

# OJIBWE INAAJIMOWIN

July 2009

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

Volume 11 • Number 7

## Six Commissioners Sworn in to Office



Rick Anderson

The Mille Lacs Band's commissioners include (left to right): Commissioner of Finance Angella Roby (whose term duration is different than the other commissioner positions), Assistant Commissioner of Administration Carol Shaw, Commissioner of Community Development Jennifer Waltman, Commissioner of Health and Human Services Don Eubanks, Commissioner of Natural Resources Curt Kalk, Commissioner of Education Dennis Olson, Commissioner of Administration John Dunkley, and Commissioner of Corporate Affairs Deron Dunkley (who is serving in this role until a new Commissioner of Corporate Affairs is named).

In early July, six Mille Lacs Band commissioners were sworn in to office. The Mille Lacs Band is excited to welcome all of them to their appointed or reappointed posts. The commissioners are:

- John Dunkley, Commissioner of Administration
- Carol Shaw, Assistant Commissioner of Administration
- Jennifer Waltman, Commissioner of Community Development
- Dennis Olson, Commissioner of Education
- Don Eubanks, Commissioner of Health and Human Services
- Curt Kalk, Commissioner of Natural Resources

Note: John and Dennis were appointed to their positions earlier this year, but were fulfilling the remainder of four-year terms left open by their predecessors. A new Commissioner of Corporate Affairs has not yet been named. Deron Dunkley continues to fill the role until a new commissioner is named.

Mille Lacs Band Chief Executive Marge Anderson appointed the commissioners, and the Band Assembly ratified the appointments, in accordance with Band statutes. The commissioners will serve four-year terms.

"The Mille Lacs Band is proud to welcome our new commissioners, some of whom are joining the Band for the first time and some of whom have been with us before," said

Marge. "These leaders bring with them experience and enthusiasm that will help guide the Mille Lacs Band as we move into the future. We also want to thank the outgoing commissioners for their dedication and service to the Band."

Following is brief information about the commissioners:

**Commissioner of Administration John Dunkley, Mille Lacs Band member**

John has held various positions with the Mille Lacs Band for more than 14 years; served as an economic development officer with the American Indian Economic Development Fund; and served as director of business relations for Platinum Capital Financial Group in Minneapolis.

**Assistant Commissioner of Administration Carol Shaw, Mille Lacs Band member**

Carol joined the Mille Lacs Band staff in 2001, first serving as an executive assistant to the Commissioner of Corporate Affairs and most recently as an associate director in the Band Member Development Department. She also served four years in the U.S. Army.

**Commissioner of Community Development Jennifer Waltman, a Standing Rock Lakota**

Jennifer was the managing partner of Heritage Strategic Group, providing strategic consulting, business coaching,

and training services; is certified in project management; is a licensed registered investment advisor; holds insurance licenses in six states; and is a certified long-term care specialist.

**Commissioner of Health and Human Services Don Eubanks, Mille Lacs Band member**

Don formerly served as the Band's Commissioner of Health and Human Services from 1998-2000; was the director of multicultural affairs in the Minnesota Department of Human Services (DHS), and was the director of the chemical health division in the DHS.

**Commissioner of Education Dennis Olson, Fond du Lac Band member**

Dennis held various positions within the University of Minnesota's Institute on Community Integration, which improves community services and support for people with developmental disabilities and their families.

**Commissioner of Natural Resources Curt Kalk, Mille Lacs Band member**

Curt has served as the Band's Commissioner of Natural Resources since 2001; served as deputy registrar in the Band's DNR; worked for the federal government for 13 years; owned and operated a resort on Mille Lacs Lake; and worked as a subcontractor in carpentry. He also served four years in the U.S. Marine Corps.



**MILLE LACS BAND OF OJIBWE**  
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# National Indian Education Association Chooses Blanket Design by Steve Premo



Artwork courtesy of Steve Premo

Steve Premo's design – with 40 points circling the NIEA logo – depicts the many years that American Indians have come together to discuss Indian education issues.

**By Sarah Barten, Public Relations Specialist**

There are not many places a person can go on the Mille Lacs Reservation and not find something amazing created by Band member Steve Premo. He is a world-class artist, painter, and designer.

Recently, Steve became the exclusive designer for the 40th annual National Indian Education Association (NIEA) Pendleton commemorative blanket. NIEA's president commented in a press release that Steve's artwork expressed strong, well-thought-out meaning.

I sat down with Steve to find out more about his talent; here is what he had to say:

**How long have you been an artist?**

I started drawing before I can remember, but I have been painting since I was about 19. Seriously, I tried to paint earlier but the drawing base wasn't there, so I quit and went back to drawing until I was comfortable enough. It's important to me to "see" the drawing in my work.

**Where is your work displayed for people to see?**

Mostly at Grand Casino Mille Lacs and Grand Casino Hinckley. However, anyone can request to view my portfolio. (I really should get a personal Web site!)

**Where has your art been featured?**

The casinos have a few. There are murals around the reservation. I love doing murals! If that's all I could do, I would be happy! I have had my artwork displayed on the cover of Indian Gaming magazine, and have done some illustrations for books and curriculum for the Minneapolis Public Schools. I illustrated "Night Flying Woman" years ago, which was way, way cool – working with Ignatia Broker. Now my stuff is all design work – posters, logos, newsletters, etc. for departments,

entrepreneurs, and small businesses of the Band.

**How did you design the NIEA piece?**

I started with a pretty complex design statement and just started pulling things out of it. You have to really think about your economics of color, paring down to the basics of your statement.

NIEA is an education icon that has helped many around the country in the past 40 years. Its story is very simple – go and help! I even brought NIEA's mission statement to its basics. In the design, there are 40 directional arrows pointing around the compass in 40 different directions, but the arrow icon is a two-way directional theme. If you string them together, you have the same number pointing out as you do pointing in.

This represents reciprocity, a give and take of education and understanding. I attributed this part of my design to teaching. I think you don't get into education because you know everything; you get into education because you would like to help people understand. As a kid, your education is hard enough, but if you have to get through a cultural barricade at the same time, you need someone to translate or transition the understanding of education or instruction.

The NIEA logo is placed on the horizontal so that if you wear the blanket, the logo is displayed correctly. You might ask, "Who the heck wears a blanket?" But I don't think I stray very far from the Native ideology of beauty in functionality.

Going out from there the next element is a repeat of the arrow icons. Then the "otter trail" – I use this a lot – refers to otter's fun and play and what education should be – environmentally fun. I had so much fun in high school that it took me five years to graduate!

## 2009 Grand Celebration



Rick Anderson

The 18th Annual Grand Celebration Powwow was held on June 19-21 at Grand Casino Hinckley. During the grand entries, the Mille Lacs Band's honor guard led the procession of dancers.



Rick Anderson

Thousands of American Indian dancers from around the country and Canada gathered for the 2009 Grand Celebration Powwow. The dancers pictured above competed in the jingle dress competition.



Rick Anderson

Band members and visitors enjoyed the powwow festivities, which included craft and food vendors and various drum and dance competitions. From left to right: Band members Tyler Anderson, Wallace St. John, Heidi Anderson, and Bobby Anderson.



Rick Anderson

Grand Celebration Powwow featured more than 30 dance competitions, including the men's traditional (shown above). This event is one of the largest competition powwows in the nation.

## District Community Meeting Updates

### District I community members meet new Band member employee liaison



Rick Anderson

Grand Casino Mille Lacs Assistant General Manager Tracy Sam introduced Connie Kevan (above), the new Mille Lacs Band member employee liaison, to the 65 people in attendance at the June 29 District I community meeting. Connie, who has been working as a Band member employee liaison in District III, has expanded her role to be a resource for Band member employees in District I, at the request of District I Representative Sandra Blake.

In her expanded position, Connie will work with the Band Member Development Program to enhance Band members' work environments. Some of her duties will include listening to and reviewing Band members' concerns, offering support and feedback to ensure solutions are determined, and providing suggestions to managers to foster positive outcomes.

Connie will be in District I on Thursdays and Fridays from 8 a.m.-5 p.m. at the Mille Lacs Band Government Center. You can contact Connie at 320/532-7792 (office) or 218/820-6232 (cell).

### District II East Lake community meeting

The June 25 District II East Lake community meeting was cancelled due to a funeral. The next meeting will be held on July 23.

### Commissioner of Education addresses District IIA

Commissioner of Education Dennis Olson spoke at the District II Isle community meeting on June 24. He told the approximately 80 people in attendance that his department is looking to update the Mille Lacs Tribal College building. The tribal college is also working to set up the fall class schedule.

In addition, Dennis welcomed Band members to meet with him if they have any questions, concerns or ideas related to the Band's education department. Band members can set up a meeting with Dennis by calling 320/532-7550.

### Pine Grove Leadership Academy update given at District III meeting

By Elizabeth Towle

About 65 people attended the District III community meeting on June 18 and heard updates about Pine Grove Leadership Academy located in the Lake Lena community. Commissioner of Administration John Dunkley and Commissioner of Education Dennis Olson reported that enrollment at the academy is low, which affects its state funding. Pine Grove is a public charter school that is independently operated and funded by the state, but the Band was instrumental in helping to establish the school.

The commissioners reported that Pine Grove meets the Minnesota Department of Education's academic standards, but also focuses on teaching the Ojibwe culture. They asked for community members' feedback on the charter school and encouraged parents to consider sending their children to schools like Pine Grove, where they can learn more about their Ojibwe culture in addition to other academics.

Rene Ann Goodrich, Director at Pine Grove Leadership Academy, reported that the school is currently recruiting more teachers for the next school year. She also said that

the school has monthly feasts that community members are invited to attend and share their ideas for enhancing the school.

The academy has open enrollment, so students of any ethnic group can attend the school and learn about the Ojibwe culture. Rene Ann invited parents to observe the classrooms during the school year to learn more about the school and its curriculum.

The next District III community meeting will be held on Thursday, July 16 at 5:30 p.m. at the Lake Lena Community Center and include a potluck dinner and barbecue.

### Urban community meeting update



Rick Anderson

Commissioner of Corporate Affairs Deron Dunkley (above) spoke to approximately 50 people in attendance at the June 25 urban community meeting. He talked about small businesses owned by the Mille Lacs Band's Corporate Commission, including the new wind turbine manufacturing facility in District II of the Mille Lacs Reservation.

Deron also answered Band members' questions and concerns, which focused on housing, job opportunities, and job training opportunities in the urban area. A special meeting will be held for Band members on July 15 at 5:30 p.m. at the All Nations Church in Minneapolis to address these and other concerns.

## State Budget Cuts Affect Local Government Aid, Health Care

On July 1, the state of Minnesota's new two-year budget cycle began. It is also the day that Governor Tim Pawlenty's unallotment budget cuts went into effect, although many cuts will be pushed into the second year of the budget cycle. Unallotment is an act taken by the Governor under extraordinary circumstances to balance the budget on his own when the Legislature is not in session.

Using his unallotment authority, Governor Pawlenty made program cuts and accounting shifts to make up for the \$2.7 billion state budget gap. The biggest cuts made by Governor Pawlenty fall in the areas of:

- Health and human services
- Local government aid
- Higher education
- State agencies

Health care services, nursing homes, and hospitals specifically face \$236 million in cuts, which could greatly impact local health care systems in small communities, said Mille Lacs Band Local Government and Community Relations Coordinator Mary Sam.

"The Governor's unallotment decisions are apt to impact our community hospitals, clinics, nursing homes, and health care services that many of us depend upon," said Mary. "The facilities will certainly face challenges in continuing to provide quality, affordable health care to local residents."

The cuts in local government aid to cities, counties and townships are about \$300 million. Specifically, area counties will face the following cuts in local government aid over the next two years:

- Mille Lacs County: \$590,105
- Aitkin County: \$408,775
- Pine County: \$569,800

The state's next budget forecast will come out in November 2009. The Pawlenty administration has already estimated that Minnesota's deficit in fiscal year 2012-2013 could be \$4.4 billion.

# Summer 2009 Per Capita Payments

## Distribution dates and locations

Checks will be distributed to all eligible Mille Lacs Band members on **August 6, 2009, in each Band member's home district**. This distribution will include all Band members receiving monthly, bi-monthly and tri-annual per capita distributions.

**Reminder:** checks will be given only to the person whose name is listed on the check.

For minors, all funds will be placed into a trust account at Morgan Stanley Dean Witter. **Individuals who have turned 20 years of age since the last bonus payment in April are eligible for payment. You must be 20 years of age by July 6, 2009 without having to submit a General Education Degree (GED) or high school diploma.** For Band members who are 18 and 19 years old and who have not received a high school diploma or GED, funds will be placed into a trust account at Morgan Stanley Dean Witter. If you have not previously submitted diploma/degree information for past distributions, you must send in original documents showing proof of completion to the Tribal Enrollments Office at the Mille Lacs Band Government Center, attention Darcie Big Bear. If you have previously presented either of those documents, your August bonus will be included in your trust payment.

## Pick-up locations

**Elders, handicapped and homebound persons** living in District I, II, IIa, III and the Twin Cities urban area can pick up their bonus checks on **August 6, 2009**. The distribution sites include the District I Assisted Living Unit, the East Lake Community Center, the Isle Chiminising Community Center, the Lake Lena Community Center, and the Urban Office. **Hours are 8 a.m.-4:30 p.m.**

If you are an Elder or handicapped person, live in Districts I, II, IIa, III, or the Twin Cities, and are unable to travel to your distribution site, please call the contact person below to make arrangements for your check to be delivered to you on **August 6, 2009**.

- District I: Darcie Big Bear, 320/532-7440 or Ginny Davis, 320/532-7512
- District II: Renee Moore, 218/768-3311 or 877/768-3311
- District IIa: Carmen Green, 320/676-1102 or 877/676-1299
- District III: Michelle Peer, 320/384-6240 or 877/884-6240

- Urban Office: Barb Benjamin-Robertson, 612/872-1424

Your check pick-up site will be at the following centers, depending on where you live:

### Mille Lacs Government Center:

For Band members living in Aitkin, Brainerd, Garrison, Hillman, Milaca, Onamia, Pierz and Wahkon.

### East Lake Community Center:

For Band members living in McGregor.

### Isle Chiminising Community Center:

For Band members living in Isle.

### Lake Lena Community Center:

For Band members living in Askov, Braham, Brook Park, Danbury, Finlayson, Grasston, Hertel, Hinckley, Markville, Moose Lake, Mora, Pine City, Rush City, Rutledge, Sandstone, Siren, Sturgeon Lake, Webb Lake, Webster, and Willow River.

### Urban Office:

For Band members living in Apple Valley, Andover, Anoka, Arlington, Blaine, Bloomington, Brooklyn Center, Brooklyn Park, Burnsville, Champlin, Columbia Heights, Coon Rapids, Crystal, Eagan, Eden Prairie, Edina, Fridley, Golden Valley, Ham Lake, Hilltop, Hopkins, Inver Grove Heights, Lakeville, Lauderdale, Little Canada, Maple Grove, Maplewood, Minneapolis, Minnetonka, Mounds View, Newport, New Brighton, New Hope, Oakdale, Plymouth, Ramsey, Richfield, Robbinsdale, Roseville, Spring Lake Park, St. Anthony, South St. Paul, St. Louis Park, St. Paul, Wayzata, and Woodbury.

For all Band members who do not live in the towns/cities listed above, checks will be held at the Mille Lacs Government Center unless you make arrangements for pick-up at one of the other districts. To make arrangements, call the contact people listed earlier under "Pick-up locations."

**Deadline for changing your pick-up site is at noon on July 29th, 2009.** Any changes after this time will not be valid. Call Darcie Big Bear at 320/532-7440 or Ginny Davis at 320/532-7512 to verify your change. There will be no exceptions.

## Checks by certified mail

Those who can't pick up their checks on the dates listed will have their checks sent out by certified mail by **August 10, 2009** to the address listed with the Tribal Enrollments Office. Your

local post office should notify you of the certified mail within 30 days. If you do not receive your check by **September 10, 2009**, contact Darcie Big Bear at 800/709-6445, ext. 7440.

## Address and name changes

If your address or name has changed since the last bonus, it is very important that you send in your information to the Enrollments Office. **The deadline for address and name changes is noon on July 29, 2009.** There will be no exceptions.

All returned checks will be held at the government center and will not be sent out again until the Enrollments Office has received your updated address or name information.

## Other important information

- You must show a picture identification to receive your bonus check.
- Bonus checks will only be given to the enrolled Band member to whom the check is made out. There will be no exceptions.
- Bonus checks will be used to pay delinquent Band loans, discretionary loans, or Mille Lacs Band Court of Central Jurisdiction fines if they have not been paid. For loan status, call Pam Boyd at 320/532-7467. For court fines status, call Gilda Burr at 320/532-7400.
- Bonus checks are taxable; therefore, all Band members who receive a bonus check should report it as income in the year received. You will receive a 1099-MISC form to remind you of how much income you should report on your tax return. Bonus checks should be reported as other income on a Form 1040 filing-line 21.
- If you are receiving public assistance from the county, please contact your caseworker because the bonus may affect the amount you receive. If, based on discussions with your caseworker, you wish to decline receipt of the bonus, please contact Kathy Heyer in the OMB Office at 320/532-7472 or Darcie Big Bear at 320/532-7440 to get a bonus declination form.
- Bonus checks can also be direct deposited into a checking or savings account. **You must be signed up by July 30, 2009.** For more information, contact Kathy Heyer at 320/532-7472.

For more information about per capita payments, please call Darcie Big Bear at 320/532-7440 or Ginny Davis at 320/532-7512.

## Committee Focused on Healthy Band Children Gears Up for Year Two

By Toya Stewart

The Healthy Child Initiative Committee recognized its one-year anniversary in June. Since its inception, representatives from more than a dozen Band departments have gathered monthly to focus on improving the health and lives of Band youth and their families.

According to Sue Swanson, a registered nurse and the Band's diabetes program coordinator, the committee's priorities include strong child and family welfare, prenatal care, fitness, health and nutrition education, traditional instruction, and chemical dependency prevention. The group's goal is to promote sustainable programs to help children.

In the coming months, the committee will evaluate progress made in the first year, identify areas to continue focusing on, and prioritize the committee's goals.

The committee is comprised of medical staff, representatives from family services and the schools, as well as specialists in fitness, nutrition, mental health, and psychological health.

Members of the committee believe that the future of the Band lies in the mental, physical and spiritual wellness of its members. They say that the committee can accomplish its goals with the help of input from the community.

## Congratulations, Graduates!

### Head Start

Arriana Benjamin  
Rubyn Benjamin  
Dalylah Benjamin  
Jonathan Buchanan  
Madelyn Churchill  
Ronald Davis Jr.  
Caiarah LaFave  
Bennett Kegg  
Rayna Martin  
Kylie Peter  
Kenneth Ponthieux  
Danielle St. John  
Elle Swanson  
Theresa Weous

### GED

Cameron Anderson  
Aaron Beaulieu  
Angel Benjamin  
Zackary Boyd  
Jamie Boyd-Shingobe  
Brandon Colsrud  
Justin Cutbank  
James Dorr  
Brady Hill  
Leticia Lopez  
Cassandra Losh  
Stephen Loso  
Holly Mishler  
Lucas Nickaboine  
Allen Olson  
Wahbin Roberts  
Tyler Thomas  
Jourdain Wedll  
Jamie Williams  
Michael Wilson

### High school

Aanakwadoons Aubid  
Priscilla Boyd  
Marcus Boyd  
Winona CrazyThunder  
Kaci Deering  
Sammi Garbow  
Anthony Graham  
Charlotte Harrington  
Adam Hill  
Dylan Johnson  
Anthony Kegg  
Olivia Killspotted  
Nicole Lyons  
Michael Merrill III  
Kelly Mills  
Noelle Mitchell  
Babi Star Moose  
Ashley Olson  
Dillon Peltier  
Rebecca Pike  
Simon Potter  
Kimberly Sam  
Jayson Sam  
Tyson Sam  
Nikki Sam  
Marissa Sam  
Sierra Sam  
Christine Shaugobay  
Terry Stafford Jr.  
David Staples Jr.

Brittany Stewart  
Krista Thomas  
Zacharia Thomas  
Victoria Upegui  
Joshua White  
Alicia Willer  
Howard Wind

### Certificate

Shannon Anderson  
Lorelei Benjamin  
Nakota Benjamin  
Alexandra Boyd  
Tammara DeJesus  
Maria Dorr  
Leah Fairbanks  
Rebecca Hill  
Becky Houle  
Carmen Kegg  
Amelia Kevan  
Jason Lechell  
Kelly Potter  
Patricia Potter  
Jeffrey Smith

### Technical

Lindsay Landon  
Michael Merrill III  
Jacob Reuter  
Desirae Schwartz

### Associate of arts

Ivana Benjamin  
LeAnn Benjamin  
Rebecca Churchill  
Laureen Davis  
Michael Fahey  
Brandie Fairbanks  
David Hanold  
Debra Jones-Northrup  
Valerie Sam-Harrington  
Amber Schaaf  
Carolyn Shaw

### Associate of arts and science

Kerry Applegate  
Emily Hansen  
Gregory Mitchell  
Sierra Moose  
Heather Nickaboine  
Theo Pickford  
Tara Robertson  
Samantha Sam

### Bachelor's degree

Rueben Aubid  
Victoria Kroschel  
David Mager  
Joseph Mitchell  
Mikayla Schaaf  
Meghan Staples

### Master's degree

Crystal Houle  
Heather Nishimura

### Juris doctorate

Benjamin Pardun

## Band Member Talks About Her Life-Changing Surgery



Shannon before surgery.

By Toya Stewart

For most of her life, Band member Shannon Ramsey was overweight. She began gaining weight when she was about six years old and kept putting on the pounds until she reached an all-time high of 271 pounds in April 2008.

"I never learned to eat healthy," said 28-year-old Shannon. "What we could afford is what we ate. We were taught to eat everything on our plate. I got to eat the foods that I like – I got to eat pizza for breakfast."

Fried foods laden with gravy were also mealtime staples, said Shannon, whose dad was from the South and enjoyed eating high-fat foods. Eating whatever she wanted whenever she wanted became the norm for Shannon. As a result, she went from being an overweight child to an overweight adult.

When the scales hit 271 pounds, Shannon decided to do something about it. She began exploring a procedure called gastric bypass, a surgery that makes the stomach smaller and allows food to bypass part of the small intestine.

"I heard about this surgery on Oprah, and when I looked at it online, I knew I was going to do it," said Shannon, who works in the Band's human resources department.

But first, Shannon had to undergo a series of mental and physical tests that were required to have the gastric bypass surgery. She had previously spent years avoiding the doctor's office for even the most routine health checks, such as blood sugar and cholesterol levels, because "I didn't want to know the answers."

Now Shannon had no choice. She had to meet with nurses, visit a dietician for six months, see a psychologist, and participate in a sleep study. One of her medical test results showed that she was on her way to developing diabetes – an outcome Shannon had feared, but knew was likely.



Shannon after surgery.

After she was done with the required medical tests and a two-week liquid fast, Shannon, who weighed 246 pounds at the time, had gastric bypass surgery on December 30, 2008. Her health insurance covered the costs of the tests and the surgery.

Since then she has lost 85 pounds and 28 inches. She went from wearing a size 24 to a size 14. Her goal is to wear a size 12.

Still, it hasn't been easy. Shannon must maintain strict eating habits and make smart food choices. Because her stomach is smaller, she can only eat baby-sized portions. She must also consume her protein first in a meal, which helps ensure she receives the nutrients she needs. She takes vitamins and exercises daily.

If Shannon eats too much, she gets nauseous or is in pain. She has scars and loose skin. And she misses food. However, she doesn't miss the unhealthy relationship she formed with food.

Shannon admits that food was her friend. She ate when she was upset and when she wanted to celebrate.

"I was always comfortable with who I am, and I'm not self-conscious," said Shannon, who didn't realize she had a weight problem until she was 22 years old.

Once the realization hit her, she tried numerous diets and even became a vegetarian for about a year. She would lose about 20 pounds each time and then gain the weight back, plus a little more.

"I never found anything that I could stick with," she said. "If I didn't see results, then I would eat more."

Shannon calls the surgery a tool and says it only works if the person who has it is committed to a disciplined lifestyle. She also knows that it's not for everyone because of some of the risks associated with the procedure.

"It's been a huge, life-changing experience, and I'm happy I did it," Shannon said.

## Boxers Deliver Powerful Punches During Exciting Match-Ups

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

Boxing fans were treated to a variety of styles and results, as boxers from Minnesota and across the country entertained the crowd during the latest boxing action in Hinckley on June 5.

The opening bout saw Ugandan-born Ismail Muwendo display his sharp-shooting skills as he dispatched Josh Jungjohann from Iowa with a vicious knockout at 1:40 of round one. Jungjohann came out the aggressor, but Muwendo used leverage from his tall, lean frame to generate explosive power in his punches. Jungjohann was dropped for an eight-count, and two punches later it was all over as Muwendo moved his record to 3-0.

St. Paul's Michael Faulk made the jump to the professional boxing level after a successful amateur career that saw him ranked as high as number two in the nation among light heavyweights. Faulk battled rugged Marvin Rodriguez of Minneapolis to a four-round majority decision.

The third bout of the evening was a much-anticipated match-up between Coon Rapids boxer Willshaun Boxley and Washington, D.C., area native Thomas Snow. Snow's slick movement and left-handed

stance seemed to confuse Boxley. Snow ruined Boxley's perfect 5-0 record, while improving his own record to 11-1.

Fans were settled in for the next entertaining match-up between heavy punchers Otis Griffin from California and Menomonee Nation transplant Marcus Oliveira, now fighting out of Kansas. Griffin scored with a solid uppercut to highlight the first round, but Oliveira had plans for a quick night of work, as he answered with his own picture-perfect uppercut – it was "lights out" for Griffin. Oliveira improves to 19-0-1 with 15 knockouts and Griffin slips to 19-6.

The semi-main event was between local favorite Caleb Truax from Osseo and Durrell Richardson from Youngstown, Ohio. In the close match-up between right-handed Truax and southpaw Richardson, Truax pulled out the split decision win to improve his record to 12-0. Richardson now stands at 11-3.

Next, Phil Williams of Minneapolis took on Antwun Echols from Davenport, Iowa. Echols, best known for his two brawls with then-middleweight world champion Bernard Hopkins, gave as much as he had until heavy punches from Williams and a cut above his left eye caused a halt in the action at 0:42 of round seven. With the defeat, Echols' record drops to 31-11, while Williams moves to 11-1.

## Grand National Golf – The Best Place to Play

**Submitted by Grand National Golf Club**

If you haven't been on the course yet during the 2009 golf season, now is the time. For those who were members of Grand National Golf Club in 2008, we thank you for your past support and remind you that it is not too late to become a member in 2009.

Grand National was in immaculate condition last year and was recognized by Golf Digest as one of the "Best Places to Play" in 2007. We anticipate having another fantastic year and would like you to join us.

Below are 2009 season membership options for Mille Lacs Band members. For information on membership rates, call the clubhouse at 320/384-7427.

**Single Season Pass Holder** – This pass includes full golf privileges anytime Monday-Friday and weekend play when time permits. It also gives full access anytime to our driving range.

**Family Season Pass Holder** – This pass includes full golf privileges anytime Monday-Friday, weekend play when time permits, and full access anytime to the driving range. Those included on the family pass are a person's spouse and/or children age 21 or younger.

**Elder/Senior Season Pass Holder** – Elder/Senior pass holders are eligible for restricted play privileges before 9 a.m. or after 3 p.m. Monday-Friday and weekend play when tee times are available. It also gives full driving range access at any time. Seniors/elders are age 55+.

**Twilight Season Pass Holder** – Twilight season pass holders are eligible for restricted play privileges before 9 a.m. or after 3 p.m. Monday-Friday and weekend play when tee times are available. It also gives full driving range access at any time.

**Junior Season Pass Holder** – Junior season pass holders are eligible for restricted play privileges before 9 a.m. or after 3 p.m. Monday-Friday and weekend play when tee times are available. It also gives full driving range access at any time. This pass is for 18 and under.

Season pass holders can compete in the 2009 club championship – the "Race to the National Cup" tournament – for a reduced entry fee of \$10 per person. This is a match play tournament consisting of the Jones non-handicap bracket and the Hogan handicap bracket. The winner of each bracket will win a trophy and have his/her name placed on the club championship plaque in the golf shop. The top four finishers in each bracket will receive gift certificates. For more details, pick up the official rules sheet at Grand National or call the clubhouse at 320/384-7427.

### Wisdom Steps golf tournament

The Wisdom Steps golf tournament to benefit Minnesota Indian Elders will be held Friday, August 28, at the Grand National Golf Course in Hinckley. Registration brochures will be distributed. Please contact Karen Sam at 320/532-4163 for more information.

## Loaded Baked Potato Soup

**Submitted by Christine Kegg, nutrition education assistant for the Mille Lacs Band Diabetes Team**

### Ingredients

- 1 1/2 pounds baking potatoes (russet preferred)
- 3 cups low-fat, low-sodium chicken broth
- 2 tablespoons imitation bacon bits
- 1 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 cup fat-free half-and-half
- 3 tablespoons all-purpose flour
- 2 tablespoons sliced green onions (green part only)
- 1/3 cup shredded fat-free or reduced-fat cheddar cheese
- 1/3 cup fat-free or light sour cream

### Directions

1. Preheat oven to 350° F
2. Pierce each potato several times with a fork and put on a baking sheet.
3. Bake for one hour or until tender.
4. Let cool for 10 minutes, then peel the potatoes or cut in half and remove the flesh. Put potatoes in a medium saucepan and mash until slightly chunky.
5. Stir in the broth, bacon bits, onion powder, garlic powder, salt, and pepper. Bring to a simmer over medium-high heat. Reduce heat and simmer, cover for six-eight minutes stirring occasionally.
6. In a medium bowl, whisk together the flour and half-and-half. Whisk into potato mixture with green onions. Increase heat to medium-high and bring to a simmer. Reduce heat and simmer, uncover for two-three minutes, or until mixture has thickened.
7. Top each serving with cheese and sour cream.

## Congresswoman Betty McCollum Visits Reservation



**Chief Executive Marge Anderson spent time with Congresswoman Betty McCollum during the Congresswoman's recent visit to the Mille Lacs Reservation. Marge is holding Jonas Harper, son of Bill Harper, the Congresswoman's chief of staff.**

Photo courtesy of Rep. Betty McCollum's office

# Public Health Updates

By **Marlene Poukka, Community Health Educator**

## Public Health Department services

The Mille Lacs Band's Public Health Department, which is a division of the Health and Human Services Department, provides many services for Band families, Elders, adults and children. Some services the department provides include:

### Medical transportation

Community Health Representative Pam Pawaush leads the medical transportation department, which provides transportation for Mille Lacs Band members who have no means of transportation to get to needed medical and dental appointments. The transportation department also provides medication delivery from the Band's pharmacy for Band members who have no transportation.

Remember, the transportation department needs at least three days notice before scheduling any trip. Drivers are not allowed to make unscheduled stops or to transport other people besides Band members who have medical appointments. All children under the age of eight must be in a car seat or booster seat and accompanied by a parent.

To arrange for transportation, contact:

- Pam Pawaush for District I, 320/532-7815
- Eileen Farrah for District II, 218/768-2389
- Carol Kinnamon for District III, 320/384-0149

Medical transportation is available weekdays from 8 a.m.-5 p.m., except not on national or Band holidays.

### Woman, Infants and Children (WIC) Program

The WIC Program provides food packages to children ages five and younger in all three districts. Contact Joanne Weyaus at 320/532-7821 or 800/709-6445, ext. 7821, to make a WIC appointment.

### WIC clinic schedule

- East Lake Public Health Office in the assisted living unit – held the first Thursday of the month from 10 a.m.-noon and 1-3 p.m.
- District I Health and Human Services Building (17230 Noopiming Drive) – held

every Tuesday from 9 a.m.-noon and 1-4 p.m.

- Aazhoomog Clinic – held the second and fourth Wednesdays of the month from 10 a.m.-noon and 1-3 p.m.

### Home health care

Home health care is provided by Jackie Jensen, RN, Renee Bayerle, home health aide, and Linda Moses, home health aide. The home health care team can be reached at 320/532-7783. For the Aazhoomog community, contact Carol Kinnamon at 320/384-0149, ext. 335.

## All community members welcome to attend health fairs

### District I health fair

On July 23, the Health and Human Services Department will host the annual Health and Human Services Health Fair for community members, Mille Lacs Band employees, and Band members. The event will be held from 10 a.m.-4 p.m. at the District I Community Center. Activities will include a walk/run (weather permitting), scavenger hunt, door prize drawings (you do not have to be present), educational booths, and health screenings such as blood pressure checks and blood sugar readings. A luncheon will be available for attendees.

If you would like to assist with the health fair, please contact one of the planners: Kari DiGiovanni, Roberta Ladd, Amanda Nickaboine, Marlene Poukka, or Jeanne Reams. They can be reached at 320/532-4181.

### Aazhoomog Clinic Health Fair

District III Health and Human Services Department staff will host the second annual Aazhoomog Clinic Health Fair on August 6 at the Lake Lena Community Center from 8:30 a.m.-2 p.m. All are welcome to attend and learn about topics ranging from cancer screenings to heart-healthy meals.

Door prize drawings will be held every half hour starting at 9 a.m.; you must be present to win. The grand prize drawing will be held at 1:30 p.m.; you do not have to be present to win this prize.

If you have any questions, please contact Diane Gibbs, clinic office manager, at 320/384-0149 or Carol Kinnamon at 320/384-0149, ext. 335.

## Men's health challenge

The Public Health Department is collaborating with the Aazhoomog Clinic and the American Cancer Society to bring a men's health challenge to the District III Community Center. The event will be held on August 22 from 11:30 a.m.-2 p.m.

Lunch for all males ages 18 and older will be served at 12:30 p.m. Important educational information about men's health screenings will be discussed. The film "Walking into the Unknown", which features Mille Lacs Band member Dr. Arne Vainio, will be shown. Door prize drawings will also be held.

For more information, contact Marlene Poukka at 320/532-7812 or Carol Kinnamon at 320/354-0149, ext. 335.

## Mille Lacs Band teaming up with tribes on health care project

The Public Health Department has formed a collaborative network with six tribal nations in Minnesota on a project focusing on preventing obesity and the use of commercial tobacco. The project applied for funding through Minnesota's Statewide Health Improvement Program (SHIP) and was approved by the Minnesota Department of Health. The Mille Lacs Band's Diabetes Team Program and Gegoo Zagswaaken Program for smoking cessation will be a part of the effort. Look for more information about this collaboration as the project moves forward.

## Community Health Representative

The Public Health Department wishes Delores Gibbs, former community health representative, best wishes on her future endeavors. The department will soon post the job description for the community health representative position vacated by Delores. If you are interested in the position, contact Lisa Blahosky at 320/532-4579 or Carol Kinnamon at 320/384-0149, ext. 335.

## Other upcoming events

Watch for flyers to be posted in your community regarding friend-to-friend parties for women over the age of 18. These events will be held throughout September at the district community centers or

assisted living units to provide women with information about breast cancer prevention and screenings. Dinner and door prizes will be provided.

The Shakopee Mdewakanton Sioux Community's Mobile Medical Unit provides mammograms to women who are unable to get the screenings elsewhere, especially those who reside in rural areas and have limited access to transportation. We are working to bring the Mobile Medical Unit to each district. Look for more information to be posted in each district and in upcoming editions of the *Inaajimowin*.

## Dangers of secondhand smoke

When someone near you lights up a cigarette or cigar, he or she isn't the only one inhaling tobacco smoke. Breathing secondhand smoke exposes non-smokers to many of the same dangers faced by the smokers themselves. According to the Centers for Disease Control (CDC), secondhand smoke is the third-leading cause of preventable death in the United States.

Secondhand smoke is dangerous because it contains more than 4,000 chemicals, some of which are formaldehyde (embalming fluid), cyanide (poisonous chemical), arsenic (used in pesticides), carbon monoxide (a colorless, odorless, tasteless, and highly toxic gas), methane (a colorless, odorless gas), benzene (found in gasoline), and radioactive polonium-210. Some of these substances are known to cause cancer.

Secondhand smoke increases infants and toddlers' chance of suffering from coughs, asthma, pneumonia, and lower respiratory tract infections. These little ones don't have the words to express their hurts or wishes, so their communication is often through crying. As parents, grandparents, aunts and uncles, we need to listen and use good judgment about when smoke might be affecting young children.

The Gegoo Zagswaaken program is starting a secondhand smoke education and community awareness program and will soon hire an outreach coordinator for these efforts. We will provide you with more information about this new program in future editions of the *Inaajimowin*.

## Sunglasses: More Than a Fashion Statement

By Rob Thompson, Mille Lacs  
Band Safety/Risk Manager

We all know that it is important to use sunscreen to protect our skin from the sun's harmful rays, but what about protecting our eyes? July is ultraviolet (UV) safety month, and eye doctors across the nation are urging everyone to protect their eyes.

Recent studies have shown that prolonged exposure to the sun's invisible, ultraviolet rays without protection may cause eye conditions that can lead to vision loss, such as cataracts and age-related macular degeneration. During the summer months, the level of ultraviolet radiation is three times greater than in the winter.

In addition to the damage caused by repeated sun exposure overtime, you need to protect your eyes from acute damage caused by a single day in the sun. Excessive exposure to ultraviolet light reflected off sand, snow or pavement can burn the eye's surface. Similar to sunburns, eye surface burns usually disappear within a couple of days, but may lead to complications later in life.

### What you can do

Sunglasses and a wide-brimmed hat are the best defense system for your eyes against sunlight and harmful UV rays.

One thing to remember when buying sunglasses is that you should purchase a pair that blocks 99-100 percent of both UV A and UV B rays. The ability to block UV light is not dependent on the darkness of the lens – make sure to read the tag to see how much UV light is blocked. UV protection can come from adding chemicals to the lens material during manufacturing or from a chemical coating applied to the lens surface.

### For more information

If you have questions regarding UV protection for your eyes, contact your local clinic. District I also has an eye doctor available for consultations on Thursdays. Consultations in the outer districts should be coordinated with the clinic in that district.

*This article is based on a public service address from the American Academy of Ophthalmology.*

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

April 2009

	Approved Budget for FY 2009	Actual Expenditures through 5/31/09	% of Budget Expended
Administration (1)*	13,252,500	7,203,569	54.4%
Workforce*	11,633,059	3,193,431	27.5%
Judicial	1,093,149	608,914	55.7%
Law Enforcement*	3,433,344	2,065,160	60.2%
Education*	14,726,496	9,428,265	64.0%
Health and Human Services*	24,614,710	15,109,709	61.4%
Natural Resources*	5,116,683	3,434,140	67.1%
Community Development*	36,676,648	10,546,208	28.8%
Gaming Authority	4,619,531	2,709,451	58.7%
Per Capita Payments	26,162,076	22,812,373	87.2%
Economic Stimulus	2,800,000	2,780,000	99.3%
<b>Total Expenditures</b>	<b>\$144,128,196</b>	<b>\$79,891,221</b>	<b>55.4%</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.

## Band's Emergency Plans Regularly Updated

By Monte Fronk, Emergency  
Management Coordinator

The Mille Lacs Band takes emergency preparedness very seriously to ensure that our community is ready to respond to emergency situations. To help guide the Band's Tribal Emergency Response Committee (which includes commissioners, public safety and public information officers, and other emergency personnel), the Band has an emergency operations plan that is regularly updated. This ensures that we meet the current standards and requirements set by Minnesota Homeland Security and Emergency Management (HSEM), U.S. Department of Homeland Security, and Federal Emergency Management Agency.

In addition to our own internal updates, our plan goes through the state of Minnesota's five-year review cycle that involves review by outside agencies on the regional, state and federal levels. Each year a different agency reviews the plan and provides recommendations to help us enhance our plan.

The Band's emergency operations plan is currently at the second level of the state's review cycle – it is being reviewed on the regional level by Minnesota HSEM – and is also going through internal Mille Lacs Band updates. These review procedures help the Band work with other emergency management groups and stay on top of the latest advances in emergency preparedness.

## Do You Know Your Ojibwe Name and The Clan You Belong To?

By Donald Graves, Mille  
Lacs Band Archivist

The Mille Lacs Band Tribal Operations Department would like to preserve the Ojibwe names and do-daims of all Mille Lacs Band members. If you are interested in preserving this valuable information, please contact the Mille Lacs Band Archives Department at 320/532-7535.



## Tribal Noteboard

### Happy July birthday to:

**Jeff Aubele**, on July 27 with love from mom • **Gerald Moose**, 9, on July 6 with love from mom, Renae, Zachary and Kira • **Alicia Skinaway**, on July 23 from Falon, Michael, Paschen, Michael Ashton, Trevor, and Anthony • **O-Guy Sam** July 29 from Wednesday, Max, dad, Phil, Mick, Nadine, Char, PJ and Whitney • **Aimee Jourdain**, 19, on July 23 with love from Rosebud • **Amare**, 3, on July 7 with love from mom and dad • **My fat doll**, on July 21 with love from mom • **Whitney Harrington**, 13, on July 14 with love from mom, dad, Nadine, Char and PJ • **Rachel Sam**, on July 21 with love from Mick, Phil, Nadine, Char, PJ and Whitney • **Karen Harrington**, on July 13 with love from Phil, Mick, Nadine, Char, PJ and Whitney • **Nicole Harrington**, on July 2 with love from Phil, Mick, Nadine, Char, PJ and Whitney • **Jordy**, 3, on July 25 from Gramma Max, daddy, Arielle, Jenai, and Jayla • **Isabel Sanchez**, 15, on July 4 with love from mom, Luis, Braelyn, Brynley, Gramma Pam, Nicole, Brittany, Michelle, Thomas, Ana, and Theresa • **Ren**, on July 10 with love from mom and Darryl • **Ricbear**, on July 28 with love from mom, Tara, George, Shaun, Geo, Troy, Isaiah, Baby Jackson, Bear, Romeo, Jason, Brooklyn, Lil Bear, Tam, Missy, Nick, Destiny, Mike, Alexis, Izik, Diamond, Baby Mike, Corey James, Brandi, Britt, Wally, Sharon, Rave, and Lil Rave • **Sara Jo**, from the Benjamins and Jacksons • **Cheyenne N**, from the Benjamins and Jacksons • **Chase**, 11, on July 10 with love from mom and family, and Lovebug • **Codghey Potter**, 31, on July 5 from TJ and Kali • **Roberta Matrious**, 37, on July 6 from TJ and Kali • **Anna Banana**, 39, on July 8 from TJ, Kali, Karen, Jay, Nikki, and Jayson • **Miranda Rose Benjamin**, 14, on July 9 from TJ and Kali • **Marissa Sam**, 18, on July 12 from TJ, Kali, Karen,

Jay, Jayson, and Nikki • **Ryan Stone and Julian Jackson**, 34, on July 15 from Auntie Jan and kids, TJ, Kali, Karen, Jay, Jayson, and Nikki • **Twyla Jean**, 27, on July 20 from your big sis, lil niece, Karen, Jay, Jayson, and Nikki • **Stacy Boyd**, 22, on July 22 from TJ, Kali, Karen, Jay, Jayson, and Nikki • **Dawn Marie White**, 6, on July 22 from TJ and Kali • **Carol Nickaboine**, on July 8 with love from Gladys, Ron, Desi, Lydell, McKayla, Tayaunna, Roland, Roland Jr., Collin, Camille, Lance, Terrell, Tierra, LaDarius, Candy, Clay, Clay Jr., Aubrey, Roxanne, Roger, Bev, Juni, Roy, and Jill • **Patrick Sam**, on July 5 from Terrell and the Smith family.

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

David Aubid  
 Darline Barbour  
 MaryAnn Belgarde  
 Roberta Benjamin  
 Donna Boodoo  
 Lewelyn Boyd  
 Agnes Chief  
 Randall Clark  
 Martha Davis  
 Donna Gilmore  
 Patricia Helland  
 Laura Hill  
 Caylen Jansen  
 Loretta Kalk  
 Debra Kamimura  
 Dixie Kamimura  
 Darlene LaFave  
 Bonita Lucas  
 Virginia Mann  
 Lucille Merrill  
 Maskwanakwad  
 Leticia Mitchell  
 Carol Nickaboine  
 Marlene Nickaboine  
 Sonja Peroeschi  
 Steve Premo  
 Bradley Roache  
 Elfreda Sam  
 Alicia Skinaway  
 Geraldine Skinaway  
 Loretta Smith  
 Andrew St. Clair  
 Ruth St. John

### Congratulations

Happy retirement to **Alvina Aubele** from your friends and family.

Congratulations to **Charlotte Harrington** for graduating from Onamia High School. We are very proud of you. *With love from mom, dad, Nadine, Phil Jr., and Whitney.*

Congratulations to **Chase Nickaboine** for making the B Honor Roll at Nay Ah Shing School. *With love from your family.*

Congratulations to **Ashlynn Gerth Dorr** for graduating from Armstrong High School with high honors. Ashlynn will be attending Iowa University in the fall. We are so proud of you. *With love from mom, Brandon, Ellie, Jack, Grandpa and Grandma Dorr.*

### In memory

**Gramma Dee** – words can't express how deeply you are missed and not a day goes by that you do not run through our minds. The laughs, the calls, the dinners, and even the wrestling that was done with all your grandkids. You were the rock of this family, and we can only hope that you are proud of how far we have come since we had to let you go. Happy 72nd birthday; we'll make your favorites. July 2, 1937-September 30, 2008.

### Thank you

The Wisdom Steps Board of Directors would like to extend its thanks to the Mille Lacs Band Chief Executive's office, the Secretary-treasurer's office, and district representatives for their support of the 9th Annual Wisdom Steps Conference that was held on June 16-18 at Grand Casino Hinckley. We would also like to thank Amik (Larry Smallwood) and the Little Otter singers for their contributions to our awards dinner.

## Names & Faces



Photo courtesy of Lana Oswaldson

### Meisha Oswaldson "Oge-che-dah-quay"

Congratulations on your recent graduation from basic training. We are all very proud of you. Our thoughts and prayers are with you. Stay sweet, stay strong, and stay safe. We love you and miss you. From mom, Dylan, and all your friends and family.

### Brad Roache

Congratulations to Band member Brad Roache, who in June received a bachelor of science degree in police science from Saint Mary's University of Minnesota, Twin Cities Campus.

Brad grew up on the Mille Lacs Reservation and moved to Minneapolis after graduating from high school; he is a 25-year veteran of the Minneapolis Police Department. He returned to the reservation in 1999 as the Band's director of public safety, in which he oversaw the tribal police department and worked with fire and rescue services.

He has been the Corporate Commission's director of security and surveillance since 2002. His responsibilities include overseeing investigations and loss prevention, which involves surveillance of the Band's small businesses and reviewing surveillance for some non-gaming areas in Grand Casino Mille Lacs and Grand Casino Hinckley.

"Getting my degree is something I have always wanted to do, and now was the time to finish the education that I started when I was younger," said Brad.

## Health Insurance Options

By Circle of Health staff

### Minnesota Comprehensive Health Association (MCHA)

MCHA offers health insurance policies for Minnesota residents who are turned down by the commercial insurance market due to pre-existing health conditions. By Minnesota law, MCHA premium rates are set between 101 and 125 percent of the weighted average of comparable individual policies in Minnesota.

Circle of Health currently has 110 Band members on this plan. Circle of Health considers MCHA coverage to be private coverage, so our policy is to cover the premium costs for a maximum of 12 months.

Every July, MCHA rates increase – this includes changes for moving into a different age bracket. The Circle of Health office will review your file to determine the use of your MCHA plan; a higher deductible plan option could bring significant premium savings to the Circle of Health program. In other words, if you only use the plan for yearly examinations and do not currently have a medical condition or take any medications, moving you to a higher plan may be a great financial option.

If you have any questions or would like to review your file, call our office at the numbers listed below. If we have reviewed your file and feel that you would be a good candidate to move from a low deductible to a high deductible, we will send you a letter and form to complete.

### Minnesota health care programs

You may also be eligible for other state programs, including:

#### Medical Assistance (MA)

Minnesota Medicaid program – MA provides medical assistance for low-income senior citizens, children, families, and people with disabilities. Income limits vary depending on the variety of qualifying factors.

**General Assistance Medical Care (GAMC)** – GAMC provides medical care to low-income Minnesotans who do not qualify for MA or other state or federal programs (primarily low-income adults ages 21-64 who have no dependent children).

**Minnesota Care** – This state-subsidized health insurance program is for Minnesota residents who do not have access to affordable health coverage. Residents (except some children) are not eligible if they have employer-subsidized insurance. Eligible residents must be without insurance for four months prior to application.

### Reimbursements

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

## Moving Into the 21st Century: Challenges and Opportunities in Education And Training

By Toya Stewart

Some Band members think that in order to forge into the 21st century, we need to embrace the inevitable changes of the modern world. Others say we need to maintain our traditional way of life. Yet another camp says that by combining both worlds, success is sure to come.

But what is certain is that Band members need to build healthier communities to ensure that this century's challenges are conquered and its opportunities are met head on, said Mary Sam, local government and community relations coordinator for the Band.

"As Indian people, are we prepared to take on the rigorous training that will be required to fill jobs in needed professions? Are we prepared to take good care of our Elders and all community members and still stay strong as Ojibwe people?" said Mary. "I believe we have no choice, and more importantly, I believe we can."

Josh Maudrie, the Band's director of education, says a combination of things are needed to help sustain the livelihood of the community, but most importantly, it's learning to "balance our identity with outside influences."

"Identity is a key piece," Josh said. "We have to talk about our issues so we can push forward and progress, but first we need to meet the basic needs of our youth."

Young people need to know that if they push themselves, they can grow, he said.

"Be progressive. Be flexible. Be aware. Learn about public speaking. Deal with people in both work and social settings. Don't be afraid to do whatever it takes," Josh said, adding that today's youth are needed as future teachers, social workers, law enforcement officials, lawyers, doctors, administrators, and leaders.

But understand that it takes more than a college degree to get ahead, he added.

"A lot of people have the misconception that when they

obtain their degree, the doors will open and the red carpet will be rolled out," Josh said. "While a college degree gives people a good understanding of the world and opens their minds, they've got to know how to do other things too, like use a fax machine, get along with people – a lot of small things."

Josh also believes some very real barriers face our youth and their families. Many families aren't as healthy as they can be, he said, which means the youth and communities as a whole are suffering.

"I don't have the answers, but we have to find them," said Josh, who added that youth need to hear that they are valued and that people are pulling for their success.

"We need to have higher expectations of our kids – all kids," said David Sam, Band Elder and vice-chair of the Onamia Indian Education Parent Committee. "Schools and parents need to expect more. Parents need to get involved. We need to raise the bar, not lower the bar. We need to hold young people accountable – even when it's hard to do."

We also need to hold adults accountable, as they are laying the foundation for the next generation, Mary added.

"Many leaders across the nation say that retention, recruitment and retraining are needed for creating a strong workforce and economic success," Mary said, but she believes that today's workers also need to have cross-cultural skills. "We are competing globally. As our own world becomes increasingly diverse, are we ready to begin interacting with people of other cultures?"

"In addition to making sure that our young people are leaving high school equipped for college and the workforce, there are many benefits to recognizing the skills of older experienced workers and retraining them where possible," Mary said.

## 2009 Iskigamizigan Traditional Powwow

### Powwow is August 14-16

#### Royalty contest

- Junior Princess and Junior Brave (6- to 12-year-olds)
- Senior Princess and Senior Brave (13- to 18-year-olds)
- Registration deadline: August 3

For application packets, contact Bonita Nayquonabe: 320/532-4690, ext. 2235 or 320/495-0245, bnayquonabe@yahoo.com or iskigamizigan@hotmail.com.

#### Raffle tickets

Raffle tickets for the Iskigamizigan Powwow are now available.

- 1st prize – 1999 Chevy Tahoe
- 2nd prize – 2009 Polaris four-wheeler
- 3rd prize – 52 weeks of bingo at Grand Casino Mille Lacs

Raffle tickets are \$5 each. Please contact Shannon Ramsey, raffle coordinator, at 320/532-7460 or shannonr@millelacsojibwe.nsn.us for more information.

# Calendar of Events

## July 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday			
<p><i>If you would like an event included in the community calendar, please contact Kelly Sam at 651/292-8062 or write to Kelly at 255 E. Kellogg Blvd. Suite 102 St. Paul, MN 55101</i></p>	<p><b>*To Purchase Tickets</b></p> <p>Visit a Grand Casino box office, call TicketMaster at 612/989-5151, or visit <a href="http://www.ticketmaster.com">www.ticketmaster.com</a></p>		15	<p><b>District III Community Meeting</b> Aazhoomog Community Center 5:30 p.m., Contact: Monica Benjamin, 320/384-6240</p> <p><b>All Elder Community Mtg.</b> East Lake ALU 11:30 a.m., Contact: Denise Sargent, 320/532-7494</p>	16	17	18	<p><b>Gretchen Wilson and Josh Turner*</b> Grand Casino Hinckley 8 p.m.</p>	
19	20	<p><b>District II Leadership Academy School Board Meeting</b> 4 p.m. Contact: Dawn Aubid, 218/768-3477</p>	21	22	<p><b>District II Community Meeting</b> East Lake Community Center 5 p.m. Contact: Jenny Waugh, 218/768-3311</p> <p><b>HHS Health Fair</b> District I Community Center 10 a.m.-4 p.m.</p>	23	24	25	<p><b>Charley Pride*</b> Grand Casino Mille Lacs 8 p.m. both nights</p>
26	<p><b>District I Community Meeting</b> District I Community Center 5:30 p.m. Contact: Judy Virnig, 320/532-7423</p>	27	28	<p><b>District IIA Community Meeting</b> Chiminising Community Center 5:30 p.m. Contact: Lesley Sam, 320/676-1102</p>	29	30	31		

## August 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
						1		
2	<p><b>Onamia Indian Education Parent Committee Meeting</b> Rolf Olsen Center 12 p.m. Contact: David Sam, 320/532-4901</p>	3	4	5	<p><b>Talking Circles</b> The Brick House, 5:30 p.m. Contact: KC Paulsen, 320/532-4046</p> <p><b>Health Fair</b> Lake Lena Community Center 8:30 a.m.-2 p.m.</p>	6	7	8
9	<p><b>Pine Grove Leadership Academy Meeting</b> 12:30 p.m. Contact: Rene Ann Goodrich, 320/384-7598</p> <p><b>AMVETS Meeting</b> GCML 6 p.m. Contact: Ken Weyaus, 320/309-6925</p>	10	11	12	13	14	15	<p><b>43rd Annual Mille Lacs Powwow</b> Iskigamizigan powwow grounds</p>

# What is Your Favorite Book or Magazine and Why?

## Stephanie Thompson



"Pay it Forward, by Catherine Ryan Hyde. It makes you feel like there's still hope."

## Renee Kegg



"Metropolitan Home magazine. My favorite articles are about architecture, interior design and landscaping."

## Sara Loud



"Psychology Today magazine. It has great articles about life and ways to deal with things."

## Rayna Peake



"The Circle newspaper. I like to read stories about what is going on with the other tribes in Minnesota."

**43<sup>rd</sup> Annual**  
**Mille Lacs Band of Ojibwe**  
**Traditional POWWOW**

**Food & craft vendors welcome**  
**Limited space, reserve early**  
**Contact:**  
**Robert Thompson**  
**320-532-7841**

**August 14, 15 & 16, 2009**

**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.

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.

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

## Kimberly Adelman



"I can't think of any one book or magazine that is my favorite because I like to read anything that inspires personal growth and/or personal empowerment."

## Darlene Barbour



"I like to read books written by Ann Rule and also from Ann Rice."

## Carol Hernandez



"Reiki News magazine is my only subscription. I am a Reiki Master and Teacher and this magazine provides me with ongoing training and techniques in energy healing."

## Barb Benjamin-Robertson



"National Geographic magazine is one of my favorites. It has incredible pictures and stories to read."

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