

# OJIBWE INAAJIMOWIN

August 2009

*"The story as it's told."*

Volume 11 • Number 8

## Band Ventures Into Wind Energy Business

As renewable energy continues to advance across the country, the Mille Lacs Band's investment in a wind turbine company and installation of a new type of wind turbine – called the Windspire® – is gaining attention around the state and region. On July 9, the Band welcomed media to District II of the Mille Lacs Reservation to tour its new Chi Noodin ("Big Wind") Manufacturing Plant and see the Band's Windspire.

### About the Windspire



**The Mille Lacs Band is among the first in Minnesota to install a new type of vertical wind turbine called the Windspire.**

The Windspire, which is manufactured by Reno-based Mariah Power, is unlike traditional wind turbines that have rotating blades, like an airplane propeller. Instead, the

30-foot-tall Windspire is propeller-free and generates wind power by spinning on a center pole. This unique design makes the Windspire noise-free.

The Windspire is also designed for low wind speeds and is used for homes or small businesses to decrease their dependence on the electrical grid for power. According to Mariah Power, the Windspire will produce approximately 2,000 kilowatt hours of energy per year in 12-mile-per-hour average winds. This is approximately one-third to one-fifth of the energy used by most individual homes in the U.S.

The Band's Department of Natural Resources (DNR) installed the Windspire near the East Lake Community Center. The Band's Windspire is originally powering a light, allowing the DNR to study the energy output using the Windspire's wireless monitoring software. The DNR will examine possibilities for using the technology with Band homes and facilities. The DNR expects the Band's Windspire to produce about 1,300 to 1,400 kilowatt hours of energy per year, as the area where it is located has about nine-miles-per-hour average wind speeds.

"We are excited to have the Windspire on the reservation and examine how this technology could benefit our community," said Andy Boyd, ecosystems and environmental technician. "The DNR will study the energy output for two years,

after which time we plan to allow a local school to study the energy output and learn more about this renewable energy source."

### Chi Noodin Manufacturing Plant



**Mille Lacs Band member Patrick Losh is wiring the armature, one of the first stations of assembly at the manufacturing plant.**

After receiving feedback from District II Band members about economic development in their community, the Mille Lacs Band's Corporate Commission invested in Mariah Power – the Windspire producer – earlier this year. The investment allows the Corporate Commission to manufacture parts for the Windspire, which the Band is doing at the Chi Noodin Manufacturing Plant.

The facility opened in May and employs four Band members who live in District II, including Plant Manager Raina Killspotted and three other full-

time workers: Patrick Losh, Rick Benjamin, and Frank Berger. The employees are manufacturing armatures, which are part of the housing for the Windspire generator.

The employees are cross-trained on all phases of the armature plate assembly, which involve (1) wiring the armature plates, (2) preparing the copper-wired leads for inducing currents for the generator, and (3) sealing the three wired armature plates into the final product. The completed armatures are shipped on a regular schedule to Michigan, where they are assembled with the Windspire.

"This project is a great opportunity for the Mille Lacs Band, especially as it has created new job opportunities right in our own community," said Raina. "As production increases at Chi Noodin, and when we move into the second phase of the project, we hope to hire more employees."

During phase two, the manufacturing plant will assemble the entire generator, rather than just making the armature. This will require more employees to skillfully assemble and test a more complicated product. Phase two of the production cycle will begin on a date agreed upon by Mariah Power and Chi Noodin.



**MILLE LACS BAND OF OJIBWE**  
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# Updates From Community Meetings

## District I

District I did not hold a community meeting in August. Instead, a group of community members traveled to Valleyfair for the day.

## District II

Raymond Kegg, director of maintenance for Grand Casino Mille Lacs, spoke at the District II community meeting on July 23. He talked about the need for Band members to help work on the casino's hotel remodeling project. If you are interested in a potential job related to this project, contact Andre Bolin at 800/626-5825, ext. 8189. (Please be prepared to begin work in August.)

## District IIa



**John Dunkley, Commissioner of Administration**

Commissioner of Administration John Dunkley introduced himself to about 60 people who attended the community meeting in Isle on July 29. He talked about the programs that his office oversees and the changes happening in tribal government with new commissioners recently sworn in. He specifically mentioned improvements in the Community Development Department to address housing issues. John encouraged questions from Band members and indicated that if he couldn't answer a question, he would find the answer and follow up with the person asking.

## District III

**By Elizabeth Towle**

About 50 people attended the July 16 District III community meeting, which included a barbecue and potluck dinner. District III Representative Harry Davis gave the following announcements:

- A health fair will be held in early August at the Lake Lena Community Center.
- A pediatrician will be available at the Aazhoomog Clinic in August for youth who need physicals for sports or regular checkups. The pediatrician will be available from 9 a.m.-3 p.m. on the same dates that the regular physician is at the Aazhoomog Clinic. Patients can call the clinic to set up an appointment.
- Nay Ah Shing students are preparing for a project that involves providing a blanket to expectant mothers who stay up to date on prenatal care.
- Band member Corrine Loch is running for senior princess at the Mille Lacs Powwow.
- The Minnesota Chippewa Tribe (MCT) is working on an agreement to divide the approximately \$20 million in Nelson Act settlement funds the MCT has received. The funds will be divided equally among the six MCT tribes, but there is discussion on how to divide the interest that has accumulated over the years (e.g., dividing it according to land base). The Mille Lacs Band will receive about \$5 million from the settlement funds.

Following Harry's announcements, the Band's new Commissioner of Community Development, Jennifer Waltman, introduced herself to the community and gave an update from her department. She reported that 18 new homes will be built on the reservation, with seven of them starting construction in August or September. The homes are planned to be finished by March 2010.

A fourplex is also being built on Badger Road in Hinckley that will be completed by August 21. The Community Development Department also received funds from the American Recovery & Reinvestment Act that will be used to renovate 25 rental units, which will help create jobs. The renovations are expected to start immediately on homes in the following districts:

- District I – 11 homes
- District IIa – 5 homes
- District III – 9 homes

Jennifer also noted that construction of a Head Start project at Pine Grove Leadership Academy is behind

schedule, but is expected to be completed before fall classes begin.

## Urban area

**By Toya Stewart**

Band members in the urban area had an opportunity to hear from several Band leaders during the July community meeting. Topics discussed ranged from physical fitness to housing issues and from education to the Small Business Development Program (SBDP).

More than 60 people attended the meeting held at All Nations Indian Church in south Minneapolis.

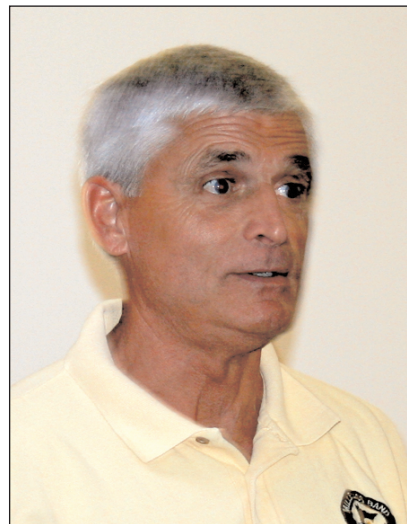
The leaders at the meeting were Deron Dunkley, Commissioner of Corporate Affairs; John Dunkley, Commissioner of Administration; Jim Ingle, the Band's physical fitness coordinator; Sharon James, coordinator for the SBDP; John Mojica and Jennifer Aubid from the Mille Lacs Band Housing Board; and Jennifer Waltman, Commissioner of Community Development.

In response to the many concerns about housing, Jennifer told the group that "she is listening to their concerns and promises to have more meetings to address issues."

There will also be more advocates who will do outreach in the urban community, Jennifer said.

Housing Board member John Mojica added that, "We want to help, get answers, and do what we can for you. We're here to advocate for all Band members regardless of where you live. Your issues are important to you, and we're here to listen."

## Fitness information



**Jim Ingle, Mille Lacs Band physical fitness coordinator**

Jim gave a quick lesson on ways to increase one's heart rate to increase intensity. He also encouraged Band

members to work out daily, if possible, or as many times a week as they could.

"If two miles isn't enough for you, push it out to three," Jim said. "We don't wear out, we rust out."

He also offered to come to the urban area to hold a fitness training if there was a group that was interested. Anyone who wants to sign up should contact the urban office at 612/872-1424.

## SBDP update



**Sharon James, coordinator for the SBDP**

Sharon told the group that she is seeking a location in the Twin Cities to offer the SBDP business education classes that are being held in other districts. The course is held over a three-day weekend.

## Announcements

- A babysitting class certified by the American Red Cross will be offered if there is enough interest.
  - Elders in the Wisdom Steps program are selling promotion cards that can be used across the state. The cards cost \$10.
  - Medical alert tags are being offered by Alpine. Circle of Health will pay the monthly fee for qualified members.
  - The 8th Annual Walk Around Mille Lacs will be held in August.
  - Band members can pick their own strawberries at the District I Community Garden at White Bear Ranch. It is open daily 9 a.m.-4 p.m., except on weekends and holidays.
  - Affordable, supportive housing for Elders 62 and older is being offered in the Twin Cities by the Elders Lodge. For more information, contact Susan LeClaire at 651/280-2911.
- For more information on any announcements, contact the urban office.

## Nay Ah Shing Sports Help Students Develop Life Skills

### Softball activities

The Petites (grades 2-4), coached by Sandi Jellum, and the Juniors (grades 5-7), coached by Chris Nayquonabe, competed again this year in the Baxter Park and Recreation Leagues. The Juniors placed second in their league, while the younger girls did not fare as well, coming in last place in their division. "This has been a learning year for the Petites, but by the end of the season, the girls really began to show their talents. We had fun, and that has always been the priority of our programs at Nay Ah Shing," said Coach Jellum.

Three Petites and four Juniors were selected to play in the Baxter All-Star Games on July 17. Representing the Petites were Keaona Mitchell, Josie Sam, and Toni Weous. Juniors were Noel Kegg, Samantha Mitchell, Simone Boyd Evans, and Kelsey Benjamin. The teams that the Nay Ah Shing girls played for won their respective games. Simone Boyd Evans was named MVP of the junior competition.

The softball girls also hosted their annual game and barbecue with the Tribal Police on June 30. A special highlight was Chief Executive Marge Anderson throwing out the first pitch. Both teams came out swinging, and the game ended in a 16-16 tie.

### Friendship garden

The Petites hosted a lock-in to raise funds for a friendship garden at the government center beneath the Chief Executive's deck, formerly the home of sand and rocks. Tribal Police Chief Dwight Reed and Bugs Haskin, Nay Ah Shing activities director,

headed up the garden project, assisted by officers Kimball, Dieter, Prueser, and Brett Haskin. Dirt was hauled in, grass seed was sown, and pavers and bricks – recycled from a former project at the government center – became a border and walkway. Bugs obtained donations of gravel for the walkway, lilies of the valley, and hostas. The Petite's fundraiser enabled them to purchase shrubs and a hydrangea bush, a special request of the Chief Executive. Marge said, "I think it is a good experience for the kids to have a goal, raise money, and see the project through to the end. It is a beautiful garden."

"The programs at Nay Ah Shing are more than just sports and recreation," said Bugs. "I am very fortunate. I have wonderful staff. They have the same ideals, goals and values as mine when it comes to our kids. As positive role models, we instill commitment, dedication, hard work, social skills, and self-esteem in a way that is so much fun, the kids don't even realize they are learning life skills."

### Third annual triathlon

Eleven kids – including returners Lashelle Boyd, Brenda Mitchell, Courtney Boyd, Ethan Smith, and Marquis Fisher – practiced four days a week to prepare for Nay Ah Shing's August 13 triathlon. The race began at the brick house. The athletes swam approximately 100 yards, then mounted their bikes for a 13-mile ride, then ran approximately two miles to the finish line back at the brick house. Triathlon results will appear in the September *Inaajimowin*.

## Health and Human Services Hit Hard by State Budget Cuts

Governor Tim Pawlenty's unallotment budget cuts began on July 1 – the start of the state's new two-year budget cycle. One area that is being hit the hardest by the cuts is health and human services. Hospitals, nursing homes, and other health care services are specifically facing \$236 million in cuts. State Democrats are now working to find a way to restore some of the funding for health and human services.

### Leaders learn more about Mille Lacs Band

With the Minnesota Governor seat up for election in 2010 and Pawlenty's announcement that he will not seek a third term, the list of

people joining the race to be Minnesota's next Governor continues to grow. The Mille Lacs Band has been meeting with some of the candidates to educate them about the Band and learn more about the candidates' positions on key issues important to the community.

In addition to meeting with gubernatorial candidates, Band leaders are also providing tours of the Mille Lacs Reservation to state and federal officials. As elected leaders are most often familiar with the Band's gaming businesses, the reservation tours provide an opportunity for the Band to educate elected officials about its history and culture.

## Hotel Remodel Kicks Off in August

### By the Grand Casino Mille Lacs Ops Team

The west wing of the Grand Casino Mille Lacs Hotel is undergoing a complete floor-to-ceiling remodel. A few years ago, the newest hotel tower – the east wing – was constructed, bringing the hotel room total to nearly 500. The east wing was designed to maximize Guest comfort and convenience.

The west wing was built 13 years ago and is ready for updates and improvements. This remodel, scheduled to begin in early August, represents Grand Casino Mille Lacs's long-term commitment to meet the needs of its valued Guests.

In addition to updating the aesthetics of the hotel, we will also upgrade the technology so that Guests can use today's latest electronics such as ipods, wireless devices, and gaming systems. Each Guest room in the west wing will be complete with enhancements to the fixtures and amenities, offering greater service to our Guests.

We will also use the latest energy-efficient building

standards, such as upgraded windows and a Duro-Last roofing system, which is a white, single-ply roofing product that has a reflectivity rate that exceeds 85%. This highly sustained reflectivity will save Grand Casino Mille Lacs significant energy and money during the summer when high temperatures cause our heating, ventilation, and air-conditioning systems to work overtime. And in the winter months, the hotel's heat loss will be significantly reduced because of the insulation that will be applied under the membrane when the roof is installed.

After the remodel, the look of the west wing will be consistent with our east wing. This will ensure that our Guests receive a high-quality and consistent experience, no matter which wing of the hotel they stay in.

The east wing is still open for business, and disruption to our Guests will be minimal. We appreciate your patience while we work to provide Guests with a high-quality and Grand experience.

## Mille Lacs Band Early Education Hosts Mental Health Coalition Meeting



Photo courtesy of Nay Ah Shing Early Education

On Friday, July 17, the Mille Lacs Early Education Program hosted the Early Childhood Mental Health Coalition meeting. Leading the meeting was Linda Kaufman (standing). Participants reviewed goals and created action plans for use in the community.

# Back to School Updates

## Important registration information

Parents/guardians must bring students' birth certificates and social security cards to register at any of the schools.

## Nay Ah Shing

As the 2009-2010 school year is about to begin, the Band's Nay Ah Shing Schools are gearing up to welcome back students on August 25. Nay Ah Shing will hold an open house on August 24 from 3-6 p.m. to register students and meet with teachers. If a student is unable to attend the open house, his or her parent or guardian can stop by Nay Ah Shing High School's front office to register and verify the student's address, or call 320/532-4695.

## Minisinaakwaang Leadership Academy

Classes at the Minisinaakwaang Leadership Academy began on July 16; however, enrollment is still open to any students interested in attending the school. To enroll students at Minisinaakwaang Leadership Academy, please call 218/768-3477 to speak with a receptionist or stop by the school located at 36663 State Highway 65 (five miles south of McGregor).

On August 18, from 4-8 p.m., Minisinaakwaang Leadership Academy will hold parent-teacher conferences. A school board meeting will also take place that evening, and elections will be held to select two new members for the board. If you have any questions about the event, call 218/768-3477.

## Pine Grove Leadership Academy

*By Pine Grove Leadership Academy Staff*

Are you between the ages of six and 14? Then you may be interested in learning more about educational experiences that infuse Anishinabe culture, language, tradition, and leadership skills with academic success. The Ga-Shing-Wak-Kokaag, Pine Grove Leadership Academy's curriculum, provides these learning experiences.

Join us for the 2009-2010 school year. An incredible amount of effort, commitment and dedication has been contributed by the Pine Grove Leadership Academy governing board of directors, Pine Grove staff, community members, and Elders. Positive changes are underway, such as a new school

kitchen and a new school director. The new director of Pine Grove Leadership Academy, Rene Ann Goodrich, is dedicated to improving the academic performance of its students with an improved curriculum rich in Ojibwe culture.

## Student recruitment

Registration for the 2009-2010 school year is underway. Contact the school at 320/384-7598 or visit [www.pinegrovela.org](http://www.pinegrovela.org) for more information. Classes begin on September 8. All are welcome to join us for the morning ceremony on September 8 at 8 a.m. You can also visit Pine Grove Leadership Academy during an open house on September 8-11.

## Head Start for three- to five-year-olds

If you are looking for a fun, educational environment for your three- to five-year-old child, please contact the Head Start program in your district for more information.

- District I: 320/532-4690
- District II: 218/768-3311
- District III: 320/384-7162

Please note that your child must be age three by September 1, 2009, in order to register for Head Start. The first day of Head Start is Wednesday, September 2, 2009.

## Schedule your child's physical exam

Each child in Head Start needs to have a physical with immunization updates and a dental exam before starting school. When making the appointment, you will need to state that the exam is for Head Start to ensure that all requirements are met. A parent or guardian must accompany each child to these exams. For more information, contact one of the clinics:

- Ne-la-Shing Clinic: 320/532-4163
- East Lake Clinic/Community Center: 218/768-3311
- Aazhoomog Clinic: 320/384-0149

Each student who participates in a school sport must also have a physical before beginning practice for that sport. Sports physical forms can be picked up at the clinics or at the schools and must be filed with the school your child attends.

## Immunizations required

The following immunizations are needed to start school this fall in all Minnesota schools.

## Kindergartners:

- Five diphtheria, pertussis and tetanus (DPT) immunizations
- Four polio immunizations
- Two measles, mumps and rubella (MMR) immunizations
- Three-dose Hepatitis B series
- Varicella immunization
- Four doses of HiB vaccine, which protects against HiB disease that can cause meningitis, throat swelling, and infections (recommended, but not required)

## Seventh graders:

- Two measles, mumps and rubella (MMR) immunizations
- Updated diphtheria and tetanus (DT) immunizations
- Three-dose Hepatitis B series
- Varicella immunization

Parents: Please note that the varicella immunization, also known as the chickenpox vaccine, is not required for students who have already had chickenpox. If your child has had chickenpox, please send the school nurses an approximate date of when your child had it. Also, please contact your clinic to schedule Hepatitis B shots for any child who has not yet had them. If your child has started but not finished the series of shots, your clinic can simply finish the series.

All students must have their immunizations up to date and on record with their school.

## Why immunizations are critical

*By Rob Thompson, Mille Lacs Band Safety/Risk Manager*

National public health officials are urging people to observe National Immunization Awareness Month by ensuring their vaccinations are up to date. When a critical number of people in a community are vaccinated, everyone in the community is less likely to get diseases.

Vaccines have eradicated smallpox and polio and have significantly reduced the number of cases of measles, diphtheria, rubella, pertussis, and other diseases in the United States. However, the bacteria that cause infectious diseases still exist, and diseases that have been eliminated in this country are only a plane ride away.

By ensuring your vaccines and your children's vaccines are up to date, you are helping prevent the spread of diseases in our community, reduce missed time at school and work, and reduce costs associated with doctor visits and hospitalizations.

## Immunizations contacts

If you have any questions regarding your child's immunizations, contact your health care provider or Mary Simon, Nay Ah Shing principal, at 320/532-4695.

# Apple Crumble Coffee Cake

*Submitted by Christine Kegg, Mille Lacs Band Diabetes Team member*

## Ingredients

- 2 medium granny smith apples, peeled and thinly sliced
- 2 tablespoons unsweetened apple juice
- 1 tablespoon honey
- 1 teaspoon ground cinnamon
- 1.5 cups all-purpose flour
- 1/3 cup sugar
- 2.5 teaspoons baking powder
- 1/2 cup fat-free milk
- 1/4 cup unsweetened applesauce
- Egg substitute equivalent to 1 large egg
- 1 tablespoon canola oil
- 1/2 cup uncooked oatmeal
- 3 tablespoons brown sugar
- 3 tablespoons chopped pecans
- 1 teaspoon ground cinnamon
- 2 tablespoons light tub margarine, softened

## Directions

1. Preheat oven to 375° F. Lightly spray an 8-inch square baking pan with vegetable oil spray.

2. Heat a medium skillet over medium heat. Cook the apples and apple juice for 4-5 minutes or until the apples are tender-crisp.

3. Stir in the honey and cinnamon. Cook for 1-2 minutes or until the cinnamon is distributed throughout the apples and the mixture is warmed through, stirring occasionally.

4. Pour the apple mixture into the pan. Let cool for 5 minutes.

5. In a medium bowl, stir together the flour, sugar, and baking powder. Make a well in the center.

6. Add the milk, applesauce, egg substitute, and canola oil to the well, stirring until the flour mixture is moistened. Don't overmix; the batter will be slightly lumpy.

7. In a small bowl, stir together the remaining ingredients with a fork. Sprinkle over the coffee cake.

8. Bake for 25-30 minutes. Let the pan cool for 15 minutes before cutting the coffee cake into squares.

## Coming Soon: New Legal Services for Band Members

By *Toya Stewart*

Beginning in October, Band members will have access to a new legal team that is part of the Department of Justice and Office of the Solicitor General.

"The new legal department will be accountable to both Band members and Band government," said Rjay Brunkow, Solicitor General for the Band. "We will be able to oversee personnel and make sure that Band members get the representation they're entitled to. We expect it to be better for Band members."

The new department, called Mille Lacs Band Legal Aid, will consist of three or four attorneys and a managing attorney. The team will assist with civil and criminal issues.

Mille Lacs Band Legal Aid will have an office in District I one mile north of the government center. Services will also be provided in the urban area. Mille Lacs Band Legal Aid will replace the Indian Legal Assistance Program and East Central Legal Services. The contracts with these entities end on September 30.

There are multiple reasons for creating an in-house legal department, explained Rjay.

"It will save money, but more importantly, it will improve services," explained Rjay. "Band members expressed concern about attorneys not showing up in court or not taking their cases because they didn't have that specialty."

On average, there are about 200 to 250 open criminal cases and about 100 civil cases that the previous legal teams worked on. Rjay said he expects that the new team will be able to handle just as many cases, while providing Band members with exceptional service.

The new attorneys will also undergo specific training on working with the Band, said Rjay.

"It's important in this department that everyone have an understanding of the culture and history of the Band," Rjay said. "By the time the training is over, people will understand the difference in Indian tribes and operations."

Any Band member who meets the income qualifications will be eligible for legal assistance.

## LEGAL NOTICE Public Comment Sought on Proposed Clean-Up Standards

The Comprehensive Environmental Response, Compensation and Liability Act § 128(a)(2)(c) [Brownfield 128(a)] requires all Environmental Protection Agency (EPA) Cooperative Agreement Recipients to provide meaningful opportunities for public participation. Under this statute, the Mille Lacs Band of Ojibwe Indian's Brownfield 128(a) Program is requesting public comment on its proposed Clean-up Standards.

These proposed Clean-up Standards will be enforced on all environmental clean-ups conducted on property voluntarily entered in to this EPA grant-funded program, administered by the Mille Lacs Band of Ojibwe Department of Natural Resources and Environment.

Public comments will be accepted for 60 days beginning at 8 a.m., August 17, 2009, and ending at 5 p.m., October 16, 2009. Please contact Jammie Thomas-Rasset, brownfield coordinator, Mille Lacs Band of Ojibwe Department of Natural Resources and Environment, in writing at 43408 Oodena Drive, Onamia, MN 56359, for a copy of the standards and this notice.

## Band Among First Tribes in Nation to Develop Brownfield Program Cleanup Standards

### Public comment sought on standards for cleaning contaminated areas

The Mille Lacs Band is seeking public comment on its proposed brownfield cleanup standards. These standards will formalize the requirements for cleaning up pollution-contaminated soils, groundwater, surface water, and sediments on Band lands.

"The Mille Lacs Band does not have a lot of contaminated lands; that is not the issue," said Curt Kalk, Mille Lacs Band Commissioner of Natural Resources. "The issue is that when we do identify a contaminated area, or if an accident occurs and pollutants are released, we want to be as prepared as possible to clean up the brownfield area. Having approved cleanup standards in place will help ensure readiness."

### What are brownfields?

Brownfields have been an emerging focus of the federal Environmental Protection Agency (EPA) and states since the 1980s. By definition, brownfields are idle, abandoned or underused industrial and commercial properties where environmental contamination complicates redevelopment or expansion. Some brownfields are cleaned up through the "Superfund," the EPA program to clean up hazardous waste sites, while the vast majority are cleaned up under state and tribal authority. In Minnesota, the state authority is the Minnesota Pollution Control Agency (MPCA).

### Mille Lacs Band role

The Mille Lacs Band was among the first American Indian tribes in the nation to develop a

brownfield program when, in 2002, it received its first brownfield 128(a) grant. Funding comes from a noncompetitive federal grant program known as 128(a), which helps states and tribes implement and enhance their own brownfield programs. Since the Band started its Brownfield 128(a) Program, it has worked with the MPCA to clean up contaminated sites on Band lands.

"As a self-governing tribe and as an Ojibwe culture based on caring for the environment, the Mille Lacs Band wants to take a leadership role in cleaning up any brownfields under our jurisdiction," Curt said. "This makes good sense, and having our own cleanup standards is the next logical step."

The Mille Lacs Band is one of the first tribes in the nation to develop its own environmental cleanup standards. The Band will continue to work with the MPCA and EPA regarding cleanup project oversight, inspection and enforcement; but the Band will administer its own standards and supervise the cleanups.

The Mille Lacs Band's proposed standards call for cleanups to result in returning contaminated areas to their original, pristine state, unless otherwise indicated. This approach enables the land to be used for any future purpose, including housing or cultural uses.

"No cleanup conducted in accordance with the Band's environmental cleanup standards would result in a cleanup that is less protective than a cleanup conducted in accordance with Minnesota laws, regulations, and policies," state the Band's proposed standards.

The standards apply to air, water, land, and natural resources in territories subject to Mille Lacs Band jurisdiction or to lands that are voluntarily entered into the Brownfield 128(a) Program either by the landowners or, potentially, the parties responsible for the contamination.

### Public comment period

The public may offer comments on the Band's brownfield cleanup standards for a period of 60 days beginning on August 17. Please see the legal notice above explaining the comment period.

"The public comment period is a routine part of the process in establishing all types of government standards, including environmental cleanup standards," said Jammie Thomas-Rasset, brownfield coordinator for the Mille Lacs Band. "We also want the public to be aware of brownfields as an important issue in our community. People's concern about their local environment is vital to the success of brownfield programs."

### Local cleanup success stories

The Mille Lacs Band has partnered with the MPCA and EPA on various brownfield cleanup projects, including the former St. Croix Girls Camp in District III of the Mille Lacs Reservation near the Minnesota/Wisconsin border and the former lagoon and dump sites west of Grand Casino Mille Lacs. Currently, the Band is assisting with investigating environmental contamination at Merit Enterprises, a metal plating facility in Isle that burned in November 2008.

## New Measurement to Help Manage Diabetes

By Sue Swanson, Mille Lacs Band Diabetes Coordinator

The Mille Lacs Band Diabetes Program has a new screening tool to help people with diabetes prevent complications. The diabetes team first performed "A1c" screenings, which measure a person's average blood glucose levels over a period of 2-3 months, at the recent District I and District III health fairs.

Someone's A1c level has been compared to a baseball player's batting average for the season – it shows a longer-term average in contrast to a number on any given day.

But unlike a batting average, lower A1c levels are preferred. The lower the A1c, the lower the risk is for that person to develop eye, kidney, nerve, or heart problems. The Band's diabetes team wants diagnosed diabetes patients to have an A1c lower than 7%. People who haven't been diagnosed with diabetes should see a doctor if their A1c levels exceed 6%.

How does a person keep track of A1c? There are a few good ways to translate A1c into terms that are frequently used by diabetes patients:

- When having your blood drawn at the clinic, ask for your average glucose results. An A1c of 7% is equal to 154 mg/dl. Ideally, you want to be below 154 mg/dl.
- Find an A1c-to-mg/dl conversion chart at <http://professional.diabetes.org/gluosecalculator.aspx>.
- Talk to the Band's diabetes team about how keeping track of your A1c helps manage your diabetes.

I can be reached at 320/532-7790 or [sue.swanson@millelacsband.com](mailto:sue.swanson@millelacsband.com).

Some information in this article was obtained from: Nathan DM et al. "Translating the A1c Essay into Estimated Average Glucose Values." *Diabetes Care*, Vol. 3, No. 8, Aug. 2008.

## Band Launches New Web Site



Check out the Band's new Web site at [www.millelacsband.org](http://www.millelacsband.org).

The Mille Lacs Band has a new Web site. The address is still [www.millelacsband.org](http://www.millelacsband.org), but the look is all new, the navigation is easier than ever before, and additional information is accessible to Band members and other site visitors.

The new site was designed with Band members' needs in mind. By using the latest technologies, the site can be updated on an ongoing basis, giving Band members access to the latest news and information.

Phase one of the site is completed, but more improvements will be made in the coming months and years to better serve Band members, as well as children in the Band's schools, elected officials, researchers, the media, and others who visit the site. One section to watch will be the programs and services section, which is available now and will continue to be enhanced.

Another change to watch for is the domain name – the address typed in to find the Band's site. Although [www.millelacsband.org](http://www.millelacsband.org) will continue to be accepted, the domain name will soon become [www.millelacsband.com](http://www.millelacsband.com). If you type in the old address, your computer will automatically change it to the new one.

The Band member behind a lot of work on the new Web site is Joe Hendren, owner of Black Dog Computer Services. The company specializes in developing Web sites and databases and addressing Internet fraud and security breaches. Joe's technology skills were key to making the Band's site more user-friendly and easier to update.

### Band employees have new e-mail addresses

Also new this summer, Mille Lacs Band employees have new e-mail addresses that follow this format: [firstname.lastname@millelacsband.com](mailto:firstname.lastname@millelacsband.com). In the short term, they will continue to receive messages sent to their previous addresses, but please begin using this new format when e-mailing anyone who works for the Band. Corporate Commission and Grand Casino e-mail addresses have not changed.

### Grand Casinos have new Web site

Like the Band, Grand Casino Mille Lacs and Grand Casino Hinckley also have a new Web site with convenient new tools and information. [Grandcasinomn.com](http://Grandcasinomn.com) features online hotel reservations, constantly updated news and entertainment information, streaming jackpot information, player's club sign-ups, and a design created to help make Grand Casino's amenities more accessible to site visitors.

## Public Health Events



Marlene Poukka from the Band's Public Health Department had a booth at the District I Health Fair in July to talk about smoking's effects on smokers and others around them. The dangers of secondhand smoke – including more colds, ear infections, and asthma attacks for infants and children who breathe secondhand smoke – are currently a major education emphasis for the Public Health Department.

Mille Lacs Band members and employees participated in the District I Health Fair on July 23 at the District I Community Center. Everyone received a t-shirt and learned about health topics ranging from lupus to cancer prevention to the health hazards of secondhand smoke. A lunch of subs, fruits and veggies was provided. Door prize drawings were held throughout the day. Several attendees participated in the walk/run led by Fitness Coordinator Jim Ingle, while others solved the scavenger hunt.

### Men's health event

By Marlene Poukka, Community Health Educator

I hope to see a lot of men ages 18 and older at the men's health event at the Aazhoomog Community Center on Saturday, August 22, from 11 a.m. -2:30 p.m. Lunch will be provided. "Walking into the Unknown," a film featuring Mille Lacs Band member Dr. Arne Vainio, will be shown. Presentations will include information on secondhand smoke, growing traditional tobacco, and health screenings. For more information, please call Carol Kinnamon at 320/354-0149, ext. 335, or call me at 320/532-7812.

## Spotlight on Band Member-Owned Running Home Farms



Photo courtesy of Gordy Matrious

**Gordy Matrious, co-owner of Running Home Farms, an 86-acre farm that has bred, shown and sold Appaloosa horses for the past 17 years.**

**By Toya Stewart**

What started out as a hobby has become a long-time business venture for Band member Gordon "Gordy" Matrious and his wife, Kathy. The couple own Running Home Farms – an 86-acre farm that has bred, shown and sold Appaloosa horses for the past 17 years.

"When we got married, Kathy had horses, but sold them," said Gordon, the director of facilities at Grand Casino Hinckley. "Then we decided to buy our own farm. Our goal was to get the number one show horses from all over the country to central Minnesota."

The couple has been successful in reaching their goal of getting several descendants of top horses and their bloodlines into the state. Two of their mares have even gone to world championship shows in the past two years.

This year they have one mare that has a shot at the world championship, said Kathy, a manager at the Grand Grill Americana at Grand Casino Hinckley.

"We have three world champions at home," she said. "It's always our goal to show at the world level."

The characteristics of a prize-winning horse include a perfect head, neck, and muscle tone, Gordon said.

Still, in spite of their successes, the troubled economy has also taken a toll on the business because people aren't buying horses like they have in past years.

"Being that the economy is down, the horse market has gone down too," said Gordon, adding the couple relies on the Internet to help them sell their animals. "Even when the economy is down, you still have to feed them and care for them."

Gordon and Kathy have reduced their herd, but currently have 11 horses. They have purchased two thoroughbred broodmares that will foal this

coming spring and will be candidates for racing in the future. So, they are taking on another discipline to increase notoriety and to achieve status within two breeds. But they still want to remain a small farm, so they don't expect to have more than 10-12 horses at a time.

To help make their business successful, the couple has relied on the Small Business Development Program (SBDP), which gave them a loan to get the business going. The couple's children also help them care for their animals, and they have employed Band members to help clean the barns each spring.

"The SBDP started us on the ground level and helped us build our barn and nine stalls," Kathy said. "It helped us put fences in and bought us our first two mares."

Since then, the couple has been able to grow and maintain their business by taking classes and participating in seminars that are specific to their needs.

Sharon James, SBDP business specialist, said, "In working with Gordy and Kathy, I noticed the commitment and hard work ethic they would need to make their business succeed. Both Gordy and his wife were knowledgeable about the horse industry and their market, sticking to industry methods that worked best. Overall, I would have to say the number one reason they have been so successful is due to their ability to manage their personal and business cash flow – something that is very difficult to do for new business owners."

Gordon and Kathy encourage other Band members to explore their dreams of owning a business and to set goals. Band members should look for opportunities that are right for them and use new technology whenever possible, Gordon said.

Band members who are interested in becoming educated about owning a horse farm can contact Gordon and Kathy for more information at 320/224-4772.

## Department of Athletic Regulation Hosts Boxing Officials Certification Course

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

The Mille Lacs Band of Ojibwe Department of Athletic Regulation hosted an Association of Boxing Commissions (ABC) boxing officials certification course on July 10-11 at Eddy's Resort and Grand Casino Mille Lacs. Twenty boxing referees and judges from Minnesota, Wisconsin, Illinois, North Dakota, and Kansas attended the certification course. The instructor for the course was world-renowned boxing judge Duane Ford from Las Vegas. Ford is a veteran official of more than 100 world-title boxing matches, as well as countless regional title and high-profile bouts.

The course began on July 10 with the basic judges course for judges who have not been previously certified. The intermediate judges course, held on July 11, was attended by all judges. The referee portion of the course was conducted in the afternoon following the judges course. Those who attained a passing score on the written test will have their names posted on the ABC Web site for two years, signifying successful completion of the course.

In addition to the course, some of the officials also attended a lakeside barbecue and fishing launch at Eddy's Resort. It was the first trip to the Mille Lacs Lake area for many of the officials, and they all had good things to say about their experience.

## New Curriculum Targeting Anishinabe Youth Will Be Introduced at Nay Ah Shing

**By Toya Stewart**

A pregnancy prevention curriculum designed for American Indian students will be included in health education classes beginning this fall at Nay Ah Shing Schools. The 12-week program will be offered daily for 50 minutes for students in grades 5-12.

"Students start to experiment with sex, drugs and alcohol at an early age," said Jason Long, dean of students at Nay Ah Shing, at a recent Healthy Child Initiative meeting. "There's a very casual way of thinking when it comes to [sexual] partners."

The program, called "Live It! Indigenous Sexuality Education: Teen Pregnancy Prevention Curriculum," was created by the Division of Indian Work. It is the only curriculum of its kind and was created especially for Anishinabe youth, their parents, and other adults in their lives. It addresses the psychological and emotional development that occurs before, during and after adolescence. It is filled with cultural, artistic and self-reflective exercises.

The grant-funded program encourages community interaction and input, Jason said.

Before the curriculum is presented, students will take a pre-test to see what their knowledge is of sexuality, pregnancy and prevention. When they're finished with the curriculum, they will take a post-test to see what they have learned, Jason said.

During the health education classes, which are part of the physical education program, students will also cover topics on drug and alcohol abuse, tobacco misuse, and self-esteem.

Schools are mandated to provide sexual education in their curriculums, Jason said. If parents have any concerns about Nay Ah Shing's curriculum, they can contact Sara Olson at 320/532-4695.

In other business, the Healthy Child Committee discussed the need for more physical activity among youth and their families. One way could be to develop a fitness award program that is similar to the nationally known Presidential Physical Fitness Award program.

Jim Ingle, the Band's physical fitness coordinator, said it will be beneficial to develop fitness goals that are attainable. Stay tuned for more details to come.

## Band Prepared in Case of Animal Disease Outbreak

By Kelly Applegate, Mille Lacs Band Wildlife Biologist

The Mille Lacs Band of Ojibwe's Department of Natural Resources (DNR) is working under a grant from the United States Department of Agriculture Animal & Plant Health Inspection Service to develop a system of notification in the event of an animal disease outbreak. The need for this became evident in late summer 2008, when sick cormorants were discovered on several lakes in Minnesota, including Mille Lacs Lake. The cormorants were diagnosed with Newcastle Disease, a highly contagious viral disease that causes neurosis (uncontrolled brain activity) in birds.

Captive-raised poultry are highly susceptible to Newcastle Disease, which is spread among a flock of birds by preening each other or by sneezing. Animal disease occurrences are on the rise due to animals getting moved from place to place and wildlife comingling with domestic livestock. The development of a system of notification will allow the Band's DNR to alert Band members whose livestock may be at risk in a timely manner.

If you are a Band member with domestic livestock, including poultry (chickens, pheasants, ducks, geese, turkeys, peacocks, etc.), rabbits, pigs, goats, sheep, horses, cattle, or exotic animals, please contact me at 320/532-7747 or you can e-mail me at [kelly.applegate@millelacsband.com](mailto:kelly.applegate@millelacsband.com). You can also contact Andy Boyd at 320/532-7779 or e-mail him at [andy.boyd@millelacsband.com](mailto:andy.boyd@millelacsband.com).

## Mille Lacs Band Of Ojibwe Tribal Government Monthly Financial Report

	Approved Budget for FY 2009	Actual Expenditures through 6/30/09	June 2009 % of Budget Expended
Administration (1)*	13,208,500	8,142,581	61.6%
Workforce*	11,633,059	4,108,536	35.3%
Judicial	1,093,149	679,202	62.1%
Law Enforcement*	3,477,344	2,304,632	66.3%
Education*	14,721,213	10,457,264	71.0%
Health and Human Services*	25,493,036	17,189,500	67.4%
Natural Resources*	5,235,547	3,711,506	70.9%
Community Development*	36,676,448	12,170,516	33.2%
Gaming Authority	4,619,531	3,033,086	65.7%
Per Capita Payments	26,162,076	24,710,674	94.5%
Economic Stimulus	2,800,000	2,780,000	99.3%
<b>Total Expenditures</b>	<b>\$145,119,904</b>	<b>\$89,287,496</b>	<b>61.5%</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.

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

## Conversion to Electronic Medical Records is Underway at Clinics

By Toya Stewart

Band members who utilize the Mille Lacs Band's clinics will soon see a new way of doing business. By year's end, providers will input patient information into computer terminals as well as use them to review patient's data.

Currently, a patient's data is stored electronically and data entry happens after their interactions with a provider. Under the new system, those updates can happen immediately.

"When we implement the electronic health records, we'll have access to people's health records immediately," said Ginger Weyaus, executive director of Health and Human Services. "We'll be able to see a lot more than we would on a paper chart. We can see how many refills a patient has had on a particular medication, how long that certain medication has been taken, and if they've had blood pressure changes."

Medical providers will also be able to look at other services that have been provided by other health programs, such as smoking cessation and behavioral health, said Sheldon Boyd, site IT manager for the clinic.

"The outer districts historically have had to hand deliver and fax documents to the main clinic for data input and that makes for a tedious and inefficient process," he said. "The proposed data connections will make the distance transparent as far as the computer network and information management."

The new system will allow medical providers inside the network to get a total picture of a person's health, Sheldon added.

By converting to electronic records, the Mille Lacs Band is joining a national effort that has been underway since 2005 as a part of the Electronic Health Record Graphical User Interface program.

"We're trying to get away from paper records because it will provide better service for Band members," Sheldon said. "In our situation here, the other districts don't have access to our system at Ne-la-Shing Clinic. The benefit for Band members is that they will see more efficiency, more complete and accurate records, and their records will be easily accessible."

It will also be a time-saver for providers who can review records from a database, he added.

Currently, staff is being trained to use the new system, and the clinical policies and procedures are being reviewed to determine who needs access to patients' records.

The \$230,000 price tag to convert to the electronic system is covered by a private grant, Ginger said.

"With this system, we'll have better quality care," she added.



## Tribal Noteboard

### Happy August birthday to:

**Rachel**, on August 2 with love from mom, Kelly, Jay, Taya, Noah and June • **Taya**, on August 20 with love from grandma, Kelly, Jay, Noah, mom and dad • **Patricia Jones**, 54, on August 20 with love from Sandy and kids, Cheryl and kids, Thomas, and Two Socks • **Alisia**, 2, on August 22 with love from Sandy, brother, sisters, Cheryl and kids, Thomas, Two Socks, and grandma • **Masceo Jackson**, on August 20 with love from your family in Minneapolis • **Lenaye**, from your family in Minneapolis • **Shaynah Dakota**, 1, with love from Sandy and kids, Cheryl and kids, Auntie Patty, Thomas, and Two Socks • **Big George**, on August 16 with love from Sandy and kids, Cheryl and kids, Thomas, Two Socks, and Patty • **Fidel Castro Beaulieu**, 21, with love from Jordan Beaulieu • **Lynn Anderson**, on August 11 with love from Michelle, Larendo, Wesley and Kelly • **Cathy Sam**, 22, on August 6 from Tiff and Kali • **Teresa Sam**, 27, on August 10 from Tiffany and Kali • **Byron Benjamin**, 5, on August 11 from Karen Sam family in District I • **Vanessa Smith**, 31, on August 4 from Auntie Jan and kids, TJ, and Kali • **Clara Mariva Sam**, 78, on August 26 from Karen Louise, Janice Marie, Lulu Diane, Anna Louise, Mary Julia, Jim Allen, and the rest of your grandchildren • **Lona Sam**, 30, on August 25 from Tiffany and Kali • **Tahnisha Gayle**, 14, on August 16 from Auntie Tiff and Kali • **Lisa Sam**, on August 8 with love from TJ and Kali • **Gary Sam**, on August 13 with love from TJ and Kali • **Dayaunna Nadeau**, 6, on August 3 from Kali Sam • **Dawn Habeck**, on August 3 with love from Auntie Mary, Roland III, Jerome, Brenda, mom, dad, Jay, and the rest of the family • **Timothy St. Clair**, on August 5 with love from Auntie Mary, Jerome, Brent, Taryn, Brenda, Roland III, Lucas, Chell, Baby Cam, Cam, Ed, Miss Veronica, dad, Matt, and the rest of the family • **Brenda Bedausky**, on August 9 with love from Lucas, Roland III, mom, Brent, Taryn, Nikki, Jerome, Tim, Ed, Chell, Baby Cam, Cam, Miss Veronica, Nancy, Larry, and the rest of the family • **Lisa**, on August 8 with love from Auntie Niss, Dana, Dave, Tanya, Sarah, Prince, Meany, Chaddy, Jaxin, Tommy Lee, and Elle

Neveah • **Jaylene Rose**, on August 10 with love from mom, Dana, Dave, Tanya, Sarah, Prince, Chaddy, Tommy Lee, Jaxin, Elle Neveah, and Meany • **Poopsie**, on August 13 with love from Auntie Niss, Dana, Dav, Tanya, Sarah, and Prince • **Baby Gomez**, on August 12 with love from Auntie Niss and family, and Dana and family • **Bunny**, on August 27 with love from Niss, Dana, Dave, and Tanya • **Dana**, on August 31 with love from mom, David, Tanya, Sarah, Prince, Chaddy, Tommy Lee, Jaxin, Elle Neveah, and Meany • **Phillip Harrington Jr.**, 17, on August 5 with love from mom, dad, Nadine, Char, Whitney, Leo, Nick, Grama AA, Karen, Sharon, Wally, Rave, Val, Pie, Baby Kevin, Tracy, Shelby, Jarvis, Jake, Jamie, Aiva, Mark, Rachel, Nicole, Chris, Jimmy, Cordell, Baby Chris, Brad, Kristi, Peyton, Braelyn, Eric, Wesley, Jay, Kate, Peep, Bruce, Amber, Jayla, Randi Lee, Sherry, Troy, Shawn, and Baggy • **Sharon Pendegayosh**, on August 6 with love from Phillip, Mickey, Nadine, Charlotte, Pinero, Whitney, mom, Wally, Karen, Brad, Rav, Val, Pie, Baby Kevin, Tracy, Shelby, Jarvis, Jake, Jamie, Aiva, Mark, Rachel, Nicole, Chris, Jimmy, Cordell, Baby Chris, Brad, Kristi, Peyton, Braelyn, Eric, Wesley, Jay, Kate, Peep, Bruce, Amber, Jayla, Randi Lee, Sherry, Troy, Shawn, and Baggy • **Mickey Sam**, on August 20 with love from Phillip, Nadine, Charlotte, Pinero, Whitney, Leo and Nick • **LaDarius**, 4, on August 5 with love from mom, dad, Terrell, Tierra, Grandma Gladys, Grandpa Ron, Roland, Roland Jr., Collin, Desi, Kayla, Lydell, Tayaunna, Candy, Clay, Clay Jr., Aubrey, Roxanne, Roger, Bev, Juni, Roy, and Jill • **Tierra Day**, 9, on August 28 with love from mom, Lance, Terrell, LaDarius, Grandma Gladys, Grandpa Ron, Roland, Roland Jr., Collin, Desi, Kayla, Lydell, Tayaunna, Candy, Clay, Clay Jr., Aubrey, Roxanne, Roger, Bev, Juni, Roy, and Jill • **Aubrey Benjamin**, 8, on August 16 with love from mom, dad, Clay, Roxanne, Grandma Gladys, Grandpa Ron, Roland, Roland Jr., Collin, Desi, Kayla, Lydell, Tayaunna, Camille, Lance, Terrell, Tierra, LaDarius, Roger, Bev, Juni, Roy, and Jill • **Alyssa Welsh**, 16, on August 23 with love from Grandma Gladys, Grandpa Ron, Roland, Roland Jr., Collin, Desi, Kayla, Lydell, Tayaunna, Camille,

Lance, Terrell, Tierra, LaDarius, Candy, Clay, Clay Jr., Aubrey, Roxanne, Roger, Bev, Juni, Roy, and Jill • **Susan Potter**, on August 9 with love from Auntie Gladys and family • **Chad Pendegayosh**, on August 22 from Antavia, Arielle and Mary • **Chaz Pendegayosh**, on August 17 from Antavia, Arielle, Mary and Chad • **Tarz**, on August 9 with love from Tanya, Dayaunna, Morgan, Pooty, and Chan-Man • **Kira Moose**, on August 5 with love from Uncle Phil, Aunt Mickey, Nadine, Charlotte, Pinero, and Whitney • **Gabriele Jellum**, on August 20 with love from Uncle Phil, Aunt Mickey, Nadine, Charlotte, Pinero, and Whitney • **Carla Big Bear**, 26, on August 27 from Momma and Papa Judkins • **Binkers**, on August 2 from Peppermint Patty • **Gary**, on August 13 with love from Meany and family • **Andrel Sam**, 4, on August 12 with love from mom, dad, Sissy, Brevin, Grandma Bingo Sam, Uncle B, and Uncle Bag • **Denise Pike**, on August 31 from Michelle, Johnny B, Amelia, ValaReya, DeAndrea, and the rest of your family • **Gram Kim and Papa Brad**, on August 15 with love from Pie and Baby Kevin • **Jay**, on August 16 with love from Kate, Peep, the guy, Val, Pie, Baby Kevin, dad, Grama AA, Karen, Sharon, Wally, Ravin, Tracy, Shelby, Jarvis, Jake, Jamie, Aiva, Mark, Rachel, Nicole, Chris, Jimmy, Cordell, Baby Chris, Brad, Kristi, Peyton, Braelyn, Eric, Wesley, Bruce, Amber, Jayla, and Randi Lee • **Mom**, on August 13 with love from Damian, Brandon, Johnny and Illianna • **Leah**, on August 13 from Vannie, George, and our Tribe • **Reuben**, 10, on August 20 with love from mom, George, Cedric, Cedar, Caiarah, Cyliss, and the rest of the family • **Cedric and Cedar**, 7, on August 23 with love from mom, dad, Reuben, Caiarah, Cyliss, and the rest of the family • **Caiarah**, 5, on August 22 with love from mom, dad, Reuben, Cedric, Cedar, Cyliss, and rest of the family • **Mahntao**, 2, on August 15 with love from Vannie, George, Reuben, Cedric, Cedar, Caiarah, Cyliss, and the rest of the family • **NeeCee**, on August 31 with love from Vannie, George, Reuben, Cedar, Cedric, Caiarah, Cyliss and rest of the family • **David Shaugobay**, on August 13 from your sister and brother-in-law, Richard, Rachel, Kelia, RaiLei, Jeremy, Candy, Cyrell, Michael,

Jude, Ruth Anne, Bee, Ray, David, Janis, Michael, Aaron, Matthew, and the rest of the family •

**Janice**, on August 27 from your sister and brother-in-law, Richard, Rachel, Kelia, RaiLei, Jeremy, Candace, Cyrell, Michael, Judith, Ruth Anne, Raymond, Juice, Beatrice, David, Janis, Michael, Aaron, Matthew, and William • **Janis Jordan**, on August 15 from mom, dad, brothers and sisters.

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

Diane Barstow  
Frances Benjamin  
Clarence Boyd  
Karen Clark  
Geraldine DeFoe  
Wesley Dorr  
Dorinda Garbow  
Samuel Garbow Jr.  
Barbara Goodman  
Diana Guizar  
Mary Harpster  
Blaise Hill  
George Jackson  
Patricia Jones  
Doris Kegg  
Lorraine Keller  
Patrick Matrious  
Andy Mitchell  
Lynda Mitchell  
Gerry Mortenson  
Francis Premo  
Margaret Premo  
Bruce Ray  
Clara Sam  
John Sam  
Theresa Schaaf  
William Schaaf  
David Shaugobay  
Frank Shingobe  
Bernadette Smith  
Janice Taylor  
Kenneth Taylor  
James Thomas  
Richard Thomas  
Sylvester Thomas  
Barbara Toth  
Michael Wade  
Diane Wadena  
Juanita Weyaus  
Kenneth Weyaus

### Congratulations

Congratulations to **Wesley Anderson and Kelly Miller** on their marriage on July 9, 2009. *With love from your mother.*

## Circle of Health Updates

By Circle of Health Staff

### Dental coverage plans

Now is a good time to determine if you or any of your family members have reached your maximum dental benefits. For instance, if your insurance covers only one crown annually, your insurance claim on a second crown this year would be denied (although the visit portion of the bill may be covered). When a Circle of Health claims processor sees that your insurance has not paid based on the second crown being an uncovered procedure, Circle of Health would also need to deny payment.

Keep in mind that before you have a procedure, you should ask your provider or call your insurance company directly to find out what services are covered. This will help you know what your responsibility is in advance.

### Quarterly premiums

If you have been receiving premium statements, please contact our office to make sure that we are receiving the same information. You may have requested that duplicate statements be sent to our office, but this may not be happening.

Circle of Health's procedure is to pay premiums on a quarterly basis. The office submits these requests two to three weeks prior

to a new quarter. Unfortunately, if the statements arrive at our office the last week of a month, your policy is at greater risk of cancellation. Circle of Health staff have no influence in requesting that a policy be reinstated.

### Electronic transactions

Effective July 15, 2009, a new state law requires all health care transactions to be done electronically. Our office is working with state offices to define how a unique program such as Circle of Health fits into state definitions.

Most local providers will continue to bill us on paper, but some Band members may encounter a health or dental provider or pharmacy that will no longer bill Circle of Health. Band members will then be responsible to pay co-pays or deductibles at the time of service. You will need to get a receipt for your co-payment, and within 30 days you will receive your explanation of benefits from your primary carrier. These two forms of documentation must be submitted to our office for reimbursement.

In cases of an upcoming procedure with a high deductible, please have the provider contact our office; we will do our best to arrange payment of your deductible prior to the procedure. Our office has no control over the decisions made by providers.

## Band Contributes to Discussion on Pandemic Flu

By Amy Becker LaFrance, Project Coordinator for the University of Minnesota Center for Infectious Disease Research and Policy

Mille Lacs Band members and employees, along with other Minnesota tribal members and tribal employees, have helped develop a national health policy document on a global flu outbreak.

In April, 49 participants came together at Grand Casino Mille Lacs to discuss an influenza pandemic. Participants asked questions of experts from the Centers for Disease Control and Prevention (CDC) and the Association of State and Territorial Health Officials (ASTHO). The hosts learned from participants what tribal members might need during a pandemic and what factors might put them at risk for more serious consequences. Participants also discussed pandemic scenarios in small groups and identified key statements about tribal communities related to pandemic flu:

- Pandemic information needs to be given to tribal members from someone they trust.

- Tribal/community members should form professional relationships in the community to help in an emergency (e.g., pharmacists, child care providers, etc.)
- During a pandemic, it is vital to maintain a line of communication about current developments and to encourage preparedness.
- Television and radio stations, local law enforcement, scanners, and government Web sites are key ways for people to receive reliable health information.

The information gathered at the event will be used to better reflect tribal members' concerns and needs in a national guidance document for planners in tribal, local and state health departments (the guide is available online at [www.astho.org](http://www.astho.org) under "At-Risk Populations Project").

The meeting was well-timed, as a global flu outbreak was declared in June. For more information about preparing for a pandemic, visit [www.cidrapractices.org](http://www.cidrapractices.org).

## Using Technology to Prosper and Create Jobs and Opportunities

By Toya Stewart

When it comes to technology, the future is here. And to meet the challenges and opportunities head on, the Band is making strides to stay in step with the latest innovations.

Take the international interest in renewable energy. As the world is looking for ways to go green, so is the Mille Lacs Band.

"We're not looking at old-school technology like investments in existing companies," said Sara Treiber, interim director for economic development for the Corporate Commission.

"We're looking at new ways, and renewables seem to be a natural fit," said Sara, referring to the Band's recent investment in the wind energy project, called Chi Noodin (Big Wind) Manufacturing Plant, in McGregor. "It makes sense to look at self-sustainability and renewable energy...this makes investments stronger."

That's also why the Department of Natural Resources (DNR) is looking at the possibility of using renewable energy in new and existing buildings, including houses, Sara said.

Curt Kalk, Commissioner of Natural Resources, said that, "Alternative energy is part of reducing pollution in our environment."

Further, Curt added, "Energy-wise, the DNR supports the idea of smaller homes that would be more efficient than large ones. Plus, a one-level home is more convenient for people with limited mobility."

Besides thinking about uses for energy, Band members and Band employees should always think about technology and the many ways to use it, Sara said.

Dennis Olson, Commissioner of Education, said, "Technology is usually defined and discussed in terms of tangible products such as computers, machinery, vehicles, software products, etc."

"Technology can be all of those tangible products, but it is also much more. People are the driving force behind technology and the constant need to advance it," Dennis said. "People need the specific knowledge, skills, and expertise to create and advance technology. Education provides a strong link to this advancement."

From a business perspective, Small Business Development Program Director Sharon James agrees that people need to stay up to date with technology.

"If you don't keep up with the changes occurring in your business environment you will fall behind," Sharon said.

"Technology is just one environmental element. But if technology is a key element to the success of your business, then you need to constantly monitor, analyze and determine if you should take advantage of technology for your business."

Whether it's learning a new skill set to work on the wind energy project, pursuing a college degree, or attending a technical college to learn a trade, Band members should take advantage of the opportunities presented to them, even if there are obstacles.

Some of the challenges include getting businesses to come to the state and creating new jobs in the area because some Band members don't want to leave the community, Sara said.

Another hurdle, though not insurmountable, is getting Band members the training they need to do the jobs that are in the area.

"The economy didn't help, though we're further along than we were five years ago," Sara said. "The Band has come a long way in training and helping Band members find jobs that turn into careers."

Band members will work on the wind energy project and receive the training they need along the way to develop new skills and a level of expertise needed for the job, Sara said.

Dennis said he believes there are definite advantages to advancing and changing technology that the community can take full advantage of.

"We are always in need of more professional development and training opportunities, particularly for our teachers," he said. "As technology changes and advances, we need to be sure that our teachers are fully aware of the opportunities that can ultimately result in improved education of our youth. In terms of education for our youth, we have to always remember to maintain a balance between utilizing modern technology, while keeping language, culture, and traditional teachings at the forefront of our mission."

Sharon added that it is important to encourage youth to connect with technology. "Show them all the options that exist, so those interested in the field can pursue their skills and assist the Band with staying on the forefront of technology."

# Calendar of Events

## August 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
16	17 <b>All offices closed for Mille Lacs Day</b>	18 <b>District II Leadership Academy School Board Meeting</b> 4 p.m. Contact: Dawn Aubid, 218/768-3477 <b>Pine Grove Leadership Academy Elder Council Potluck</b> 11 a.m.-1 p.m. Pine Grove Leadership Academy	19	20 <b>District III Community Meeting</b> Aazhoomog Community Center 5:30 p.m., Contact: Monica Benjamin, 320/384-6240	21 <b>George Thorogood*</b> Grand Casino Hinckley 8 p.m.	22 <b>Men's Health Challenge</b> Aazhoomog Community Center 11 a.m.-2:30 p.m. <b>Kickboxing*</b> Grand Casino Hinckley 7 p.m.
23 <b>Blake Shelton*</b> Grand Casino Mille Lacs 5 p.m.	24	25	26 <b>District IIA Community Meeting</b> Chiminising Community Center 5:30 p.m. Contact: Lesley Sam, 320/676-1102	27 <b>District II Community Meeting</b> East Lake Community Center 5 p.m. Contact: Jenny Waugh, 218/768-3311 <b>Urban Area Community Meeting</b> All Nations Indian Church 5:30 p.m. Contact: Barb Benjamin-Robertson, 612/872-1424	28 <b>Wisdom Steps Golf Tournament</b> Grand National Golf Course 11 a.m. Registration 1:30 Shot Gun Start	29
30	31 <b>District I Community Meeting</b> District I Community Center 5:30 p.m. Contact: Judy Virnig, 320/532-7423				<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 kellys@goffhoward.com</i>	<b>*To Purchase Tickets</b> <b>Visit a Grand Casino box office, call TicketMaster at 612/989-5151, or visit www.ticketmaster.com</b>

## September 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3 <b>Talking Circles</b> The Brick House 5:30 p.m. Contact: KC Paulsen, 320/532-4046	4 <b>All offices will close at noon</b>	5
6	7 <b>All offices closed for Labor Day</b>	8 <b>Pine Grove Leadership Academy First Day of School and Open House</b> 8 a.m.	9	10	11 <b>Regis Philbin*</b> Grand Casino Hinckley 8 p.m.	12
13	14 <b>Pine Grove Leadership Academy Meeting</b> 12:30 p.m. Contact: Rene Ann Goodrich, 320/384-7598 <b>AMVETS Meeting</b> GCML 6 p.m. Contact: Ken Weyaus, 320/309-6925	15	16	17 <b>All Elder Community Meeting</b> Hinckley ALU 11:30 a.m. Contact: Denise Sargent, 320/532-7494	18 <b>Dwight Yoakam*</b> Grand Casino Mille Lacs 8 p.m. both nights	19

# What Is Your Favorite Thing to Grow and Why?

**Carol Towle**



*"My favorite flowers are peonies. My mom used to plant them at our house, and they have a wonderful scent."*

**Darlene Savage**



*"This is my first year growing vegetables, and my favorites to grow are pumpkins, tomatoes and potatoes."*

**Greg Mishler**



*"I like growing everything and sharing with friends and family. We also can our own salsa and pickles."*

**Reine Garbow**



*"One of my favorite hobbies is gardening. It's healthier living for me this way. It brings me closer to Mother Earth."*

**Ron Anderson**



*"My wife and I like growing our own garden to offset the current high cost of food. A home garden helps subsidize that. And it provides a personal self gratification in doing it this way."*

**Jessica Nelson Lafontaine**



*"Sunflowers. They grow so tall and always make me smile."*

**Lisa Wheeler and Leo Meyers**



*"Our favorite vegetables are peas and zucchini. We have a large garden, and we love that we can just pick fresh vegetables everyday."*

**Loretta Kalk**



*"My favorite things to grow in the garden are cucumbers. I also make my own jam/jelly from fresh strawberries and raspberries. I also love growing all kinds of different flowers."*

*Photos courtesy of Rick Anderson (Ay be Nizhoo Way we Daang) and Elizabeth Towle*

# 43<sup>rd</sup> August 14, 15 & 16, 2009

Mille Lacs Band of Ojibwe

## Traditional POWWOW

**Food & craft vendors welcome**  
**Limited space, reserve early**

**Contact:**  
**Robert Thompson**  
**320-532-7841**

Powwow information contact:  
**Mary Jo Jennings - 320-532-5944 or**  
**Freedom Porter - 320-532-7496**

Security and medical staff on premises.  
No alcohol, drugs or fireworks allowed.  
Not responsible for accidents or lost/stolen items.

**Grand Entries:**  
Friday - 7pm  
Saturday - 1pm & 7pm  
Sunday - 1pm

**Location:**  
"Iskigamizigan Powwow Grounds"  
West side of Lake Mille Lacs,  
12 miles north of Onamia  
on U.S. Hwy 169, follow signs

**Events:**  
Princess & Jr. Princess Contest  
Brave & Jr. Brave Contest  
Best Float Contest  
Best Rez Car Contest  
Parade  
Horseshoe Tournament  
Moccasin Game 6 teams required to hold contest  
Fun Run Sponsored by the Mille Lacs Indian Museum

**Free:**  
Admission, camping, firewood (Off-site firewood prohibited), showers

**On Sale:**  
Souvenir buttons & posters

**Raffle Drawings:**  
Ticket Drawing  
Prize 1: 1999 Chevy Tahoe  
Prize 2: 2009 Polaris 4-wheeler  
Prize 3: 52 weeks of bingo - GCML  
Button Drawing  
Chance to win a prize w/purchase of powwow button

**Dancer & Drum Monies:**  
Drums must have a minimum of 5 singers. All singers must register with their drum and designate one individual who will collect at payout. At least 5 registered singers must be present at the drum during each roll call in order to be paid for that session.

Printing costs for this poster were contributed by **Goff & Howard.**