

OJIBWE INAAJIMOWIN

December 2007

"The story as it's told."

Volume 9 • Number 12

Tribal Police Presence Remains Strong in Mille Lacs Area



Rick Anderson

Mille Lacs Band Tribal Police Chief Dwight Reed (middle) is pictured with officers Mikael Christenson (left) and Josh Kimball (right), who are among the 20 tribal police officers serving the Mille Lacs Reservation.

By Dwight Reed, Chief of Police

Since the law enforcement agreement ended between the Mille Lacs Band and Mille Lacs County, you may have heard the same rumors that I have – about fewer tribal police officers (not true) or the Band's police force lacking law enforcement authority (also untrue). In reality, we are as present as we ever have been, including in Districts I and IIa in Mille Lacs County.

Here are a few facts and reminders:

(1) The Band has more officers on the street than ever before. We employ 20 officers who serve the three reservation districts – the same number that we had before the

law enforcement agreement ended with Mille Lacs County. However, two of our officers who previously served full-time on the North Central Drug Task Force (a multi-jurisdictional task force), have been re-assigned as patrol officers on the reservation – one in District I and the other in District III. They will continue to use their expertise in drug and gang-related issues.

(2) These tribal police officers are in addition to the county law enforcement officers whom we now see more of on the reservation.

(3) The Tribal Police Department retains its authority to uphold Band and state laws and protect public

safety. We continue to monitor the Mille Lacs County dispatch system, just like the county monitors the Band's dispatch system. This helps us address safety and security issues on the reservation as quickly and effectively as possible.

(4) Criminal matters are addressed by Mille Lacs County officers. Tribal police officers in Mille Lacs County only deal with civil regulatory matters unless a crime is committed in our presence, in which case we can act on the crime and make the appropriate arrests. However, keep in mind that we can and do assist county officers in criminal situations.

The following are a few common examples that illustrate our authority in Mille Lacs County. Tribal police officers can cite Band members for speeding or suspended licenses, but if we discover that the driver is also under the influence of alcohol or drugs, we call a county officer to arrest and transport the individual. If a non-violent neighbor dispute is reported, tribal police can respond to that. However, if your home or business has been broken into or if you've been assaulted, these are criminal offenses that would require Mille Lacs County's response.

(5) To report an emergency, Band members in Mille Lacs County should continue to dial 911, which rings to the County Sheriff's Office. In non-emergency situations, I would implore you to call the tribal police at 320/532-3430. The line is answered at the government center during business hours Monday-Friday, and redirected outside of business hours to one of our officer's cell phones. If the officer does not answer the phone, please leave a message. He or she may be responding to another call, and will return your call as soon as possible. Or, you can also call the County Sheriff's Office at 320/983-8250.

Emergencies

- Call 911

Non-emergencies

- Call Mille Lacs Band Tribal Police at 320/532-3430



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Annual Thanksgiving Feast Draws Largest Turnout Ever



Chief Executive Melanie Benjamin (far left) joins her family for dinner. From left to right: Martha Davis, Cheyenne Hayes, and Francis Davis.

The Corporate Commission of the Mille Lacs Band of Ojibwe hosted its eighth annual Thanksgiving Feast on November 15 – the largest feast to date with more than 1,100 attendees. Band members and their families celebrated Thanksgiving with dinner and entertainment at Grand Casino Mille Lacs. Corporate Commission staff greeted guests and helped serve dinner. The staff also operated a kids' room with various activities for young children.

"It was awesome to have so many Band members and their families join us for our feast," said Sarah Oquist, Commissioner of Corporate Affairs. "What an amazing time being with our extended Band family and

celebrating our many blessings!"

During the event, the Mille Lacs Indian Museum premiered a music video – titled *Do a Lil Dance, Dance a Lil Jig* – produced from a grant it received. The film showcased music performed by American Indian musician Keith Secola and starred Band youth and Elders in the community. Eagle Clan Productions, owned by Band member Rick Anderson, edited the film.

Other entertainment was provided by comedian Mitch Factor, who amused the audience with his funny and animated impressions.

Thank you to everyone who attended this great Thanksgiving Feast!



Corporate Commission employee Heather Boyd (standing, center) and Band member Wanetta Thompson (left) help kids make crafts.



Band members Pat Clark (left), Jim Clark (center), and Karen Clark (right) enjoy festivities at the annual Thanksgiving Feast.

Bonus Distribution Reminders



Commissioner of Finance, Angella Roby, attended the District I community meeting to discuss bonus distribution payments and tax returns.

By Angella Roby, Commissioner of Finance

Bonus distribution frequency forms

Tribal bonus distribution frequency forms were mailed in November. This form allows Band members to choose from six options. You can not change your option after the first payments are issued in January 2008. The deadline to return your frequency selection form is December 19. Please send or drop off your form in the Office of Management and Budget (OMB) at the Mille Lacs Government Center. Please call Nicole Smith at 800/709-6445 ext. 7466 if you need a bonus distribution selection form.

Direct deposit

Direct deposit for bonus distribution payments is available anytime. Pick up an application now or call Nicole in OMB. Complete the application, attach a voided check, and turn it in to OMB. There is no charge to Band members for this service.

W-9 forms

W-9 forms need to be completed for 2007 as soon as possible to avoid a \$50 IRS penalty. There are forms available. Please pick one up and complete it for 2007 and 2008. A new form needs to be completed and kept on file each year you receive a bonus distribution payment that exceeds \$600. If you are completing a W-9 for 2007, date the form before 12/31/07, for 2008, date it 1/1/2008.

IRS levy treatment

Beginning with January 2008 bonus distributions, Band members with IRS levies will have 100% of available bonus distributions garnished until they can work out a deal with the IRS individually. The IRS is cracking down, and IRS laws override the Band Statutes/laws, both old and new.

Tax time

W-2 forms and 1099 forms were sent out January 31, 2007. Start thinking about setting up your tax appointment and getting your tax return filed as soon as possible. If you owe tax, you don't have to file or pay your tax bill until April 15, 2008. Bonus distributions are scheduled to be paid on April 3, 2008 in time to pay your tax bill. Not paying your taxes will result in penalties and interest and also affect your credit rating for the future. The IRS does have the ability to levy 100% of bonus distributions until outstanding tax debt is fully repaid.

Mille Lacs Band Boxing Commission Holds December Event

The Boxing Commission hosted a boxing event on December 15 at Grand Casino Hinckley. Look for event results in next month's *Inaajimowin*.

Kickboxing and mixed martial arts competition to be held in February

A full-contact kickboxing and mixed martial arts event will take place on February 15

at 7 p.m. at Grand Casino Hinckley. The event will feature exciting professional and amateur kickboxing and mixed martial arts matches. Warriors Fitness & Fight Promotions will host the event and the Band's Boxing Commission will regulate the professional matches. For more information, contact Bobby Anderson at 320/384-7409, or look for more details in next month's *Inaajimowin*.

Fun at Nay Ah Shing

By Eric North, Nay Ah Shing Schools Principal



Photo courtesy of Eric North

Forty-eight Nay Ah Shing students were recognized for their academic achievements and rewarded with treats and gym activities.

Nay Ah Shing Abinoojiiyag School celebrated the successes of 48 students, who received special recognition for their positive behavior and academic gains demonstrated during the first quarter of school. They made special efforts to be safe, responsible and respectful in school, and they were rewarded with an ice cream treat, goodies, and fun activities in the gym. Many students were also able to celebrate with their parents/guardians. We look forward to celebrating with even more students during the second quarter. Keep up the great attitude and work! It's wonderful having you as part of our school community.

We encourage everyone to attend our holiday festival on December 20 at 6 p.m. at the high school.

Fourth graders enjoy activities with Brainerd High School students

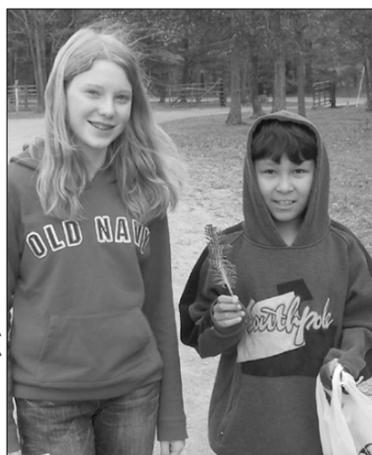


Photo courtesy of Eric North

Nay Ah Shing student Sebastian Benjamin enjoys fun activities with a Brainerd High School student.

Nay Ah Shing fourth graders have been working on building relationships with students from Brainerd High School. The students get together at Brainerd's 4-H farm to learn and share experiences together. Fourth grade teachers Govinda Budrow and Ray Jackson have seen their students grow through this experience. They said that not only have students learned new and exciting things, but their self image has grown as well. For one activity, the students made bird feeders together out of bagels and seeds.

"After our trip, the students hung their bird feeders at the ALU to attract

birds for the Elders to view," said Govinda. "We did this last year too, and one of the students found one of our empty strings hanging in a tree. The birds must have enjoyed the treat."

Another activity was a vocabulary parade. The students collected new vocabulary words that began with the letters in the word October. Each student represented the word and its meaning visually on a mask and then formed a parade. Prizes were awarded for the best noun, verb, adjective, and overall project.

The winners were:

- Best noun (obstacle) – Kelsey Benjamin
- Best verb (envy) – Chaz Pentegayosh
- Best adjective (combustible) – Tehya Wade
- Best overall (tetra) – Susan Potter

This is another example of the fun learning opportunities students have at Nay Ah Shing, and a way that students are able to give back to their community.

Nay Ah Shing canned food drive a success



Photo courtesy of Eric North

Fourth and fifth grade students in Danielle Patrick's class collected the most canned food items during Nay Ah Shing's food drive.

Nay Ah Shing's third annual canned food drive was a great success that benefited many people in our community. This year, the schools collected a total of 706 items. "There was a huge variety of donations," Special Education Coordinator Roz Hoff said. "Everything from baking items, to Ramon noodles, to vegetables, to SPAM was collected by our students."

The class with the most cans at the Abinoojiiyag building was Govinda and Ray's fourth grade class with 127 items. Larry Hansen's science class collected the most in the high school with 125 items. And Danielle Patrick's fourth and fifth grade class collected 201 items – the most of any class.

All of the items were donated to the Mille Lacs Band's Women's Shelter. Chi mii gwetch for everyone's generous donations.

Local Elder Panel

By Alicia Skinaway, District I Representative

The community is invited to attend the local Elder panel held on the second and third Mondays of each month at the District I Community Center from 7-8:30 p.m. The Elder panel consists of two to four Elders who teach our community about their way of life and our culture.

The Elder panel started in November, and there has been much discussion so far. Youth and young mothers are some who have come to ask questions such as "Why can't we stay out late at night?" The Elders said that it is because there are many good and bad spirits and we do not know who we are walking with at night.

Another question was, "How do I get a we-eh (namesake)?"

The Elders answered that parents typically give babies a namesake – someone who will watch over them like a parent. The parents give tobacco to a spiritual leader of the tribe and have a feast to celebrate the infant. The parents also give the namesakes tobacco, and each one holds the infant and calls the baby by his or her new Indian name. Some youth do not have Indian names, but it is not too late. Parents may still go to a spiritual leader and ask for an Indian name for their child.

Participants also asked the Elders, "Do we as Ojibwe respect other religions?" The Elders said "Yes," the Ojibwe people do.

The next Elder panel is December 17; the panels will continue through April 2008.

Healthy Heart Update

By Sue Swanson, Registered Nurse and Certified Diabetes Educator

The Healthy Heart Program held its monthly Healthy Heart class on November 20, with eight attendees present. At the event, participants played Bingo games in which healthy heart facts were presented in order to play. Those who participated in the event and those who brought a friend received a complimentary incentive and were eligible for additional incentives throughout the games. A healthy heart lunch was also provided. The next Healthy Heart activity will be held on December 17 at noon in the conference room at the District I Community Center.

The Healthy Heart Program holds monthly classes which include cooking demonstrations, motivational speakers, and fun learning experiences for people who are trying to improve their lifestyle and make healthier food choices.

This program is designed to help reduce the risk of cardiovascular disease in people with diabetes. The goals of the program are to help people lose 7% body weight and increase their physical activity. To learn more about how you can participate in the program, please call Cyndy Edgerton, Registered Dietitian and Case Manager, at 320/532-4163, ext. 7840.

Tribal College Students Speak at District I Community Meeting



Rick Anderson

Mille Lacs Band Tribal College students spoke during the District I community meeting on November 26 about their educational experiences. Students from left to right: Daniel Pawaush, Jereck Weyaus, Steph Pawaush, Jessica Mitchell, Rose Boyd, Pam Pawaush, Petra Mauricio, and Rachel Jones.

By Candi Aubid, Mille Lacs Tribal College Programming Consultant

Students from the Mille Lacs Band of Ojibwe Tribal College shared their educational experiences at the District I community meeting. The students talked about their classes, and some demonstrated their new

knowledge of the Ojibwe language. The presentations were part of the students' Introduction to American Indian Studies class, and provided an opportunity for them to enhance their public speaking skills and tell the community what they are learning in college.

Urban Area Community Learns About Higher Education Opportunities



Rick Anderson

Roxanne Gould from Fond du Lac Tribal and Community College spoke about educational opportunities for American Indians through the college's Urban Outreach Program in Minneapolis.

By Rick Anderson, Tribal/Government Affairs Coordinator

Attendees at the Urban Area community meeting learned about Fond du Lac Tribal and Community College's Urban Outreach Program, which provides educational opportunities to American Indians living in the Twin Cities metropolitan area. The Urban

Outreach Program is located in the heart of the American Indian community on Franklin Avenue in south Minneapolis, and is conveniently located near public transportation systems. For more information, contact Roxanne Gould, Counselor/Faculty with the Urban Outreach Program, at 612/871-6143 or 800/657-3712.

Minor Trust Funds Update

To keep Band members informed about the money held in trust for minors, the *Ojibwe Inaajimowin* features a semi-annual report of the trust amounts.

Based on the enrollment date of the minor, a parent or guardian can determine the amount held in trust.

Distribution Date	Amount Held in Trust as of 10/19/07 (Principal & Interest)	Original Distribution (Principal Only)
12/31/92	\$1,068.12	\$ 500
12/31/93	\$1,037.49	\$ 500
12/31/94	\$1,091.43	\$ 500
12/31/95	\$ 904.52	\$ 500
12/31/96	\$ 869.84	\$ 500
12/31/97	\$ 795.76	\$ 500
12/31/98	\$1,138.20	\$ 750
9/3/99	\$1,068.81	\$ 750
12/31/99	\$1,041.81	\$ 750
8/7/00	\$ 996.95	\$ 750
12/6/00	\$ 981.62	\$ 750
3/23/01	\$ 764.89	\$ 600
8/1/01	\$ 934.67	\$ 750
12/31/01	\$2,154.66	\$1,727
4/4/02	\$1,469.40	\$1,207
8/8/02	\$2,003.95	\$1,668
12/6/02	\$2,244.84	\$1,839
4/4/03	\$1,413.73	\$1,201
8/7/03	\$2,084.25	\$1,747
12/4/03	\$2,506.59	\$2,145
4/8/04	\$1,577.89	\$1,370
8/5/04	\$2,393.94	\$2,071
12/2/04	\$2,459.58	\$2,200
4/7/05	\$1,546.85	\$1,403
8/4/05	\$2,159.47	\$1,995
12/7/05	\$3,587.21	\$3,295
4/7/06	\$2,484.31	\$2,320
8/3/06	\$3,374.77	\$3,170
12/7/06	\$3,295.20	\$3,190
4/5/07	\$2,812.41	\$2,800
8/2/07	\$2,816.49	\$2,800

The amount held in trust is the amount of the original distribution plus the interest accumulated on that amount through October 19, 2007.

To figure out the amount your enrolled Band member child currently has in trust, add all the figures in the "Amount Held in Trust" column back to the first distribution date after that child was enrolled. For example, a child enrolled in November 1992 currently has \$55,079.65 held in trust for him or her. In another example, if a minor was not enrolled until June 2003, the minor would have funds in the accounts for the last thirteen distributions for a total of \$33,098.96.

The Internal Revenue Service requires that federal income taxes be withheld when the annual amount of distribution exceeds \$8,750. Minors who have funds in the accounts from December 2006 forward now exceed this amount, so income taxes will be withheld upon trust distribution, as required by federal regulation.

The trust funds have been invested in U.S. government-backed securities and are held at the investment company of Morgan Stanley. The funds are subject to audit every year by an independent public accounting firm.

Based on the plan approved by the Mille Lacs Band elected officials, funds may be withdrawn when a trust fund recipient reaches age 18 (provided that person has a high school diploma or GED), or at age 20 if the person does not have a high school diploma or GED. Forms to request trust fund distribution can be obtained from Darcie Big Bear in the Tribal Enrollments Office.

Circle of Health Update

By Circle of Health Staff

Broker's National Life Insurance Company

This Texas-based insurance company has helped Circle of Health assist Band members in getting dental coverage. When you sign up for the plan, you are automatically signed up for a vision plan. This plan is a very specific plan (VSP), which means that to be able to use any benefits, you must use a VSP provider. If you have internet access, you can visit their Web site at www.bnllac.com. Go to the customer tab, and then choose dental or vision network. Your card shows which plan you have. On the next screen, you can click to find locations near you, enter in your address to find the nearest location, or you can call 800/877-7195 for vision, or 800/798-1125, ext. 4540 for dental. A representative can assist you by using your zip code.

Before you receive any dental or vision services, you can ask your provider or call your insurance directly to find out what your plan will cover. Circle of Health only pays for co-pay and deductible amounts on covered services. If there is an uncovered service, your insurance will not pay, nor will Circle of Health. Please research in advance which services are covered, so you know what costs will be your responsibility.

COBRA coverage

This is a reminder that COBRA policies are only covered for a maximum of six months. For example, if you have been on a COBRA plan since October 1, 2007, Circle of Health will discontinue any payments that would extend coverage past March 31, 2008. Call the benefit

coordinator at 320/676-8214 to discuss how to attain a certificate of creditable coverage and begin the process to sign up for a private policy.

Upcoming changes

The current reimbursement period goes back 12 months. The Circle of Health Board will be changing this policy to six months or the beginning of the current fiscal year. An effective date will be designated and printed in a future newsletter. The fiscal year runs October 1 through September 30. It is important that reimbursements are as close to actual payment dates or paydates as possible. This does not include providers billing Circle of Health, that will remain at the 12-month time limit from date of service. Continue to read our monthly update, so you know when this change will take effect.

Social security annual award letter

In November, Medicare recipients should have begun receiving their new annual award letter for 2008. Please bring or fax in a copy of this letter to 320/676-8235 so you can continue to receive a quarterly reimbursement.

Reimbursements

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

Events at the Mille Lacs Indian Museum and Trading Post

Sewing and beading circle

Participants are invited to bring unfinished projects to the Mille Lacs Indian Museum to work on them in a group setting the second weekend of each month through May. Museum staff and Band Elder Margaret Hill will be on hand to help guide projects. The next event will be on Saturday, January 12, from 12-4 p.m. and from 10 a.m.-2 p.m. on Sunday, January 13.

The cost is \$25 for the public, \$20 for Minnesota Historical Society members, and \$10 for Mille Lacs Band members.

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.

Housing Loans Available to Band Members

The Mille Lacs Band's Housing Department offers several types of loans and grants for Band members. Following is information on these programs.

Home loan program

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

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

For more information, please contact:

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

Home renovation loan program

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

Elder and handicap housing services

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

Emergency rental assistance

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

Emergency services loan policy

An emergency housing services loan is available for

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

Loan assistance is available for:

- Rent/deposit – not to exceed \$1,200
- Buffet coupons for Grand Casino Mille Lacs and Grand Casino Hinckley (provided only after an applicant first applies for the Band's Food Distribution Program, Food Stamps Program, and Health and Human Services' Emergency Services)
- Gas/electric bills – Only 2 utility bills per year
- Hotel stay – Not to exceed \$750
- Homeowner's insurance – Not to exceed \$1,200
- Real estate taxes – Not to exceed \$1,200
- Emergency housing materials – Not to exceed \$1,200

Eligibility criteria

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

Loan application

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

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

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

Legislative Corner

Guidelines changed for making hardship withdrawals

Due to the recent flood of requests for hardship withdrawals from Minor Trust Accounts, the Band Assembly determined that it was necessary to impose stricter guidelines in granting these requests. Beginning December 1, 2007, in order for a request for hardship withdrawal from a Minor Trust Account to be granted, the individual:

- (1) Must be a minimum of 18 years of age;
- (2) Must show proof of current high school or GED program attendance, such as a letter from the school or program;
- (3) Must have a verifiable emergency. This may be defined as medical, dental, death of a family member, automobile purchase with proof of a driver's license, special educational needs, higher educational needs not covered by scholarships or the Johnson O'Malley program (JOM), and other emergencies determined at the Band Assembly's discretion;
- (4) Must agree to allow the Office of Management and Budget (OMB) to direct pay to vendors if the request is for an

automobile payment, car insurance, rent, rental deposit, or other vendor item; and

(5) Must show proof of attendance at an OMB/Morgan Stanley financial presentation or sign up to attend within three months following the receipt of any hardship withdrawal that is granted.

Also, please remember that all hardship withdrawals, like all other bonus distribution payments, are subject to income tax withholding and must be reported to the Internal Revenue Service as income.

The Band Assembly these guidelines are necessary to protect Band members' best interests and to promote individual financial education and planning. We want each young Band member to understand how fortunate they are to be eligible to receive bonus distribution payments and would like to hear about our young people's financial plans. If you are a young Band member who is eligible to receive your Minor Trust Account payout, please consider writing a short letter to tell us about your financial and educational plans. The Band Assembly's address is:

Legislative Office

43408 Oodena Drive
Onamia, MN 56359

Also, it is disheartening to report that some of the elected officials have heard that there are some Band member youths who believe that seeking an education is unnecessary because bonus distribution payments are paid by the Band. As elected officials, we understand how important it is for you to seek an education to gain the knowledge you will need to build a better life for yourselves and your families. Like all tribal members, we must live under a complex mixture of federal, state and Band laws. Equally important is the need to gain a basic understanding of household budgeting, bank accounts, and credit scores in order to be able to compete in today's world.

As you know, bonus distribution payments have not always been available to our people. Indian gaming is a relatively recent phenomenon and there is never a guarantee that Indian gaming will last forever. Since the U.S. Congress enacted the Indian Gaming Regulatory Act (IGRA) on October 17, 1988, many tribes across the country have benefited from Class II and Class III gaming. Under IGRA, tribes are

permitted to adopt Tribal Revenue Allocation Plans to establish how the tribe will distribute net gaming revenue. All Tribal Revenue Allocation Plans must follow certain established criteria and fall into five permitted categories:

- (a) to fund tribal government operations or programs;
- (b) to provide for the general welfare of its tribe and its members;
- (c) to promote tribal economic development;
- (d) to donate to charitable organizations; or
- (e) to help fund operations of local government agencies.

It is the Tribal Revenue Allocation Plan that allows for bonus distribution payments to be paid to tribal members, but only after the Tribal Revenue Allocation Plan is approved by the Bureau of Indian Affairs. We have worked hard to establish a bonus distribution plan that allows each Band member to share in the Band's recent wealth without injuring the growth of investments for our future. Mii gwetch!

Help Prevent Drunk Driving This Holiday Season

By Rob Thompson, Safety/Risk Manager

In December, Mothers Against Drunk Driving (MADD) promotes its Tie One On For Safety campaign, which aims to increase public awareness and understanding about the risks associated with drinking and driving, especially during the holiday season.

In 1986, MADD created the campaign Project Red Ribbon, which later changed names to Tie One On For Safety. The campaign is observed from Thanksgiving through New Year's Day. The program encourages the public to become involved in the fight against drunk driving by tying a red ribbon to a visible place on their vehicle, such as the antenna or side mirror.

The overall goals of the program are to:

- Recruit people to tie MADD ribbons on their vehicles
- Boost awareness about the dangers of drunk driving, particularly during the holidays

- Remind people to be safe and give them suggestions to prevent drinking and driving
- Help increase awareness of the MADD ribbon, which is a symbol of efforts to prevent drunk driving

We can all promote the Tie One On For Safety campaign and help deter drunk driving. If you host a party this holiday season where alcohol is served, insist that guests stay overnight or arrange for sober drivers to get them home safely. You can also help get the word out by distributing MADD ribbons.

For more information about this campaign or MADD, visit www.madd.org or call your local MADD affiliate. If you have other questions about preventing drunk driving, please call the Mille Lacs Band Health and Human Services Department at 320/532-4181 or any Band health care provider in your district.

Most of the information provided in this article was derived from articles obtained from MADD's Web site.

Small Business Development Program Updates

Would you like to be an entrepreneur?

Some characteristics of successful entrepreneurs are passion, persistence, creativity and innovation, hard work ethics, and the ability to accept challenges. Do you have these characteristics? If so, you are a potential business owner.

Below are keys to a successful business:

- Have a clear sense of purpose for your business.
- Base your goals on realistic expectations.
- Understand your strengths and weaknesses.
- Target the right group of customers.
- Specialize in solving customer problems and experiment with new approaches.
- Organize yourself and your business for maximum flexibility.
- Create customer loyalty and repeat business by offering a unique value.

- Build enduring relationships based on quality, honesty and responsiveness.
- Develop a new product/service that captures a large market share.
- Keep a close eye on your costs, pricing and profit.

To investigate your business ideas and options, contact the Small Business Development Program at 800-746-9805. John Gunstad, Paul Borgfelt, and Sharon James are available to assist you.

Business Management Training Class

The next Business Management Training Class starts in January 2008 in District I. They will be held on Monday nights from 5:30 p.m.-8:30 p.m. for 10 weeks. Please call Sharon James at 320/532-8817 for more information and to register.

Cold Weather Rule

By East Central Legal Services

Regulated utilities

The Minnesota Public Utilities Commission developed the Cold Weather Rule to protect people from having their heat source disconnected in winter if they are unable to pay their utility bills. The rule is in effect from October 15 through April 15 and applies to utilities regulated by the state.

The Cold Weather Rule only applies to heating and does not prevent a landlord from evicting a tenant, or refusing to renew a lease that expired during the cold weather season.

The Cold Weather Rule does not absolutely prohibit shut-offs but does provide four levels of protection:

- Reconnection plan
- Inability to pay status
- Ten percent plan
- Payment schedule

In order to qualify for the reconnection plan, inability to pay status, or the ten percent plan, a tenant's annual income must not be more than 50% of the state middle income level, which is about \$39,414 for a family of four. The tenant must be willing to set up and keep to a payment plan. Any residential customer, regardless of income or account status, may qualify for a payment schedule.

Unregulated utilities

Customers of the unregulated utilities – cooperative electric associations and municipal utilities – also have some protection against having their heat source disconnected in the winter. A municipal utility or cooperative electric association can not shut off the service of a residential customer between October 15 and April 15 if:

- The disconnection would affect the primary heat source
- The customer has declared an inability to pay on forms provided by the utility
- The household income of the customer is less than 50% of the state middle income level

- The customer has no overdue bills from the billing period immediately before October 15 (or, if there was an overdue bill, the customer had arranged with the utility to repay it and is reasonably current in making scheduled payments under the repayment plan)

Regulations for disconnection

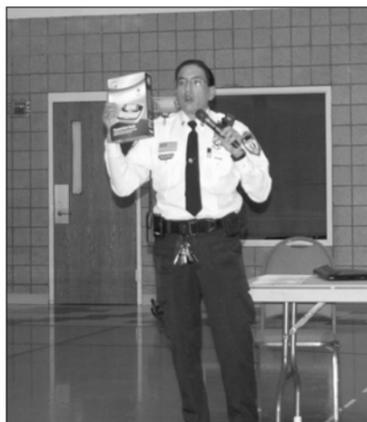
Without a written disconnection notice, a customer's utility service can not be shut off. The customer must be told when the disconnection will occur, the reason for the disconnection, and options to avoid disconnection. The notice must be written in easy-to-understand language. For regulated utilities, the notice must be issued at least five days prior to disconnection, excluding Sundays and legal holidays. If the tenant's service is from an unregulated utility, notice of disconnection must be given 20 days prior to disconnection if the notice is mailed. The notice must be given 15 days prior to disconnection and personally delivered to the customer. Disconnection may not happen on a Friday or the day of a holiday.

If you or someone you know is having problems with their utilities that provide home heat, East Central Legal Services may be able to help. Please call us at our toll-free number 800/622-7772. We are also available for intakes at the following places and times:

- District I at the Tribal Government Center's workforce office, Wednesdays, noon-4:30 p.m.
- East Lake Community Center, every other Tuesday, 8 a.m.-noon
- Chiminising Community Center, every other Thursday, 8 a.m.-noon
- Lake Lena Community Center, alternate Tuesdays, 8 a.m.-noon
- Urban Workforce Center, by appointment only

The above times are subject to weather conditions and other factors; please call our toll-free number for the exact dates.

Get Prepared for Winter



Rick Anderson

Monte Fronk, Emergency Management Coordinator, talks about winter weather preparation at the District I community meeting.

By Monte Fronk, Emergency Management Coordinator

We all know that winter can produce intense blizzards, icy road conditions, frigid temperatures, and severe wind chills. Often times, winter storms strike when we least expect them, sometimes hitting early in the fall or late in the spring.

November 12-16 was Winter Hazard Awareness Week, which served as a good reminder about the importance of winter preparedness (even if we have been through many winters before). Following are some tips to help you and your families stay safe this holiday season and throughout the winter.

Winter safety tips

- Dress in layers of warm, loose-fitting clothing.
- Do not walk on ice that is less than four inches thick; allow ice to be eight to 12 inches thick before driving on it with a car or small truck.
- Keep clothes dry, as wet clothing loses insulation and can cause hypothermia.
- Be careful of frostbite (which causes loss of sensation and skin to appear pale),

especially on fingers, toes, ear lobes, and noses.

- Avoid overexertion (intense shoveling or physical activity is hard on your body in cold weather).

Tips for winter traveling

- Listen to weather forecasts before traveling.
- Let others know when you plan to depart and the route you will take.
- Make a winter survival kit to keep in your car; include items such as:
 - Candles and matches
 - Flashlight and spare batteries
 - Sharp knife
 - Brightly-colored piece of cloth to mark your vehicle
 - Cell phone adapter
 - Snacks such as candy bars, energy bars, canned soup, and raisins
 - Blankets
 - Jumper cables
 - First-aid kit

Holiday safety tips

- Keep holiday decorations away from heaters.
- If you have a Christmas tree, water it daily (dry trees can catch on fire, which can spread quickly).
- Unplug all lights before going to sleep or leaving the house.
- Keep candles away from curtains, books, and other combustible items.
- Never leave candles unattended or in reach of children.

For more information, visit www.winterweather.state.mn.us.



Mission Creek Paintball Inc.
Owned and operated by Tim Jackson
Established in 2006

Hinckley, MN E. of Highway 35 on Weber Avenue missioncreekpaintball.com

Equip yourself with your body gear, a paintball gun and run a wide variety of obstacle courses. Open year round for ages 10 and older. Hours of fun with paintball parties, rental equipment and paintball supplies. Call for reservations 651-491-8184.

Paintball is the 3rd most popular Extreme Sport in the world. Paintball is not only fun but a character building sport; learn teamwork, gain self confidence and develop leadership skills. Physical size and strength are not as important as intelligence, stamina and determination. This sport is beneficial for both family fun and staff participation.

Bring your adventurous and competitive spirit to Mission Creek Paintball.

**Home Based
Band Member Businesses**

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**Barbara
Benjamin-Robertson**

612/722-3281
Minneapolis, MN
robertsonb@qwest.net

Robert Kegg

**Migizii
Regalia**

320-532-4289
16031 Migizii Drive
Onamia, MN 56359

**NATIVE
IMAGES**

**Graduation, Vincent
Wedding, Merrill
Reunion, PHOTOGRAPHER
Family, etc.**

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Onamia, MN

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Support your fellow Band Members,

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

July 2007

	Approved Budget for FY 2007	Actual Expenditures through 7/31/07	% of Budget Expended
Administration (1)*	14,081,954	9,460,297	67.2%
Workforce*	9,113,401	4,636,122	50.9%
Judicial	948,944	655,913	69.1%
Law Enforcement*	3,670,453	2,514,404	68.5%
Education*	18,143,486	12,921,722	71.2%
Health and Human Services*	22,559,337	17,526,031	77.7%
Natural Resources*	5,163,823	4,034,731	78.1%
Community Development*	47,322,431	22,095,921	46.7%
Gaming Authority	4,314,052	3,256,014	75.5%
Bonus Distribution	33,919,140	30,347,801	89.5%
Total Expenditures	\$159,237,021	\$107,448,956	67.5%

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 2006 fiscal year.*

**Free Hearing
Evaluations**

Ne-Ia-Shing Clinic

When: Friday, January 11
To schedule an appointment, call 320/532-4163.

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

**Twin Cities
locations**

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

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

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

**Chief
Executive
Calendar**

To keep Band members informed about what Chief Executive Melanie Benjamin has been working on, here is a look back at just a few of the items from her recent schedule:

- Weekly office meetings with Band members and Commissioners
- Attended the grand opening of Grand Auto & RV Care in Hinckley
- Attended and spoke at Minisinaakwaang Leadership Academy event
- Meetings with media on Band issues
- Held strategic planning meeting with Commissioners
- Attended community Thanksgiving Feast
- Spoke at the TANF conference in District I
- Met with members of Congress in Washington, D.C. to discuss Band issues and concerns
- Hosted Elder trip to Mystic Lake Casino
- Hosted Elder advisory meeting

**Correction
to Housing
Department
Loan/Grant
Program**

Last month's article titled "Do You Need Help Fixing Your Home?" incorrectly stated the locations where homeowners would be eligible for a Housing and Urban Development home renovation loan. Homeowners residing in Aitkin, Crow Wing, Kanabec, Mille Lacs, Morrison and Pine counties are eligible for the program. Homeowners living in the urban area are not eligible. Please contact Ruth Sam, Outreach Specialist, at 320/532-7842 with any questions. Sorry for the misunderstanding.

Tribal Noteboard

Happy December birthday to:

Rainy White, on December 14 from Grandma Bearheart, Debbie, Jessica, Sean, Amber, Grandma Bea, Mataeo, Carmelena, Lauren, Tyson, Katelyn, Destiny, Doreen, Baby Wax, and Wax • **Joanna**, 24, on December 19 with love from mom, your brothers, Carrie G, Auntie Kate, aunt Sue, Go-gi, Molly, Jess, and Maia • **Buck Jim**, on December 21 from Paul, Carrie, Barb, Aaron, Carrie, Renae, Zachary, Jerry, and Kira • **Donald**, on December 20 from Paul and Barb • **Cindy Beans**, on December 21 from Auntie Barb • **Bugger**, on December 23 from Barb, Aaron, Carrie, Renae, Zachary, Jerry, and Kira • **Mary Sue Bohanon**, on December 23 from B.H., mom, Maia, Jesse, Molly, Joanna, aunts, uncle, and cousins • **Candace**, on December 25 from Barb • **Ernie**, on December 25 from Barb • **Chila**, 30, on December 29 from your we-eh Barb • **Nicole**, on December 10 from Grandma AA, Jameson, Cordell, Chris Jr., Chris Sr., Karen, Sharon, Brad, Raven, Jacob, Shelby, Jarvis, and Aiva • **Carol Higgins**, on December 30 with love from Michele Mueller and family and Melody Schmidt and family • **Eric Mueller**, on December 8 from mom, dad, K-dawg, and the rest of your family • **William Klank**, on December 5 from mom, Tom, Lance, Jake, Amber, Victoria, and Maria • **Victoria**, on December 6 from William, mom, Tom, Lance, Jake, Amber, Maria, Bernadette, Isaac, and Dehlina • **Janice**, on December 26 from your twin Jim • **Alex Jr.**, 16, on December 3 with love from mom, dad, Joseph, David, Priscilla, Jonathan, and the rest of your family • **Kim Sam**, 17, on December 16 with love from Audrey, Alex, Joseph, David, Priscilla, and Jonathan • **Leland Sam**, 1, on December 8 with love from mom, dad, Raenelle and family, Auntie Louise, Rodney, Shane, Courtney, and Connor • **Brittany Beaulieu**, 19, on December 24 with love from mom, Grandma Audge, Papa Jon, Big Daddy O, Auntie Chantelle, Vincent, Joe, Blade, Louise, Rodney, Shane, Courtney, and Connor • **Jordan Anderson**, 13, on December 8 with love from mom, dad,

Grandma Gina, Grandma DeEtta, Great Grandma Nazz, papa, Des, Shy, Dallas, Uncle Dallas, Uncle Tony, Nay, Sarah, Brandi, Daityn, Kamryn, Darryl Jr., Raenelle and family, Louise, Rodney, Shane, Courtney, and Connor • **Frances Davis**, on December 18 from the Andersons on Henry Davis Drive and Baby Wax • **Tristan Davis**, on December 25 from Jordan, Destanie, Shyla, Tina, Elvis, Miley, and Buddy • **Shawna Lynne Mitchell**, on December 21 with love from mom, Debbie, Jessica, Sean, Amber, Carmelena, Mataeo, all your homegirls, Lauren, Tyson, Katelyn, Destiny, Doreen, Baby Wax, and Wax • **Matt Mitchell Sr.**, on December 10 from Auntie Lori, Greg, Debbie, Jessica, Grandma Beatrice, Sean, Amber, Mataeo, Carmelena, Lauren, Tyson, Katelyn, Destiny, Doreen, Baby Wax, and Wax • **Jordie**, on December 1 with love from Auntie Lori, Greg, Auntie Doreen, Lauren, Katelyn, Destiny, Tyson, Baby Wax, Wax, Debbie and family, and Grandma Bea • **Danni Jo**, 18, on December 7 with love from mom, dad, Larissa, Corbin, Lia Rae, Jereck, and Raenelle • **Delsie Day**, 60, on December 6 with love from Joanne, and Jereck and family • **Raenelle Weyaus**, on December 17 with love from you husband and kids, Joanne, Dan, Danni Jo, Elliott, and Chris • **Bod**, on December 10 with love from Raenelle, Jereck, Larissa, Corbin, and Lia • **Rayna Gahbow**, on December 22 with love from Nelle, Jereck, and the brats • **Britt**, on December 24 with love from Raenelle and family • **Captain Torrence**, on December 29 with love from Raenelle, Jereck, and your cousins • **Winnie Davis**, on December 13 with love from Raenelle and family • **Breanna Day**, on December 30 with love from Raenelle and family • **Darnel and Delilah Mitchell**, 2, on December 1 with love from Great Grandma Bea, Debbie, Jessica, Mataeo, Carmelena, Sean, Amber, Doreen, Baby Wax, Wax, Lauren, Katleyn, Destiny, and Tyson • **Dakota Gahbow**, with love from mom and Big Al • **Richie Boyd**, on December 1 with love from mom, dad, sisters, grandma, aunts, uncles, cousins, Sue, Jesse, Molly, Marene, Maia, and

Joanna • **Kathy Sam**, on December 4 with love from Tom, Josh, Samantha, and Tommy • **Chelsea Farah**, on December 5 with love from your family • **Nicholas Wilke**, on December 5 with love from your family • **Samantha Benjamin**, on December 7 with love from mom, dad, Tommy, and Josh • **Lisa Benjamin**, on December 11 with love from Tom, Brenda, and the kids • **Reginna**, on December 18 with love from grandma and family • **Molly Jennifer Bohanon**, on December 19 with love from mom, Gram, Aunt Maia, Joanna, and Jess • **Dale Green Sr.**, on December 21 with love from your family • **Trenton Robert**, on December 21 with love from Granny Shirley • **Antonia Brietwiser**, on December 22 with love from mama • **Melissa Boyd**, on December 23 with love from mom, dad, brothers, sisters, grandma, aunts, uncles, cousins, Sue, Jesse, Molly, Marene, Maia, and Joanna • **Barb Losh**, on December 27 with love from Pat, Melissa, Jeff, Husk, Brad, Tony, Amber, Alyssa, Aaron, Isabelle, and Jeffrey Jr. • **Alyx**, 16, on December 29 with love from mom, Jordan, Theresa, grandma, and grandpa • **Theresa**, 5, on December 30 with love from mom, Alyx, Jordan, grandma, and grandpa • **George Jackson**, 4, on December 12 with love from mommy, daddy, Shaun, Trooks, Zay, grandma, Auntie Missy, Nick, Mike, Alexis, Izik, Diamond, Auntie Erica, Moose Romes, Jason, Brookey, Corey, Brandi, Britti, Auntie Tam, Uncle Wally, Sharon, Rave, Grandma Rosie, Auntie Dawn, Masceo, Keegan, Deshania, and Grandpa George • **Alex Matrious**, on December 30 from Sue, Jesse, Molly, and Marene • **Antonio James Weous**, 1, on December 19 from Uncle Kevin • **Byron Richards**, 7, on December 2 with love from Rosebud, Daityn, Kamryn, Junior, and Amare • **Bailey and Taylor Woomavovah**, 7, on December 3 with love from mom, Mike, Alyssa, Breezy, Darla, and Cody • **Dylan Todd Oswaldson**, 9, on December 3 with love from Krae, Mike, Alyssa, Breezy, Bailey, and Taylor • **William Potter**, on December 3 with love from Evan and family, Lenore and

family, and dad • **Candi Benjamin**, on December 18 from Lenore, Tyson, Eva, and Jon • **Camille Smith**, on December 30 from Lenore, Tyson, Eva, and Jon • **Ann Oswaldson**, on December 30 from Lenore, Tyson, Eva, and Jon • **Loren Pewaush**, on December 25 from Lenore and kids • **Virgil Redday**, on December 31 from Lenore and kids.

Happy December birthday to Mille Lacs Band Elders!

Gayle Bender
Henry Bonga
Phyllis Boyd
Lawrence Churchill
Barbara Cottier
Frances Davis
Delsie Day
Ronald Dorr
Mary Forsman
Dale Greene Sr.
Viola Hendren
Carole Higgins
Peggy Klapel
Larry Koeppe
Richard Mortenson
Agnes Pindegayosh
Dale Pindegayosh
William Premo Jr.
Catherine Sam
Herbert Sam
Susan Shingobe
Fred Smith
Anita Upegui
Kenneth Wade
Lucille Woyak

Anniversaries

Happy 4th anniversary **mom and dad** on December 12 *with love from Pie and Baby Kevin.*

• • •

Happy 8th anniversary to **Audrey and John Stately** on December 18 *with love from Raenelle and family.*

Congratulations

Congratulations to Dakota Gahbow on the birth of her baby girl **Kyla Lynn Gahbow-Bronson**. Kyla was born on October 22 and weighed 6 lbs., 10 oz., and was 21 in. long. Kyla is the granddaughter of Nancy Gahbow and great-granddaughter of Panji Gahbow.

Welcome

Welcome back **Mary Dalquist** who joined the Indian Education staff at the McGregor schools and Minisinaakwaang Leadership Academy.

Ask Melanie

By Chief Executive Melanie Benjamin

How do I make a payment arrangement with the IRS if I owe federal taxes?

As you've likely heard by now, beginning in January 2008, the Mille Lacs Band will be required by the federal government to garnish up to 100% of the bonus payments of any Band member who has an unpaid federal tax debt to the Internal Revenue Service (IRS). Affected Band members can avoid this garnishment if they make a payment arrangement with the IRS. Several Band members have asked me how, exactly, a person goes about making such an arrangement.

If you need to make a payment arrangement with the federal government, be aware that the IRS charges a front-end fee for all partial payment plans, and also charges high interest rates until the debt is paid in full. To avoid the high interest rates and front-end fee, the best option is to take out a bank loan with a fixed interest rate and pay the back taxes in full in one lump sum.

However, I know that in many cases, bank loans will not be possible. If you find yourself in this situation, the best thing you can do is to get some advice from East Central Legal Services at 800/622-7772. Next, you should contact the IRS as soon as possible to avoid penalties from growing higher and higher and to make a payment arrangement. You'll then need to plan your monthly finances around the possibility that your bonus payment may have to go to the IRS until the debt is paid. While this might be a hardship, keep in mind that it is temporary, and one example of how your bonus payment can be particularly helpful. It's

better than losing your car or your home.

Keep in mind that all American Indian people are subject to federal income taxes, and all adult Band members should file federal tax returns on or before April 15 of each year. By filing annually, you can prevent finding yourself in the unfortunate situation of having your bonus payment garnished. Also, this new policy of bonus garnishment not only affects the Mille Lacs Band, but also affects every other tribe in the United States that issues bonus payments to its members.

If you need to work out a partial payment plan, you can contact an IRS office and request that a form be mailed to you (you do not need to visit in person).

The IRS has offices at the following locations:

515 West First Street
Duluth, MN 55802
218/626-1624

250 Marquette Avenue
Minneapolis, MN 55401
651/312-8082

3800 Eighth Street N.
St. Cloud, MN 56303
320/251-9261

30 East Seventh Street
St. Paul, MN 55101
651/312-8082

You can also contact East Central Legal Services at 800/622-7772.

Do you have a question?

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

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

Dr. Arne Vainio Shares Experiences Treating Patients With Diabetes

Band member Dr. Arne Vainio works on the Fond du Lac Reservation and has experience treating people with diabetes. He is sharing his personal stories in a series of articles in News From Indian Country to help others learn more about taking control of their health care.

Below is an excerpt from Arne's third article:

A.J. lost his foot today. He's had a chronic infection that's finally gone in and destroyed the bones in his foot. It has now spread to his bloodstream and antibiotics are not enough to clear it. He's had diabetes for years and his blood vessels are so damaged they couldn't provide enough blood flow to heal his ulcer. He has had amputations of his toes twice in the past. He's strong; he never complains. He has shrapnel in his leg and shoulder from a war injury in Korea. He survived that, but his blood sugars turned out to be a bigger threat to his health than artillery shells and land mines.

David will likely lose his foot tomorrow. He also has a diabetic foot ulcer that is quickly becoming worse. The surgeons are going to try to bypass the artery in his leg in order to get blood flow to his right foot. Last year he had the same problem on the left side. He did get a bypass of the artery to improve blood flow, but it only stayed open for a short time and he lost his leg below the knee. His blood vessels are so damaged from uncontrolled diabetes that it takes him forever to heal. It took him nine months to heal a scar on his leg when he had his coronary artery bypass (the saphenous vein in the leg is often used in place of the blocked arteries to the heart). It should have healed in two to three weeks.

My mom lost her leg when I was in my first year of residency. I was in Seattle and didn't know how bad her leg was getting. She fell in the kitchen and laid on the floor for more than 24 hours before one of her co-workers came to the house when she didn't show up for work. My mom

was diagnosed with diabetes when she was 38; she died from complications due to diabetes at age 59. She lost her leg when she was 56.

Diabetes is more than just high blood sugars. It affects all parts of the body and constantly causes damage if sugars aren't controlled. As blood vessels get farther away from the heart, they branch off and get smaller and smaller. Nerves have blood vessels that supply them. These blood vessels get damaged and the nerves don't get a good blood supply. They either send out burning pain (diabetic neuropathy), or the sensation is lost altogether. I had a patient in Seattle who stepped on a nail and walked with it in his foot all day long. He didn't even know it until he got home and took his boot off. He ended up with an infection and it took months of work by the public health nurses to save his foot.

You don't have to go very deep into most Native patient family histories to find someone who has had an amputation. I see many patients newly diagnosed with (or avoiding diagnosis of) diabetes who assume amputations are inevitable. This is not true. We can prevent diabetic amputations, but health care providers can't do this alone. This means regular visits to the clinic, watching what you eat, and exercising. This is a huge responsibility on the part of the patient.

Is it worth it? I don't know. How much is a foot worth? How much is a grandmother worth? It's been said that an ounce of prevention is worth a pound of cure. To my way of thinking, and with the advent of the metric system, I think an ounce of prevention is worth 10 kilograms of cure. That's 4.55 pounds of cure. No matter how you look at it, that's a pretty good deal.

To view Arne's entire article, visit <http://indiancountrynews.net/> and click on the food and health section.

Calendar of Events

December 2007

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			District I Christmas Party District I Community Center 6 p.m. Contact: Becky Sam, 320/532-7423 District IIA Christmas Party Chiminising Community Center 5:30 p.m. Contact:			Urban Area Christmas Party 11 a.m.-3 p.m. Jack Cornelius Boys & Girls Club Contact: Pat or Barb, 612/872-1424 <i>Commissioner on Call</i> R.J. Brunkow, 877/239-2444
16 <i>Commissioner on Call</i> R.J. Brunkow, Solicitor General 877/239-2444	17	18	19 Carmen Green, 320/676-1102 District II Christmas Party East Lake Community Center 5 p.m. Contact: Jenny Waugh, 218/768-3311 District III Christmas Party Grand Casino Hinckley Ballroom 5 p.m. Contact: Monica Benjamin, 320/384-6240	20	21 All District Elder Christmas Party Grand Casino Hinckley 5 p.m. Contact: Nora Benjamin, 320/532-4181	22 <i>Commissioner on Call</i> Christine Costello, Commissioner of Administration 877/239-2444
23 <i>Commissioner on Call</i> Christine Costello, 877/239-2444	24 All offices closed for Mid-Winter Break	25	26 East Central Legal Services 12-4:30 p.m. Contact: Tamia Cramer, 800/622-7772	27	28 Coasters, Platters, Marvelettes* GCH 7:30 p.m.	29 <i>Commissioner on Call</i> Angella Roby, Commissioner of Finance 877/239-2444
30 <i>Commissioner on Call</i> Angella Roby, 877/239-2444	31					

January 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 All offices closed for New Year's Day	2 East Central Legal Services 12-4:30 p.m. Contact: Tamia Cramer, 800/622-7772	3	4	5 <i>Commissioner on Call</i> Rick Boyd, Director of Housing 877/239-2444
6 <i>Commissioner on Call</i> Rick Boyd, Director of Housing 877/239-2444	7 Pine Grove Leadership Academy Meeting Aazhoomog School 6:30 p.m. Contact: Skip Churchill, 320/384-6970 Onamia Indian Education Parent Committee Meeting Onamia School District Office Conference Room 12 p.m.	8 State of the Band Grand Casino Mille Lacs 10 a.m.	9 East Central Legal Services 12-4:30 p.m. Contact: Tamia Cramer, 800/622-7772	10	11	12 <i>Commissioner on Call</i> Pete Nayquonabe, Assistant Commissioner of Administration 877/239-2444
13 <i>Commissioner on Call</i> Pete Nayquonabe, Assistant Commissioner of Administration 877/239-2444	14 AMVETS Meeting Grand Casino Mille Lacs 6 p.m. Contact: Ken Weyaus 320/309-6925	15		<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>	Commissioners On Call A Mille Lacs Band commissioner is available every weekend to help Band members handle emergencies. If you have an emergency, please contact the commissioner on call at 877/239-2444. The emergency phone is answered from 5 p.m. Friday- 8 a.m. Monday.	*To Purchase Tickets Visit a Grand Casino box office, call TicketMaster at 612/989-5151, or visit www.ticketmaster.com



2008 State of the Band Address

All Band members are invited to the
24th Annual Mille Lacs Band of Ojibwe State of the Band Address.

Tuesday, January 8, 2008

10 a.m.

Grand Casino Mille Lacs Events & Convention Center

What is Your Favorite Holiday Tradition?

Carol Hernandez



"My favorite holiday tradition is decorating the Christmas tree."

Monica Potter



"My favorite holiday tradition is opening presents and decorating the Christmas tree."

Alberta Loso



"My favorite holiday tradition is spending time with family and playing cards."

Allan Churchill



"My favorite holiday tradition is attending the traditional powwow and putting up the tree."

Photos courtesy of Rick Anderson

Morgan Thompson



"My favorite holiday tradition is decorating the Christmas tree."

Christina Martin



"My favorite holiday tradition is shopping, spending time with family, and dressing up."

Kathy Daly-Romero



"My favorite holiday tradition is putting up the Christmas lights outside and being with family."

Barb Benjamin-Robertson



"My favorite holiday tradition is having time off to quilt and giving gifts to my family."

Moccasin Telegraph



Photo courtesy of Chris Segara

Special Gifts to Help Others

By Larry Smallwood, Mille Lacs Band Elder

The following article appeared in the December 26, 2006, issue of the Mille Lacs Messenger. It is being reprinted with their permission.

A long time ago, when a boy reached puberty, he would be sent out to fast by his father, uncles, grandparents or we-ehs (we-ehs are sort of like godparents). The purpose of the fast was to receive a gift – a gift that would allow the boy to help his fellow Anishinabe people.

Somebody would set up a place for the boy to fast by finding a little area, preparing it, and perhaps getting some firewood for him (some people would have a fire; some would not). Then early in the morning, by sun up, the boy would go out to fast. The only thing he would bring with him was tobacco and sometimes a pipe.

The boy would stay out there for one to three days, or however long he could go without any food or water. He couldn't put anything in his mouth, not even a straw or a toothpick.

Occasionally the boy would put tobacco in the fire, offer it to the Creator, and ask for his gift. At some point, the boy would

begin to have a vision or a dream that would show him his gift. It might happen when he was still fasting, or sometimes it might not happen for a few weeks or months later.

There are many gifts one can receive – for example, healing. Healers are shown in their dreams or visions how to detect what is bothering a person. So Anishinabe people would go to the healers for doctoring.

Other people were given instructions in their visions and dreams about which plants were good for certain ailments and how to prepare the plants. If you received this gift and you start sharing it with your fellow Anishinabe, then you were known as a medicine man. We had so many medicine men long ago, but we don't have that many today because people aren't fasting like they used to in order to receive their dreams and visions.

Another gift is being a spiritual advisor. Spiritual advisors have powerful dreams in which they are told many things. They also have the gift of knowing how to conduct our traditional Ojibwe ceremonies. Sometimes this gift is the result of fasting, but sometimes it can also be passed on from one person to another. There are not too many spiritual advisors.

Sometimes a boy would have a dream in which a person would come to him and ask him to give that person's Indian name to someone else. This boy would become a name giver. (Another way a boy could become a name giver was if something significant happened in his life.)

These are just some of the more serious gifts our boys could receive by fasting and having dreams or visions. In my next column, I'll talk about some of the fun gifts people could receive, such as being an athlete or craftsman.