence in the Minneapolis area for many years," said Lew Anderson, President and CEO of Woodlands National Bank. "Now we're able to bring our commitment to full-service banking and personalized service to the Twin Cities area."

Woodlands National Bank also participates in the new U.S. Department of Housing and Urban Development (HUD) Section 184 program, which helps American Indians buy and refinance homes.

According to Branch Manager Joanne Whiterabbit, who is a Ho-Chunk member, Woodlands National Bank is one of the few banks in the U.S. to participate in the HUD Section 184 program.

"By participating in this program, we are able to help more people realize their dreams of owning a home," said Joanne. "Woodlands National Bank is committed to serving the needs of all community members, whether they are looking to buy a home or to simply manage their money."

Along with Joanne, the Minneapolis branch employs two other people – Mille Lacs Band member Chilah Brown, who serves as the primary teller, and Naomi Mager, who is a personal banking representative.

For more information, visit www.woodlandsnationalbank.com or contact Joanne at 612/230-6960.

State Economy Remains Key Issue in House and Senate

The state's economy and budget deficit continue to be top issues at the state Capitol. With the passage of the federal stimulus package, Minnesota legislators are now working on bills to receive federal funds and comply with regulations. So far, the House of Representatives has passed a bill to accept funding for transportation projects. Other bills are expected to be passed to receive funding in the areas of education and health and human services.

Discussions also continue on balancing the state's budget, which means eliminating a \$4.6 billion deficit. Governor Tim Pawlenty recently met with DFL leaders to try to find some compromises between their proposed budgets. While the DFL's budget proposal includes both tax increases and spending cuts, the Governor remains opposed to tax increases. The debate over a state budget-balancing bill will likely continue over the next few months. Some veteran Capitol observers anticipate that a special session will be called to resolve the budget issues, unless the Legislature and Governor can agree on a bill by the end of the regular session on May 18.

Gaming legislation

On the gaming front, bills have been introduced to allow

video slot machines in bars, the Minneapolis-St. Paul Airport, and at Canterbury and Running Aces racetracks. While the bills have not moved very far through committees, it is possible that these efforts could be brought up on the House and Senate floors as amendments to budget bills. In addition, there is a bill currently moving through House committees to allow Allied Charities of Minnesota, which serves charitable gambling organizations, to operate electronic bingo machines in bars. The bill has raised some concerns about the future impact of the machines, as technology and policies change.

Dakota and Ojibwe language bill

A House bill proposes to establish a volunteer working group to help address ways to revitalize and preserve the Dakota and Ojibwe languages in the state. The bill has moved through the House Committee on K-12 Education Policy and Oversight and will next go to the House K-12 Education Finance Division. The Mille Lacs Band supports efforts to help preserve native languages for future generations.



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Mille Lacs Band Member Receives *Business Journal's* "40 Under Forty" Award



Joe Nayquonabe serves as the Interim Corporate Vice President of Marketing, which oversees the marketing efforts for both Grand Casino Mille Lacs and Grand Casino Hinckley.

Joe Nayquonabe, Interim Corporate Vice President of Marketing for Grand Casino Mille Lacs and Grand Casino Hinckley, was named to the *Minneapolis/St. Paul Business Journal's* 2009 "40 Under Forty" list. He was one of 211 candidates to be nominated for this award, which is given annually to 40 people under the age of 40 who have been successful in their careers and communities.

Joe was nominated by Sarah Oquist, former Commissioner of Corporate Affairs for the Mille Lacs Band.

"Joe's leadership and integrity continue to amaze me as he brings forth new ideas, enthusiasm, and dedication to every aspect of his work. His leadership goes beyond his

professional career," said Sarah. "As a young Mille Lacs Band member, Joe and his success are a positive influence on the community's youth. He is dedicated to passing down the Ojibwe culture and participates in traditional activities, along with other community involvement. He deserves to be recognized."

At Grand Casino, the 27-year-old oversees the central marketing efforts for both Grand Casino Mille Lacs and Grand Casino Hinckley. This also includes oversight of Grand Casinos' Brooklyn Park office that focuses on marketing efforts in the Twin Cities. Today he manages a department with more than 100 Associates. Prior to his move to central marketing, Joe worked as the Director of Marketing for Grand Casino Mille Lacs.

"It's a great honor to be a recipient of the *Minneapolis/St. Paul Business Journal's* '40 Under Forty' award," said Joe. "While this is an individual award, I view it as recognition of leadership and accomplishments of the Mille Lacs Band of Ojibwe."

Over the years, this prestigious honor has gone to many of the area's most prominent professionals. Past honorees include Governor Tim Pawlenty, State Senator Mee Moua (DFL-St. Paul), and Minnesota Twins President Dave St. Peter.

Update Your Grand Casino Hinckley Employment Application

By Wanetta Thompson, Grand Casino Hinckley Vice President of Human Resources

Greetings fellow Mille Lacs Band members. We are gearing up for the springtime hiring season and have been contacting Mille Lacs Band members about open positions at Grand Casino Hinckley. We keep all employment applications from Band members on file indefinitely. When positions become available, we review, contact, and set up interviews for Band member applicants prior to contacting all other applicants.

Over the past several weeks, we have had trouble

contacting some Band member applicants using the phone numbers and addresses listed in their files. If you have an application on file with an old address or phone number, please contact Amber Day at 320/384-4929 or 800/472-6321, ext. 4929 to update your contact information. We need to have an updated employment application if you come in to interview.

If you are looking to find employment and have not yet applied at Grand Casino Hinckley, please stop by and see what we have to offer. I look forward to seeing you.

Band Officials Meet With Federal Leaders

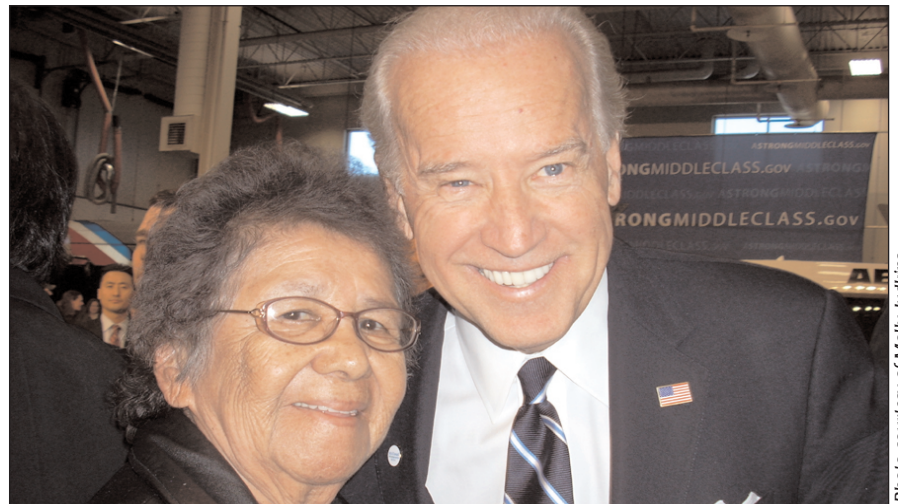


Photo courtesy of Molly Judkins

Chief Executive Marge Anderson visited with Vice President Joe Biden during his visit to the New Flyer of America, Inc. plant in St. Cloud on March 19 to discuss the "Road to Recovery: Building a Strong Middle Class through the Recovery Act."



Photo courtesy of Molly Judkins

During a visit to Washington, D.C., Secretary/Treasurer Herb Weyaus (left) and Chief Executive Marge Anderson (right) met with Jodi Gillette (center), Deputy Associate Director of the White House Office of Intergovernmental Affairs. Jodi is a member of the Standing Rock Sioux Tribe and was appointed to her position in February.

Recognizing Band Member Service Men and Women

The Mille Lacs Band would like to recognize Band member service men and women in upcoming issues of the *Inaajimowin*. If you or someone you know has served or is currently serving in the Armed Forces, please contact Kelly Sam at 651/292-8062 or kellys@goffhoward.com by April 24 to provide the following information to the *Inaajimowin*:

- Name and rank
- U.S. Armed Forces division

- Years of service
 - Location(s) served/serving
- Along with this information, you can also e-mail or mail photos of veterans or Armed Forces personnel to:

Kelly Sam
Goff & Howard
255 E. Kellogg Blvd., Suite 102
St. Paul, MN 55101
kellys@goffhoward.com

Sign Up for 2009 Iskigamizigan Traditional Powwow Royalty Contest

Powwow held August 14-16

Royalty contests:

- Junior Princess and Junior Brave (6- to 12-year-olds)
- Senior Princess and Senior Brave (13- to 18-year-olds)

- Registration deadline: August 3

For application packets, contact Mary Jo Jennings: 800/626-5825, ext. 5944, mjennings2@grcasinos.com, or iskigamizigan@hotmail.com.

Small Business Development Program Updates

SBDP to host second annual Native American Business Fair on April 29

The Corporate Commission's Small Business Development Program (SBDP) will host the second annual Native American Business Fair on Wednesday, April 29, at Grand Casino Hinckley. This year your registration will allow you access to two incredible events – the business fair and the annual East Central Minnesota Business and Workforce Development Conference (note that the business fair will take place during the conference).

Native American entrepreneurs are encouraged to attend the summit to learn about issues facing businesses today and to network with potential customers. Some of the topics that will be discussed during the event include:

- Social networking tools
- The federal stimulus package
- Financial planning
- Guerilla marketing

Native American business owners who register for the economic development conference will also receive a free vendor booth to showcase their businesses. Registration costs \$55 per person. For a registration form, contact the SBDP at 800/746-9805, ext. 8850. To register for a vendor booth, contact Pam Wegner at 800-472-6321, ext. 4645. The registration deadline is April 22.

A limited number of scholarships are available through the SBDP for Band members who have difficulty paying their registration fee. Contact the SBDP at 800/746-9805, ext. 8850 for more information. The deadline for scholarship registration is April 17; scholarships will be given on a first-come, first-served basis.

New three-day business class a hit

The SBDP reconfigured its 10-week business management training class to a three-day weekend class. The first three-day class was held February 20-22 in District I. The class

was a hit! Nine Band members completed the class, and the SBDP received numerous calls from Band members interested in the class.

The three-day course was so well received that it exceeded the maximum capacity of the class. So the SBDP developed a list of criteria for participation in future classes. To attend future classes, you must:

- Be an enrolled Mille Lacs Band member.
- Have a business idea you will actually pursue.
- Be able to attend 100% of the class for the three days, starting at 8 a.m. each day.
- Be able to meet with SBDP staff at least three weeks before the class begins to complete pre-class work.
- If you are an existing SBDP entrepreneur, you are automatically accepted in the class.

But don't take our word for it; listen to those who attended the class.

"I'm very happy the Corporate Commission provides this training to Band members. The support network is awesome!"

- Corrina Sam

"I loved this class, and I recommend it to others."

- Sasha Weyaus

"A crash course in starting a business, and the booklets given were an excellent resource."

- Rebecca Churchill

"I liked being in this class; very knowledgeable."

- Kevin Boyd Sr.

"The class provided essential information to successfully plan to open a small business. The SBDP is a valuable resource."

- Bernida Humetewa

"Restructure to three days (hooray)! Sharon was a good facilitator – kept us on track."

- Gloria St. John

The next three-day class is scheduled for June 5-7 in the urban area, with a maximum capacity of 14 participants. For more information and to register for the class, please contact Sharon James at 320/532-8817 or 800/746-9805, ext. 8817.

On the Job Training Program Offers Once in a Lifetime Opportunity

Are you interested in managing a business? Or possibly even owning one someday – but are worried about the risk, especially in this economy?

No need to worry anymore. The Corporate Commission's Small Business Development Program (SBDP) has a great opportunity exclusively for Mille Lacs Band members with the On the Job Training (OJT) program.

The SBDP is looking for Band members interested in becoming the manager trainee and future owner of the Time for You Salon & Spa, located in the Grand Casino Mille Lacs hotel lobby.

The OJT program pays you while you learn how to manage and operate a

business successfully. After the manager trainee successfully completes the three phase training, he or she may then be eligible to purchase the business. The Corporate Commission's SBDP assumes all of the risk – and you are paid as you learn.

If you have the passion for this type of business and the commitment to pursue this exclusive opportunity, take action now.

To learn more about the project and selection process – you're invited to attend the OJT orientation session on Thursday, April 30, from noon to 2 p.m. To register for the orientation session, please call Gina Heart at 320/532-8850 by April 22. Lunch will be provided.

Standing Strong Through the Economic Recession

By Angella Roby, Commissioner of Finance

The economy has been a major concern for most people, as the effects of the recession can be felt all around us. Our region has been hit particularly hard by the recession, with unemployment rates in Mille Lacs and Pine counties reaching 15.6% and 14.7% respectively in February 2009. These rates are among the highest in Minnesota, and are well above Minnesota's 8.8% average unemployment rate.

The Mille Lacs Band is not immune to the economic downturn. Grand Casino Mille Lacs and Grand Casino Hinckley are experiencing lower revenues, just like most other businesses around the state and country. As one of the largest employers in our area, the Mille Lacs Band is doing everything possible to maintain the jobs it provides and the programs and services it offers.

We are in the process of preparing the Band's next two-year budget for programs and services. In doing so, we recognize that some cuts will need to be made, but we will work to make sure they have minimal impact on Band

members. That is why the Band is calling on all of its departments to find innovative ways to be more efficient and cut costs, while continuing to provide quality programs and services to Band members.

The Band is also implementing a wage freeze for tribal government employees for the fiscal year 2010 and fiscal year 2011 budgets. The Band would rather keep its current tribal government employees at the wages they receive now than resort to layoffs, which would be the only alternative if wage increases were allowed. Many businesses and organizations across the country have taken this same course of action in order to protect their existing jobs.

Compassion, sharing, and helping others have been fundamental to the Ojibwe culture since its beginning, long before Grand Casinos were established. In these tough economic times, the Mille Lacs Band must continue to focus on its culture, heritage and sovereignty, which will help the Band come out of these hard economic times stronger, braver and better.

Getting to Know David Sam



David Sam

By Toya Stewart

Looking in the mirror, David Sam realized he didn't like the man he saw. It was 1974. David, at age 23, was an alcoholic spending time in the workhouse for the umpteenth time.

"I had a spiritual awakening. I said when I get out, I'm going to get myself into treatment. And I did," he said. "I spent 28 days in the Anoka State Hospital Chemical Dependency Unit."

"That was the first initiation into recovery and facing the fact that I was an alcoholic," said David, who began drinking when he was about 13 years old.

Since that time, David has maintained his sobriety and dedicated his life to helping others, all while living the best life he can. Currently, David is the Facility Manager for ML Wastewater Management, Inc.

David's list of accomplishments is long and impressive, yet he'd rather talk about the others whose lives he impacted after he gave up drinking.

He has worked as the Director of the American Indian Services Halfway House in Minneapolis, was the Director and a former consultant for the Indian Neighborhood Club in the Twin Cities, was on the allocations committee for the United Way of the Greater Minneapolis Area, and was on the board of directors for the Minneapolis American Indian Center. He also worked for Minneapolis Indian Education Program early in his career.

As the Director of the American Indian Services Halfway House, David sought ways to make programs such as Alcoholics Anonymous (AA) more culturally relevant to Indian people.

A lot of people maintained their sobriety because of David's work to help them. He shared a story of an Ojibwe Elder who could not find sobriety in AA, so David instructed his staff to find something in this man's past that could serve as a foundation for him to begin his own recovery process. They tapped into his love for the moccasin game. The Elder stayed sober until the day he passed.

Through his own recovery process, David has learned that putting alcohol to rest is the first step, then facing yourself and your history and making healthy changes in your life are the next big challenges.

He was also very active in tribal politics between 1978 and 1982. Some may have even labeled him a troublemaker for facilitating meetings that enabled Band members to speak up about problems in the reservation's districts.

"Putting on meetings empowered Band members to have a voice," he said, "and I always worked to protect our sovereignty. I said what people were afraid to say because I didn't have anything to lose." (To be clear, David shared that he was never a part of or supportive of the Mille Lacs Anishinabe People's Party – MAPP).

David was also instrumental in helping clergy members in the Twin Cities build bridges with the American Indian community. "I met with them to help them understand Indian culture and the Native belief system," he said. "It needed to be done, and no one was doing it."

He still serves as a consultant and speaker focusing on chemical health/recovery and building cross-cultural relationships between the Christian faith and American Indian communities.

In 1984, David went to the Massachusetts Institute for Technology (MIT) and Harvard University as a Bush Leadership Foundation Scholar. He was also named a Boston Fellow from the Boston Foundation, where he focused on community and urban development.

After returning from Boston, David received training in engineering and computer-aided design drafting. He spent

about 15 years working in the software consulting and engineering fields, and designed the graphics and computer room for the Duluth wastewater facility. Each of those roles prepared him for his current job at ML Wastewater Management.

David moved to Onamia in 2000 and began working for the Band as an engineer for the wastewater treatment plant in 2001.

David is the vice chairman of the Mille Lacs Electric Operation Round-up Donations Board, chairman of the Onamia Local Indian Education Parent Committee, and a referee for junior high basketball. He tries to model being a solution-centered, action-oriented Band member. He has learned that sitting on the sidelines complaining does nothing. His philosophy is that either you are a part of the problem or a part of the solution. He chooses to find solutions.

David has been married to Mary Sam for 16 years. The couple has a blended family that includes five children.

David is living a traditional Ojibwe lifestyle. He gathers maple syrup, finishes wild rice, hunts, sets nets, picks bark and berries, makes star quilt blankets and birch bark baskets, and is very good at beadwork.

He speaks his language, participates in ceremonies, and is raising his youngest son on the traditional path as well as helping him excel in the Western world.

"I grew up with my grandmother, Annie 'Waashkesh' Sam. She pushed me to learn, participate and value both cultures." One of the most important teachings she gave David was that "in Anishinabe culture, you can be a traditional person without being a member of the Big Drum or a member of the Midewiwin Society."

David was given the name "Amik" by his niyawew'e (namesake). He believes that all Anishinabe should have Indian names, and each of his children also have Ojibwe names.

"I try to live my life the way I grew up and the way AA taught me to live life to help others," David said. "I have some wisdom, and I try to share it."

ML Wastewater Treatment Facility Continues to Benefit Area

By Toya Stewart

When David Sam is asked to describe his role as the Facility Manager of ML Wastewater Management, Inc., he calls himself a zookeeper.

"I oversee the microbiological plant community, which is a single-cell organism," he says. "I feed them wastewater and they consume what's solid and release clean water."

Hence the zookeeper description – clean, feed and oversee the little guys that provide so much good to the community and beyond.

David says the wastewater treatment plant is beneficial because if the wastewater solids are left untreated, they can deplete the waters of oxygen, which can later cause fish to die.

"The wastewater plant helps keep the lake healthy," David said. "Nature takes care of the water system, but we do what the pond system does in five hours versus 120 days."

Not to mention that the pathogenic bacteria found in untreated wastewater is harmful to humans. Further, if the water is left unattended and harbors the pollution, it emits an unpleasant odor and is unsightly.

Once the water is disinfected it then goes to the wetlands and cleans the lake.

Completed in 2004, the state-of-the-art wastewater treatment plant can handle about 625,000 gallons of wastewater per day. Currently it receives about 200,100 gallons per day, or flow from about 2,000 people.

The facility, which exceeds the Environmental Protection Agency's (EPA) regulations, cost about \$20 million to build and is a collaborative operation between the Mille Lacs Band and the Garrison-Kathio-West Mille Lacs Lake Sanitary District.

"The partnership of this infrastructure proves that the Band has an ability to do innovative things and do them well," said David, who helped oversee the construction of the facility.

The facility is staffed by three full-time licensed operators, whose jobs are to ensure that the system operates at its optimum efficiency.

The plant, which is a not-for-profit corporation, sits on 130 acres of the Band's trust land. Oversight is provided by the EPA.

The New Economy and Ways to Cut Costs

Money-saving tips for Mille Lacs Band members

By Corporate Commission

Time's are tough, money is tight, and it seems like everything is costing more and more. We did some digging and found five different ways you and your family can save money in this tough economy.

Technology tools

The Corporate Commission's IT Department has a tip for you – shut off your home computers when you are done using them. About two-thirds of energy used by computers is wasted by machines that aren't in use. A PC in standby or sleep mode can use up to 90% less power than one that is on.

Bottom line: shutting off your PC lowers energy consumed per computer by 30 to 50%, saving \$25 to \$55 per PC per year.

Auto advice

The technicians at Grand Auto & RV Care recommend that you service your vehicle regularly. If you want to make sure that your car performs at peak efficiency, then you'll have to get it serviced on a regular basis. Get the oil checked, swap out the brakes, check the exhaust, etc. The idea is that a well-kept car will consume less fuel, pump out less greenhouse gas, and last longer, which in the long term helps the environment and your bank

balance. All Mille Lacs Band members receive 10% off of services at Grand Auto & RV Care, excluding monthly specials and car washes. To schedule an appointment, call 320/384-4822.

Movie madness



During these hard economic times, treating yourself is important. The Grand Makwa Cinema is offering a special coupon for Mille Lacs Band members. Check out the coupon above and call 888/GOMAKWA (888/466-2592) for movie listings and show times.

Supermarket savings

The Grand Market wants to let you in on a few cost savings tips when purchasing groceries. Plan your meals and shopping lists around featured sale items. When you are buying ground beef (hamburger), make sure that it is fairly lean. Extra-lean

ground beef will yield more meat when cooked, plus it is also lower in calories, saturated fat, and cholesterol than regular ground beef. The Grand Market is now offering a 5% discount to all Mille Lacs Band members. You just need to show your tribal ID. That means if you purchase \$150 in groceries, you will save \$7.50. This offer is good through June 30, 2009.

Cleaning up cost savings

Here are money-saving tips on how you can make your own cleaners:

What you will need:

- Distilled white vinegar, which disinfects and helps break up dirt
- Baking soda, which deodorizes and provides abrasion
- Isopropyl (rubbing) alcohol, which disinfects
- Liquid dishwashing detergent such as Dawn, Mrs. Meyers, or Seventh Generation
- Borax (commonly used in the laundry), which disinfects, bleaches and deodorizes
- Hydrogen peroxide, which bleaches and sanitizes

All-purpose cleaner: In a 32-ounce spray bottle, combine 1/4 cup white vinegar, 3 1/2 cups hot water and 1/4 cup liquid dish soap. Mix thoroughly. For additional sanitizing, spritz rubbing alcohol on suitable surfaces and wipe

dry with a clean cloth. Remember to label the bottle.

Cleansing scrub: Sprinkle baking soda on a wet sponge or surface and scrub. Rinse well.

Window and glass cleaner: Mix in a spray bottle one tablespoon white vinegar, 1/2 cup rubbing alcohol, and one quart water. For best results, use a small squeegee to remove excess water. Polish with a soft, clean, lintless cloth. Label the bottle.

Daily shower cleaner: Mix together 1/2 cup hydrogen peroxide, 1/2 cup rubbing alcohol, six drops of dishwashing liquid, and 24 ounces of water. Using a squeegee or towel, wipe down shower walls and glass doors after use to reduce the need to scrub. Label the bottle and store away from children.

Oven cleaner: Combine one cup baking soda and two tablespoons dishwashing liquid, adding water as necessary to make a spreadable paste. Apply paste to stains in oven, then scrub. (Before using on a continuous-cleaning or self-cleaning oven, check manufacturer's instructions.) This works better on fresh stains than old, baked-on ones.

Sources:

- United States Department of Energy report.
- Karen Youso, "How to make your own cleaners," Star Tribune, 17 March 2009, www.startribune.com/lifestyle/homegarden/41368237.html.

Child Development Screenings Available

By Toya Stewart

All parents want their children to meet the developmental stages of growth. Smile and coo at three months. Roll over by six months. Begin to creep or crawl at nine months, and say "mama" and "dada" plus a few other words by the time the child is a year old.

There is no exact date for when babies should reach the common development stages, but there are guidelines agreed upon by medical experts and practitioners.

"If there's a slight concern, a referral can be made, and we will screen a child," Lana Talberg, Special Education Coordinator for the Rum River Special Education Cooperative, told the Mille Lacs Band's Healthy Child Initiative Committee at a recent meeting.

All families in Mille Lacs and Sherburne counties are eligible for the free screenings offered by the Interagency Early Intervention

Committee. If it is determined that a family needs the agency's services, there is no cost to the family, other than their time, Lana said.

The agency wants to ensure that people are getting the assistance they need, said Betsy Wall, who also works for the agency.

The goal is to find families who need help with their children primarily between the ages of birth to three years old, and then from ages three to six years old, Betsy added. Eligible families will receive transportation assistance from the agency, which also provides in-home services.

Dr. Salina Rizvi, Health Director for the Mille Lacs Band, believes that more families would take advantage of the services if they knew it was offered.

"If they knew, it might make a difference," said Dr. Rizvi, who is going to help organize a presentation on the agency's

services for other Band departments so that they can begin to make more referrals as needed.

For more information about the agency's services and screening program, contact Lana Talberg at 763/689-3600, Mille Lacs County Public Health Services at 800/983-8385, or Mille Lacs County Family Services at 888/270-8208.

What does it take to raise healthy children?

Focus groups are expected to begin work by early summer for the project, "What does it take to raise a healthy American Indian child?" The project is a collaborative effort between the Mille Lacs Band and the Department of Social Work at the University of Minnesota Duluth (UMD).

Once the project is underway, Band Elders will be asked to offer their wisdom on the topic.

Parents and youth will also get an opportunity to weigh in on raising healthy children.

"There's a sense of accomplishment that comes from self-sufficiency," said John Day, Acting Director of American Indian Projects in the Department of Social Work at UMD. "Hopefully we will see the strength of American Indian families and the teachings of raising healthy American Indian kids."

The Healthy Child Initiative's poster, "Face of a Healthy Warrior," has become a big hit both within the Band and outside of it, according to Sue Swanson, Diabetes Nurse Educator for the Band. The posters were distributed to each family with children in the upper and lower schools who participated in a screening test, as well as to members of other tribes, including Grand Portage, Red Lake, Bois Forte, White Earth, and Fond du Lac.

Budget Updates Heard at District I Community Meeting

During the March 30 District I community meeting, the Band's budget cycle (currently being planned for the 2010 and 2011 fiscal years) was a major topic of discussion. Commissioner of Administration John Dunkley spoke to more than 100 community members in attendance about the budget process and answered Band members' questions.

John told the attendees that the Band is implementing a wage freeze for tribal government employees. However, the Band's elected leadership will consider applying retroactive raises in mid-2010 based on the state of the economy at that time.

John also responded to Band members' concerns about cuts to programs and services, as the Band is facing challenges due to the recession. While recognizing that some cuts will be made, the Band is looking for community input on which programs and services are working well and which ones are less effective or less used. Community members are asked to contact John at 320/532-7530 or johnd@millelacsojibwe.nsn.us, or to set up a time to meet with him in person to share their thoughts.

Spring cleanups

Commissioner of Natural Resources Curt Kalk reminded attendees about the upcoming community and employee spring cleanups. The cleanups will take place at the following locations and times:

Community cleanups

- District I, Vineland – April 11-17
- District II, East Lake, Minnewawa, Sandy Lake, and Isle – April 25-May 1
- District III, Lake Lena and Hinckley (for Elders only) – April 18-24

Employee cleanups

- District I, Vineland – May 11
- District II, Isle – May 11
- District II, East Lake – May 12
- District III, Lake Lena – May 13
- Urban area, Minneapolis – May 15

For more information, contact Brittany Wind at 320/532-7430.

Urban area community meeting

Representatives from the U.S. Census Bureau spoke at the March 26 urban area community meeting about recruiting workers in the urban area and all three districts of the Mille Lacs Reservation for the 2010 census. Workers will interview respondents, record data, and perform other tasks related to the 2010 census. If you are interested in learning more about available positions, call 218/725-3960.

The Census Bureau representatives also stressed the importance of obtaining accurate census counts, as federal spending in areas such as schools and roads is distributed to state and local communities based on census data. Band members will likely see promotions about the 2010 census at community events and festivals around the state until spring 2010, when census forms will be mailed to all U.S. households.

New metro area Woodlands National Bank location

Joanne Whiterabbit, Branch Manager of the Minneapolis Woodlands National Bank, informed attendees about the opening of the new Minneapolis branch. She also talked about the bank's services, including home loan programs. See page 1 for more information about the bank's opening.

Sign Up for Summer Softball Leagues

The Community Recreation and Sports Program is preparing schedules for its summer softball leagues, which will begin in June in all three districts. More information about game dates and field locations will be included in upcoming issues of the *Inaajimowin*.

Softball teams must have a minimum of 10 players. The season will conclude with a tournament, awards ceremony, and barbeque.

Individuals or teams interested in playing softball should contact Phillip Sam at 800/709-6445, ext. 7518 by May 30.

Enroll Now in T.E.R.O. Program

By Lew Boyd, T.E.R.O. Director

The construction season will be here soon. If you would like to be enrolled in the Tribal Employment Rights Ordinance (T.E.R.O.) Program, please submit your resume to me by mail, fax or e-mail.

Lew Boyd, Director
T.E.R.O. Office
43408 Oodena Drive
Onamia, MN 56359
lew@millelacsojibwe.nsn.us
Fax: 320/532-7505

You can also drop off your resume at the T.E.R.O. office. I will forward your information to the various contractors bidding on Mille Lacs Band and Minnesota Department of Transportation projects as they become available. If you have any questions, please call 800/709-6445, ext. 7436 or 320/532-7436.

If you would like help updating or creating a resume, contact the Band's workforce center at 800/922-4457 or the urban office at 612/746-4800.

Mille Lacs Indian Museum Event

Applique beading workshop

Learn to bead using the applique method, in which beads are applied directly to material or buckskin. This type of beading is used to create intricate designs on dance regalia, bags, and moccasins. Participants will learn this method of beading from Mille Lacs Band Elder Margaret Hill. This two-day workshop will be held on Saturday, **April 18**, from 12-4 p.m. and from 10 a.m.-2 p.m. on Sunday,

April 19. The cost is \$25 for the public and \$20 for Minnesota Historical Society members and Mille Lacs Band members. Please call 320/532-3632 to register for the class.

Hours of operation

Although the museum is closed for the season, you can still arrange a group tour or attend some great events. Group tours can be scheduled by calling the museum at 320/532-3632. Outreach programming is also available.

Deron Dunkley Sworn in As Commissioner of Corporate Affairs



Photo courtesy of Steve Premo

Mille Lacs Band member Deron Dunkley (left) was sworn in to office as the new Commissioner of Corporate Affairs on April 8 by District Court Judge Richard Osburn (right). Deron, who has worked in various positions for the Band since 1994, most recently served as the Chief Financial Officer of the Corporate Commission. Other positions he has held include Financial Analyst at Grand Casino Mille Lacs and Director of Development, General Accounting Manager and Staff Accountant, and Senior Financial Analyst for the Corporate Commission. Deron holds a bachelor's degree in business economics from the University of Minnesota-Morris.

Public Health Updates

By **Marlene Poukka**,
Community Health Educator

WIC clinic dates

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

District I – Health and Human Services Building (17320 Noopiming Drive)

- April 14, 21 and 28
- 9 a.m.-noon and 1-4 p.m.

District III – Aazhoomog Public Health Office in Lake Lena

- April 22
- 10 a.m.-noon and 1-3 p.m.

Nurses attend training to learn more about tribal health care issues

In March, Mille Lacs Band Public Health Department nurses participated in a "Wellbriety" training (focusing on healthy, sober living and following traditional cultural values) held at the Northern Lights Conference Center near Walker, Minn. Topics at the training included nurse-family partnership building, rural living (e.g., lack of resources, transportation, and communication challenges), and dealing with Elder care issues. Tribal nurses are trained to handle many barriers while providing health care to patients residing in isolated areas.

Band collaborating with tribes on State Health Improvement Plan

The Band's Diabetes Team program and the Gegoo Zagswaaken Tobacco Program are collaborating with six other Minnesota tribes to apply for State Health Improvement Plan (SHIP) grants. These grants would help our tribes change our health care policies and processes to better serve our communities.

The SHIP grants the Mille Lacs Band is applying for

would enhance two health care areas: obesity and smoking cessation. It is anticipated that these grants would help us develop community gardens for Elders and their families to provide them with low-cost fruits and vegetables to encourage healthy eating. The grants would also help us provide more smoking cessation services.

National American Indian Adult Tobacco Survey coming to Band members

The Public Health Department is collaborating with the Band's Tribal Operations Department to bring the national American Indian Adult Tobacco Survey to Mille Lacs Band members residing on the reservation. According to the 2007 National Health Interview Survey, 36.4% of American Indians and Alaska Natives smoke compared to 21.4% of the non-Indian population who smoke.

The American Indian Adult Tobacco Survey was designed to gather tribal-specific information regarding trends in commercial tobacco use, such as one's beginning age of use, tobacco-related health care visits, secondhand smoke exposure, workplace policies on smoking, health risks of smoking, and attempts to quit smoking and the methods used.

A random sample of 150 individuals has received an initial letter and postcard asking for their participation in the survey. If you received a postcard, please return it to the Public Health Department if you wish to answer the survey. For people who agree to participate, they will receive a \$25 Marathon gift card.

If you have any questions, please call me at 320/532-7812 or toll-free at 800/709-6445, ext. 7812.

"High Stakes" Boxing Event Delivers Exciting Match-Ups



Andy Kolle (right) declared victory over Anthony Bonsante (left) during the "High Stakes" boxing event held at Grand Casino Hinckley on March 28.

By **Jim Erickson**, Mille Lacs Band Boxing Commission Executive Director

On March 28, a near-capacity crowd enjoyed a night of boxing at Grand Casino Hinckley. The event – titled High Stakes – began with a four-round bout between Patrick Cape and Daniel Schlienz. Cape accepted the fight on one day's notice, as Schlienz's original opponent, Tyler Gould of Fargo, N.D., had to pull out of the competition in an effort to save his residence from the rising Red River. Although Cape tired as the fight progressed, his punching power was the telling factor as he knocked out Schlienz at 2:51 of round three.

Next up was a battle between popular Duluth, Minn., boxer Gary Eyer and veteran Scott Robinson of Wisconsin. Robinson was the aggressor at the opening bell, but the savage body attack from Eyer paid dividends as the bout was stopped with one tick of the clock left in round one.

The third bout of the evening pitted Cereso Fort against Joshua Rodriguez, who both used their fine boxing talents for an entertaining brawl. The up-and-coming Fort, with his combination of speed and power, won the match over Rodriguez's slick combination punching. Fort scored a technical knockout (TKO) at 1:19 of round four.

The semi-main event was a battle of unbeaten boxers. St. Paul's Brad Patraw put his undefeated record on the line against Antwan Robertson (4-0) of Anoka. Robertson showed slick defense, but couldn't muster enough offense to gain an advantage on the scorecards. Patraw picked up the unanimous decision to move his record to 5-0.

For the main event, Andy Kolle of Fergus Falls, Minn., took on Anthony Bonsante of Shakopee, Minn. Every prediction for the match-up – Kolle by a knockout, Bonsante by a knockout, Bonsante by decision, or Kolle by decision – was backed by the steadfast logic of its prognosticator. After two rounds with even scorecards, Kolle sent a left-hand missile that found its mark on Bonsante's head. The outcome of the southpaw's power punch left little doubt, as referee Mark Nelson stopped the bout at 1:37 of round three after he was unable to affirm that Bonsante was ready to continue the bout.

Later in the evening, Bonsante announced his retirement, after a nice run as a popular performer in the ring. Both Bonsante and Kolle are class acts, and they both represent the sport of boxing the way it should be.

Upcoming boxing events

Look for upcoming action at Grand Casino Hinckley on June 5, as Jaidon Codrington comes to Minnesota to battle in the main event. Codrington was a finalist during the 2007 season of Sugar Ray Leonard's reality TV show *The Contender*. Codrington's bout with Sakio Bika for *The Contender* title was considered by many to be ESPN's fight of the year for 2007.

Fan favorite Caleb "Golden" Truax of Osseo, Minn., will be the semi-main event. As a special attraction, a Native American Boxing Council title fight featuring Marcus "Native Pride" Oliviera is also in the works for the June 5 event.

Circle of Health Dental Coverage Updates

By Circle of Health staff

Before Circle of Health was recognized as a group plan with Brokers National Life Assurance, many Band members signed up for private dental plans (likely Security Life Insurance Company of America).

After reviewing Band member files, it has come to our attention that some Band members may have forgotten that they have dental coverage through Security Life. We ask that any Band members who have signed up for private medical plans in the last two or three years contact their claims processors to verify this information for two reasons:

- If you have not used dental services, switching to the group plan (Brokers) only takes a few minutes. You will simply fill out an enrollment form that will allow coverage to begin the first of the following month.
- The Security Life Insurance plan is much higher than the Brokers plan. If you haven't used any benefits, we would like to suspend those plans.

Security Life Insurance Company of America is one of the very few insurance companies that mails premium notices directly to our office, leaving Band members with no notice. As a final attempt to remedy this issue, our office will contact Security Life Insurance and notify them that premium notices need to be sent directly to the homes of the policy holders. It would then be each Band member's responsibility to ensure that the notices are sent to our office.

Reimbursements

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

Mille Lacs Band Of Ojibwe Tribal Government Monthly Financial Report

February 2009

	Approved Budget for FY 2009	Actual Expenditures through 2/28/09	% of Budget Expended
Administration (1)*	13,419,999	4,245,475	31.6%
Workforce*	11,350,861	1,901,579	16.8%
Judicial	1,093,149	351,268	32.1%
Law Enforcement*	3,477,344	1,246,982	35.9%
Education*	14,540,344	6,098,625	41.9%
Health and Human Services*	22,871,791	9,377,349	41.1%
Natural Resources*	5,064,811	1,750,869	34.6%
Community Development*	34,855,976	6,740,011	19.3%
Gaming Authority**	2,694,726	1,652,638	61.3%
Per Capita Payments	14,366,076	13,092,702	91.1%
Economic Stimulus	2,800,000	2,787,000	99.5%
Total Expenditures	\$126,481,079	\$49,244,499	38.9%

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.

* These departments include continuing appropriations from the 2008 fiscal year.

** The Gaming Authority Department is operating on continuing resolutions for FY 2009.

Stay Safe During Severe Weather

*By Monte Fronk, Emergency
Management Coordinator*

On April 20-24, Minnesota will mark severe weather awareness week. This is a good time to remember how to stay safe during severe weather situations over the next several spring and summer months.

Tornadoes

On April 23, a statewide tornado drill at 1:45 p.m. will allow people – particularly schools and businesses – to practice their emergency procedures. Later that evening at 6:55 p.m., participating counties will have a second tornado drill to allow individuals and families to practice their home emergency procedures. In our area, Mille Lacs and Pine counties will participate in the second drill. Here are some things to remember in the event of a tornado:

- Move to a basement or the lowest floor of the building

and stay away from windows.

- Cover your head in case of falling debris and move to an enclosed area such as a closet or bathroom, or under a table.
- Find a building or other sturdy shelter as quickly as possible if you are in a vehicle or mobile home.

Thunderstorms, hail and lightning

- Stay inside and away from windows during a thunderstorm.
- If you cannot get indoors, avoid standing near tall objects, such as a lone tree, or other objects such as a chain link fence, which can attract lightning.

Flash floods

- Listen to the television or radio for flood warnings and announcements; follow instructions if you are told to evacuate.

- Do not drive into flood waters, because vehicles can float in shallow water and cause loss of control.
- Do not drive around barricades.

Heat waves

Keep cool during heat waves to avoid getting ill; symptoms of heat-related illnesses include vomiting, headache, fatigue, dizziness, and slow breathing. Following are some tips to stay healthy during heat waves:

- Drink plenty of water and avoid drinking alcohol.
 - Wear lightweight and light-colored clothing.
 - Limit strenuous activities.
 - Stay in air conditioned environments if possible; if you do not have air conditioning, find a public place with air conditioning, such as a library.
 - Wear sunscreen and a hat to avoid getting sunburned.
- For more information about severe weather, visit www.hsem.state.mn.us.

Tribal Noteboard

Happy April birthday to:

Aiva Lea, 1, on April 26 with love from Nicole, Jameson, Cordell, Chris Jr., Chris Sr., mom, dad, Mark, Grandma Tracy, Grandma K, Grandma AA, Shelby, Jarvis, Sharon, Ravin, Wally, Shelby, Val, Pie, and Baby Kevin • **Trina**, 12, on April 9 from mom, Jason, Brother Bear, Sissy, Deze, Eric and Cousin Bear • **Lindz**, on April 20 from mom, Trina, Jason, Cilla, Deze and Eric • **William Dakota**, on April 21 from Dawn Siquina, Masceo, Keegen, Deshania, Lanaya and Shayna • **George Jackson**, on April 10 from Dawn, William Dakota, nieces and nephews • **Gail Tyson**, on April 18 • **Donny Oswaldson**, on April 21 with love from Gail • **Bear and Brandon**, 24, on April 1 with love from Mama Bearheart • **Ernest Boyd**, on April 13 from Cyrell, Candace, Rachel, Jeremy and girls, Grams, Landon, Rick, James, and the rest of the family • **Kelia**, 3, on April 20 from RaiLei, Cy, mommy, daddy, Candy, Richard, Ernie, Bootsie, and Gramma and Grandpa Bushey • **Mary K.**, on April 8 from Earn, Candace and Cyrell • **Jaclyn Boyd**, 9, on April 21 from mom, dad, and the Boyd Bunch • **Jada**, 11, on April 24 from mom, dad, sisters, brother, Amy, Nolan and kids, Crystal, Deliyah, Darnell, Brennen, TJ, Kali, and Norman • **Keonna**, on April 26 from Crystal, Delilah, Darnell, Brennen, TJ, Kali, and Norman • **Mom**, on April 27 from Crystal, Teresa, Codge, Royce, Gordon, Dylan, and all your grandkids • **Kiersen Raelene Oustigoff**, 1, on April 30 with love from Momma Marisa, Dadda Tristen, Manaans Bernida, Papa Howard, and Uncle Niimim • **Grandma Rayna**, on April 22 with love from your grandkids • **Derek Smith**, 27, on April 18 with love from Susie, Derek Jr., Brooklynn, and Rihanna • **Justin Mitchell**, 27, on April 15 with love from Julia, Brayden, mom, Baby Wax, Katelyn, Destiny, Lauren, CJ, Lexie, Jon, Jo, Jenise, Baby Jon, Spook,

Steve, and the rest of your family • **Corey Sam**, 19, on April 6 with love from mom, dad, Cody, Julia, Brayden, Susie, Derek Jr., Brooklyn, Rihanna, Wendy, Amelio, Nevaeh, and the rest of your family • **Amy, Beth and Cari**, on April 2 from Doreen, Baby Wax, Katelyn, Destiny, Justin Sr., Julia, Brayden, Lauren, CJ, Lexie, Jon, Jo, Jenise, Baby Jon, Spook, Steve, and the rest of the family • **Nathan**, on April 13 from Auntie, Baby wax, Katelyn, Destiny, Justin Sr., Julia, Brayden, Lauren, CJ, Lexie, Jon, Jo, Jenise, Baby Jon, Spook, Steve, and the rest of your family • **Nema**, on April 15 from Baby Wax • **Laila Marie**, on April 20 from Grandma, Baby Wax and dad • **Kevin LaDue**, on April 24 from Doreen and family and the Mitchell family • **Jeanette Oswaldson**, on April 1 from Gail • **Keaona**, 10, on April 27 with love from mom, dad, sisters, brother, Amy, Nolan and kids • **Lulu**, on April 27 with love from Michelle and family, Amy and family, TJ, Kali, and Norman • **Sassi**, on April 28 with love from Michelle, Jeremy and family • **Dad**, with love from Shaun, Geo, Troy, Isaiah Jackson, and Hannah Benjamin • **Grandma Nazz**, on April 21 with love from Dal Jr., Destanie, Shy, Jordy, Dal Sr., Tina, Gina, and Marlin • **Bull**, on April 21 with love from your wife Mrs. B • **Dez and Ike**, on April 15 from Mr. and Mrs. Bushey • **Chaddy**, 16, on April 20 with love from mom, dad, Jaxin, Elle, Lance, Tommy Lee, Gramma Tisha, Tina, Diamond, B-Dubs, Owen, Huck, and all your family • **Vicki V**, 50, from Sam, Joe, Dalem Kat, Mel, Reine, Wayne, Jess, Casey, Joui, Neela, Amber, Gabe, Kenidy, Ava and Abigail • **Kevin Stobb**, 34, on April 8 from the Clara Sam family • **Alysia Boyd**, 16, on April 12 from Auntie Jan and kids • **Barbara White**, 29, on April 21 from TJ, Norm and Kali • **Priscilla Boyd**, 17, on April 28 from Auntie Jan and kids • **Jessi**

Marie Benjamin, 12, on April 28 from Tiffany and Kali Anne.

Happy April birthday to Mille Lacs Band Elders!

Marge 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
Arleen Hunt
Darryl Jackson
Elsie Karsjens
Evelyn Kegg
Raymond Kegg
Rayna Mattinas
Ada Merrill
Bah-Wah-Sung Merrill
William Mitchell
Russell Nayquonabe
Gloria Nayquonabe
Sherry Nielson
Donald Oswaldson
Jeannette Oswaldson
Darlene Savage
Gloria Songetay
Gail Tyson
Leonard Wind

Thank you

The Ne-la-Shing Clinic nursing staff would like to give its sincere thanks to **Donna Benson and the Nay Ah Shing students** for making tie blankets for the new mothers-to-be within our community. Also, thanks to **Pam Pewaush** for making teddy bears for our new mothers. Your generosity is much appreciated.

Birth announcements

Congratulations to Kelly Mitchell and William Sayers Jr. on the birth of their twins. **Jayden Thomas and Jordan Elizabeth** were born on March 3, 2009. Jayden

weighed 4 lbs., 7 oz. and was 17.5 in. long and Jordan was 5 lbs., 2 oz., and was 19 in. long. Jayden and Jordan have five siblings – William III, Dezyre, Zaviar, Kelis and Serenitie. Grandparents are Isabelle Sam from Isle, Ken Mitchell from Onamia, Sami Thomas from Isle, and William Sayers Sr. from Minneapolis. Great Grandparents are Fred Sam from Isle, Dorothy Sam from Cove, and Hildred Thomas from Danbury, Wisc.

Destiny and Katelyn would like to welcome **Lexie Danielle** to the family. Lexie was born on March 14, 2009, to Lauren and CJ. She weighed 9 lbs. and was 22 in. long.

Congratulations

Congratulations to **Jacob Johnson** for receiving such good grades during the third trimester. Jacob is a ninth grader at Como Senior High School. We are very proud of you, *from mom, Alysia, Justin, Marquis, Auntie Colleen, Uncle Howard, Uncle Mike, Grandma Linda, and the rest of the family.*

In memory

To the child in my heart:
O precious, tiny little one, you will always be to me, so perfect, pure and innocent, just as you were meant to be.

We dreamed of you and your life, all that it would be, we waited and longed for you to come, and join our family.

We never had the chance to play, to laugh, to rock, to wiggle. We long to hold you, touch you now, and listen to you giggle.

I'll always be your mother, he'll always be your father, you will always be our child. The child that we had.

Just know our love goes deep and strong, we'll forget you never – the child that we had, but never had. And yet will have forever.

Dedicated to **Kiley Jayden Jones**. *From your mother and father, Stacy and Mervel Jones III.*

We love and miss you baby girl. We will meet again one day in heaven. Born/died on March 23, 2008, St. Paul, Minn.

(Continued to page 10)

Premiere of *Walking Into the Unknown: A Night to Remember*

Following is an excerpt from an article written for News From Indian Country by Mille Lacs Band member Dr. Arne Vainio.

We could hear the wind beating the freezing rain against the side of the house all night long. As day broke, we saw the trees were encrusted with a thick layer of crystal clear, shiny ice. As I went outside to look at it, I could hear a tree, heavy with ice, crash behind the house.

Unfortunately, this was the day of the premiere screening for *Walking Into the Unknown*. We had been very busy getting ready for this day and had done an interview with the *Daily Globe* in Ironwood, Mich., and an interview with local radio station KUWS 91.3 FM. The local Fox TV station dedicated its health segment to the film the night before. The radio and TV interviews included Jason Schlender and Sam Maday. Both are college students at the University of Wisconsin-Superior, and both had lost their fathers to common and preventable health problems in the past few years. These are very well-spoken Native American students, and their interviews illustrated the importance of health screenings for men.

Ivy and I had both taken the day off from work to make last minute e-mails and phone calls to key people we wanted to be at the screening. Many were scared off by the steadily worsening weather and couldn't promise they would make it. The temperature stayed at 32 degrees all day long, just enough for the rain to land as liquid and turn to ice as it hit the ground. The weather reports advised travel only if absolutely necessary.

We had three Elders who came to our house so we could drive them to the premiere. The program started at 7 p.m., and I had an interview with Tadd Johnson from PBS's *Native Report* at 5 p.m. We had planned to leave the house at around 4 p.m.

Somehow, things didn't work out that way. We didn't get out of the house until about 4:40 p.m. and we had to drive too fast for the weather conditions to get to the college on time. Once we got to the college, we had to help the Elders out of the car, walk them in, and then go park the car. I ran back in the rain and had to change in the bathroom at the college. I was 15 minutes late for the interview with Tadd Johnson. I didn't get

time for a breather, and we went right into the interview. In spite of that, the interview went well.

People were starting to arrive and we were in the hallway to meet them. We were expecting to overfill the 411-seat theater, but driving was too dangerous with the ice storm. In spite of that, about 250 people showed up. Among them were influential people who have helped me in my past: University of Minnesota-Duluth (UMD) medical school professors, firefighters I had worked with on the Virginia Fire Department, some of my patients, all of the doctors at our clinic, community members, and our surprise guest – Becky Lourey, former Minnesota State Senator.

Phil Norrgard is the Director of Min No Aya Win Human Services Clinic and was the master of ceremonies. He read a letter of support from Kathleen Annette, M.D., the Director of the tri-state area Indian Health Service. Niib Aubid did a traditional Ojibwe invocation ceremony to start the film in a respectful and traditional way. Niib teaches Ojibwe culture and language at UMD and is widely respected at the college and in the community. Then I introduced Wesley Black Elk. Wesley is a Vietnam veteran from the Pine Ridge Reservation, and he lives his traditions. He has been a good friend and teacher of mine for a long time. He sang an honor song for the film project. This is a song he sings before he runs marathons, and it gives him strength for the long road ahead. He gave us that same strength so the film could travel far and teach others.

Finally, the moment we've been waiting for over the last two and a half years: I introduced the film, the lights went down, and the film started. Sixty-five minutes later the credits were rolling and the film got a standing ovation. This was a great moment for Nate, Ivy and me. Nate Maydole went over what this project meant for him as a filmmaker and had Ivy stand as the producer of the film. He had me come back on the stage, and I called Ivy, our son Jacob, and Andrew (living with us so he can graduate high school) onto the stage. Everyone who was in the film came up on stage and we gave them traditional Ojibwe tobacco,

wild rice, and a copy of the DVD.

We left a space on the stage next to Sam Maday and Jason Schlender for their fathers, Stanley Maday and Jim Schlender. Their fathers were with them on this night and will always be with them. Being a part of this and telling their fathers' stories will keep them alive for everyone.

We finished by presenting Nate Maydole with a Pendleton blanket for his important contribution to Indian health, for now and for the future. This was the first showing of the film, and it's already set to show in Seattle; Anchorage, Ala.; Washington, D.C.; Oklahoma, Minneapolis, and Chicago, and on five reservations in Minnesota and Wisconsin. The Web site is www.walkingintotheunknown.com.

To view Arne's entire article, visit www.indiancountrynews.com and click on the food and health section.

Band Member Documentary To Debut at Grand Makwa Cinema

You're invited to enjoy a free screening of *Walking Into the Unknown* – a documentary by Band member Dr. Arne Vainio that highlights American Indian health issues – at Grand Makwa Cinema on May 12 at 6 p.m.

The film features Arne's journey as he undergoes several health screenings to learn more about the health risks he faces as a middle-aged American Indian male. The film focuses special attention on five main topics: diabetes, heart disease, stroke, suicide, and alcoholism.

For more information, call 218/390-9931 or e-mail a-vainio@hotmail.com.

Walking Into the Unknown was directed by Nate Maydole and produced by Arne and Ivy Vainio.

Tribal Noteboard

(Continued from page 9)

In memory

In loving memory of **Valerie Ann Skinaway** "Auntie Cookie" July 14, 1948-April 24, 2003.

We love you and miss you very much. We think about you everyday. *Always in our hearts, Meany-Girl, Chaddy and family.*

In loving memory of **Julie Ann Nayquonabe**. December 6, 1970-April 2, 2005.

Please don't mourn for me. I'm still here, though you don't see me.

I'm right by your side each night and day and within your heart I long to stay.

My body is gone but I'm always near. I'm everything you feel, see or hear. My spirit is free, but I'll never depart as long as you keep me alive in your heart.

I'll never wander out of sight. I'm the brightest star on a summer night. I'll never be beyond your reach. I'm the warm moist sand when you're at the beach.

I'm the colorful leaves when fall comes around and the pure white snow that blankets the ground. I'm the beautiful flowers of which you're so fond, the clear cool water in a quiet pond.

I'm the first bright blossom you'll see in the spring, the first warm raindrop that April will bring. I'm the first ray of light when the sun starts to shine, and you'll see that the face of the moon is mine.

When you start thinking there's no one to love you, you can talk to me through the Great Spirit above you. I'll whisper my answer through the leaves on the trees, and you'll feel my presence in the soft summer breeze.

I'm the hot salty tears that flow when you weep and the beautiful dreams that come while you sleep. I'm the smile you see on a baby's face. Just look for me, I'm everywhere.

Calendar of Events

April 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><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></p>	<p>*To Purchase Tickets</p> <p>Visit a Grand Casino box office, call TicketMaster at 612/989-5151, or visit www.ticketmaster.com</p>		<p>District III Community Meeting Grand Casino Hinckley, 5:30 p.m. Contact: Monica Benjamin, 320/384-6240</p>	<p>Talking Circles The Brick House, 5:30 p.m. Contact: KC Paulsen, 320/532-4046</p>	<p>Four Tops and Temptations* GCH 8 p.m.</p>	<p>Applique Beading Workshop Mille Lacs Indian Museum 12 p.m.</p>
<p>19</p> <p>Applique Beading Workshop Mille Lacs Indian Museum 10 a.m.</p>	<p>20</p>	<p>21</p> <p>District II Leadership Academy School Board Meeting 4 p.m. Contact: Dawn Aubid, 218/768-3477</p>	<p>22</p>	<p>23</p> <p>District II Community Meeting East Lake Community Center 5 p.m. Contact: Jenny Waugh, 218/768-3311</p>	<p>24</p> <p>Art Gahbow Picnic District I 11 a.m.-4 p.m.</p>	<p>25</p> <p>Conway Twitty Musical* GCML 8 p.m. both nights</p>
<p>26</p>	<p>27</p> <p>District I Community Meeting District I Community Center 5:30 p.m. Contact: Judy Virnig, 320/532-7423</p>	<p>28</p>	<p>29</p> <p>East Central MN Business & Workforce Development Conference GCH 8:30 a.m.-2 p.m.</p>	<p>30</p> <p>Urban Area Community Meeting All Nations Indian Church, 5:30 p.m. Contact: Barb Benjamin-Robertson, 612/872-1424</p>		

May 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
<p>3</p>	<p>4</p> <p>Onamia Indian Education Parent Committee Meeting Rolf Olsen Center 12 p.m. Contact: David Sam, 320/532-4901</p>	<p>5</p>	<p>6</p>	<p>7</p> <p>Talking Circles The Brick House, 5:30 p.m. Contact: KC Paulsen, 320/532-4046</p>	<p>8</p>	<p>9</p> <p>The Beach Boys* GCML 8 p.m. both nights</p>
<p>10</p>	<p>11</p> <p>AMVETS Meeting GCML, 6 p.m. Contact: Ken Weyaus, 320/309-6925 Pine Grove Leadership Academy Meeting 5:30 p.m. Contact: 320/384-7598</p>	<p>12</p> <p>Screening of Walking Into the Unknown Grand Makwa Theater 6 p.m. Free</p>	<p>13</p>	<p>14</p>	<p>15</p>	<p>16</p>

What Do You Look Forward to Most in Spring?

Tara Robertson



"Being outside more and taking my daughter to the parks."

Kelly Miller



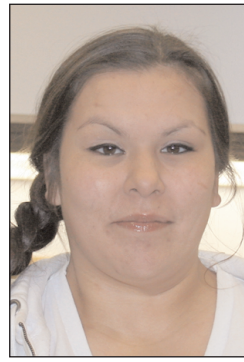
"Warmer weather, family BBQs, and no more snow."

Priscilla Greenleaf



"I like to see all the flowers blossom and hear the birds sing."

Shawna Beaulieu



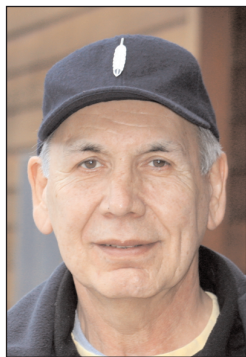
"The warmer weather and no more snow. I love the smell of the flowers and the trees."

John Mojica



"I always look forward to the ice moving out and the fishing season starting."

Bill Schaaf



"I look forward to the nicer weather and fishing."

Robert Sam Davis



"I look forward to maple sugaring and the powwow season to start."

Barb Benjamin-Robertson



"The fresh breeze and scents of the earth, the budding of the trees, and the beautiful bloom of flowers."

Photos courtesy of Rick Anderson (Ay be Nizhoo Way we Daang)

Mille Lacs Band Dental Director Named to Top U.S. Dentist List



Dr. Atif Rizvi

By Dr. Salina Rizvi, Mille Lacs Band Health Director

Atif Rizvi, D.D.S., has been certified by the Consumers' Research Council of America as one of America's Top Dentists of 2009. Dr. Rizvi was given the award for his experience and dedication to the field of cosmetic dentistry and odontoplastic surgery procedures (for straightening and correcting teeth), as well as his education and board certifications. Dr. Rizvi is one of only a few dentists who have received this esteemed award.

The Consumers' Research Council of America is a research organization based in Washington, D.C., that provides consumers with informational

guides for professional services throughout America. Its purpose is to help educate and assist consumers in obtaining the finest professional services.

The Consumers' Research Council of America has compiled a list of top dentists throughout the United States by utilizing a value system. Its criteria for determining top dentists include:

- Experience: Length of time in practice and contributions to advancements in dentistry
- Training: Educational background and dedication to continuing education
- Board certification: American Dental Association-recognized dental specialties
- Professional associations: Membership in dental associations

Dr. Rizvi is a full-time cosmetic dentist and the Dental Director for the Mille Lacs Band. He also serves as a consultant for odontoplastic surgery procedures. In addition, Dr. Rizvi has published several scientific articles on oral medicine in leading dental journals. Congratulations, Dr. Rizvi!

Mary Simon Named New Nay Ah Shing Principal



Mary Simon

There's a familiar face behind the principal's desk at Nay Ah Shing Schools. Mary Simon, who has been with Nay Ah Shing since 2001, has been named the new principal of the Band's schools.

Mary has served in a variety of positions at Nay Ah Shing, most recently as Dean of Students (2006-2009). In addition, she has served as Special Education Coordinator (2003-2006) and as a special education teacher (2001-2003).

Mary has also been an advisor for several Nay Ah Shing extracurricular activities, including the extended school day program, which provides after-school academic support for students, and the schools' two chapters of American Indian Business Leaders, which provide students opportunities during the school year to learn about starting and operating their own businesses.

"Nay Ah Shing is a close-knit school where teachers and staff get to know the students well," said Mary. "It is exciting to watch them learn and develop throughout their years here. I'm looking forward to maintaining that hands-on interaction with our students in my new role."

Before joining Nay Ah Shing Schools in 2001, Mary served as a special education teacher at Underwood Public Schools near Fergus Falls and as a waiver site coordinator for a Waiver and Semi-Independent Living Services (SILS) program for adults with disabilities.

A graduate of Minnesota State University Moorhead, Mary holds bachelor's degrees in elementary education and special education (with a focus on learning disabilities and emotional/behavioral disorders) and a master's degree in special education. In addition, Mary completed a professional sixth-year degree in educational leadership from St. Cloud State University, earning a principal's license. She is also working toward a special education director license, which she expects to complete this summer.

As the new principal, Mary fills the position left open by Eric North, who is now working for the federal Bureau of Indian Education based in Albuquerque, New Mexico. Congratulations to Eric on this new opportunity.

And congratulations to Mary on her new post at Nay Ah Shing.