

OJIBWE INAAJIMOWIN

June 2009

"The story as it's told."

Volume 11 • Number 6

Congratulations to Nay Ah Shing Graduates



Rick Anderson

(left to right in back row) Priscilla Boyd, Marcus Boyd, Marissa Sam, Kyle Aune, Jayson Sam, Jon Reynolds, and Cheyenne Martin. (left to right in front row) Miranda Nickaboine, Kelly Friend, Chelsie Benjamin, Amber Buckanaga, Renae Short, Sammi Jo Garbow, and Nikki Sam.

On May 20, 14 seniors graduated from Nay Ah Shing High School:

- Kyle Aune, who will attend Dunwoody Institute in Minneapolis
- Chelsie Benjamin, who will attend Fond du Lac College
- Marcus Boyd, who will attend Fond du Lac College
- Priscilla Boyd, who will attend Central Lakes College to study photography and history
- Amber Buckanaga, who plans to study business
- Kelly Friend, who will attend Central Lakes College to study early childhood education
- Sammi Jo Garbow, who plans to go into the workforce

- Cheyenne Martin, who will attend Central Lakes College to go into the medical field
 - Miranda Nickaboine, who will study criminal law at Central Lakes College
 - Jonathon Reynolds, who plans to study pre-law
 - Jayson Sam, who plans to study business
 - Marissa Sam, who plans to study architecture/design
 - Nikki Sam, who will pursue culinary arts at Central Lakes College
 - Renae Short, who will attend St. Cloud State University to study photography
- Jonathon, the valedictorian, was presented with an eagle feather during the graduation ceremony. Amber, Chelsie, Jonathon and Renae received

medallions for their service in the National Honor Society.

During the ceremony, Chief Executive Marge Anderson spoke to the graduates, telling them, "You stand out in the crowd. Most other youth have not learned about their heritage the way that you have. This is a gift to you that will serve you well." Marge also went on to tell the seniors, "Whether you go to college or to work after today, you have what it takes to find the path to wisdom and make your dreams come true... And every day, each of us learns new tasks and important lessons that help us on our journey through life."

In addition, Andy Angell, vice president of the Fond du Lac Tribal and Community College, American Indian Business Leaders Chapter, gave the keynote address. All the Nay Ah Shing seniors gave a speech in Ojibwe.

Due to their successful fundraising efforts, the seniors will enjoy a class trip to northern Minnesota on June 13-19.

Congratulations to the Nay Ah Shing graduates. The Mille Lacs Band is proud of your accomplishments.

Boxing Officials Certification Course Offered

The Mille Lacs Band Department of Athletic Regulation is hosting a two-day certification course for boxing referees and judges on July 10 from 1-5 p.m. at Eddy's Resort and on July 11 from 7 a.m.-5 p.m. at Grand Casino Mille Lacs (starting with breakfast in the morning). Participants who successfully complete the course, including the exam, will be certified by the Association of Boxing Commissions.

Current boxing officials who need to be recertified are only required to attend the Saturday class. The course is open to the public and costs \$55 to attend if you pre-register by July 1, and \$75 to attend if you register the day of the class. For more information or to obtain a registration form, contact Department of Athletic Regulation Executive Director Jim Erickson at 320/384-4641 or jerickson2@grcasinos.com.

After the Friday session, a barbecue (5-6 p.m.) and fishing launch (6-10 p.m.) will be held at Eddy's Resort on Mille Lacs Lake. Costs for these events are \$12 for the barbecue and \$30 for the fishing launch. Fishing licenses will be available on site.



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Students and Teachers Celebrate End-of-the-Year Events

District III Early Education Head Start



Rick Anderson

Graduates are (left to right) Arriana Benjamin, Elle Swanson, Madelyn Churchill, Jonathan Buchanan, Rubyn Benjamin, Ronald Davis Jr., Rayna Martin, Caiarah LaFave, Danielle St John, Dalylah Benjamin, and Bennett Kegg.

Early Education carnival



Photo courtesy of Tammy Wickstrom

Early Education held its end-of-the-year carnival on May 17. There was a free supper, games, and prizes with over 70 people in attendance. Pictured above are students waiting to jump in the jumper.

Elder blankets



Photo courtesy of Tammy Wickstrom

Mille Lacs Band Elders Elfreda Sam, Carol Nickaboine, Maggie Kegg, Susan Shingobe, and Agnes Pendagayosh made quilts for children in the Early Head Start program. The children use the blankets during nap time every day and love them! Pictured here is Elfreda Sam (left) and Carol Nickaboine (right) and children (left to right) Nigel Ladd, Violet Mitchell, and Joshua Nickaboine.

Drop Everything and Read



Photo courtesy of Tammy Wickstrom

Mille Lacs Early Education and Nay Ah Shing Lower School had "Drop Everything and Read" (DEAR) on May 21. Community members and students read for a half hour in the lower school circle. The goal was to read 500 books. The children and community read 714 books in the half hour. All children received a book from the RIF (Reading is Fundamental) program for participating. Pictured here is Police Chief Dwight Reed reading to the students.

Nay Ah Shing School powwow



Photo courtesy of Roz Hoff

2009 Nay Ah Shing school royalty: (back row) high school princess Andrea Sayers, high school brave Brandon Anthony, and middle school princess Sage Boyd. (Front row) Abinoojiyag brave Thomas White and Abinoojiyag princess Shaina White.



Photo courtesy of Roz Hoff

Nay Ah Shing staff dressed in regalia and danced with students. Pictured here is Special Education Paraprofessional Dan Thomas (right) dancing with students.

By Roz Hoff, SPED Coordinator

The Nay Ah Shing Royalty Powwow was held at the Nay Ah Shing High School on May 22. This year's powwow was a great success! We had many students and adults enjoying dancing and listening to the three drums that played during the powwow. Grand entry was led by our flag bearers Ricky Boyd and Charisse Cash. Many students competed for the titles of brave and princess.

The royalty winners were:

- Abinoojiyag Princess – Shaina White
- Abinoojiyag Brave – Thomas White
- Middle School Princess – Sage Boyd
- High School Princess – Andrea Sayers
- High School Brave – Brandon Anthony

Students of all ages participated in the powwow including our early education students.

School Garden Designed to Promote Healthy Living



Rick Anderson

Pictured are (left to right) Cayden Eagle, Talia Nadeau, Alex Merrill, Alaiysha Nickaboine, Jena'i Beaulieu, Willow Thomas, Valerie Mitchell, Emma Gahbow, Niyelli Boswell, Kelly Sam, Aliyah Nickaboine, Ashton Smith, Dylan Sam, and Bella Nayquonabe. Teachers and staff are Deborah Foye, nutrition services coordinator; Sarah Cosgrove, assistant teacher; Chandell Boyd, assistant teacher; and Brandi Wynn, lead teacher.

By Toya Stewart

Nay Ah Shing students will get a lesson in healthy eating thanks to a new garden that was started last month.

The 20-by-20-foot garden, built by the Band's Department of Natural Resources, will be tended by children in the early education program and kindergarten through fourth grades.

It's just another step in helping students understand more about healthy living, Deborah Foye, nutrition services coordinator for Nay Ah Shing Schools told the Healthy Child Initiative committee members.

"The kids have fruit and vegetables every meal, and the menus average 30 percent fat, with no more than 10 percent of trans fat, and the schools don't have vending machines, so we've made big strides," Deborah said.

Still, more needs to be done, she said.

"My goal is for the children to learn how food is grown, how to take care of a garden, and to appreciate how much better produce tastes straight from the garden than after sitting in a grocery store for a week," she said.

As the garden grows, students will have an opportunity to watch the seeds grow into plants, help water and weed the garden, and then

will help pick and clean the vegetables.

"Statistics show that children are much more apt to try something that they have helped prepare," said Deborah. "By having them active participants with the garden, hopefully they will try the produce and share their enthusiasm with their parents by encouraging the purchase or growing of more fresh produce in their own homes."

Deborah added that since many children are not getting the proper nutrition they need, teaching them about good food choices can help them become teachers and advocates for their health and that of their families.

Sue Swanson, a certified diabetes nurse educator and diabetic program coordinator for the Band, said she thinks the garden is a great idea.

Six months ago, her department found that 60 percent of the students they screened had at least one risk factor for diabetes. The national average is 30 percent, she said.

Deborah said that if given the opportunity, students may be able to find foods they really like.

"Children love to have hands-on experiences, so having them help in a garden seemed like an excellent opportunity," Deborah said.

Northern Lights Express Moves Forward

As transportation projects around the state and country gain momentum, the proposed rail line from Duluth to Minneapolis – called the Northern Lights Express – has taken the next step in the planning process. The project will now undergo a Programmatic Environmental Impact Study (PEIS), which is expected to be completed by summer 2010 and is necessary in order to secure federal funding for the project. The Mille Lacs Band plans to participate in the PEIS, which will examine a potential rail route with a stop near Grand Casino Hinckley.

For about the past two years, the Band has been involved in discussions about the project through the Northern Lights Express Alliance, which includes representatives from Anoka, Isanti, Pine, St. Louis, and Hennepin counties in Minnesota; Douglas County in Wisconsin; and the cities of Minneapolis and Duluth. In addition to the PEIS, the alliance has completed a feasibility study, which found that the

150-mile rail line could generate about \$2 billion in new development around the stations and create more than 13,000 jobs.

The Mille Lacs Band also conducted its own internal analysis to determine the Band's role in the project moving forward. The Band is also continuing its internal review process as the project advances.

"The Mille Lacs Band looks forward to continue working with the alliance on this next step in the planning process," said Sara Treiber, Corporate Commission interim director of development.

U.S. Representative Jim Oberstar, chair of the House Committee on Transportation and Infrastructure, plans to request federal funding for the project in the surface transportation bill.

If the Northern Lights Express passenger rail line is approved, it is expected to start operations in 2012. The rail line would travel up to 110 miles per hour and have up to nine trains running daily.

Training on Addressing Poverty to Be Held at Grand Casino Mille Lacs

The Mille Lacs Band of Ojibwe and the Mille Lacs Area Human Rights Commission will host a two-day training session on addressing poverty in East Central Minnesota on August 11-12 at the Grand Casino Mille Lacs Events & Convention Center. Check-in begins at 8 a.m. each day, with the training session running from 8:30 a.m. to 4 p.m.

The two-day training will focus on the following topics:

"Bridges out of Poverty" on August 11 – During this training, participants will gain a mental model of poverty; review poverty research; examine a theory of change; and analyze poverty through a prism of the hidden rules of class, resources, family structure, and language. This workshop will assist participants in designing programs and services to promote self-sufficiency. Speaker Jodi Pfarr will identify best practices for improving outcomes for individuals from generational poverty. Jodi is the executive director of Emma Norton Services, which

provides housing to low-income women.

"Learning Structures" on August 12 – In this training, geared toward elementary and secondary educators, participants will learn about in-depth structures of learning. The training will discuss identifying and using mental models; vocabulary, math, and reading strategies; lesson design; and developing question-making skills as a means to develop cognition in learners. The training will also focus on planning, labeling and sorting strategies. The speaker will be Ruben Perez, a school administrator with the Cypress-Fairbanks Independent School District in Houston, Texas.

Participants who wish to attend the second day of training must also attend the first day. The cost of the training is \$40 each day (includes lunch and materials); registration is due by July 24. To register or for more information, contact Elizabeth Towle at 320/384-4661 or Mary Sam at 320/532-8853.

District Community Meeting Updates

District I community meeting



Rick Anderson

Dawn Aubid, director of community recreation, announced the summer hours of the Community Recreation and Sports (CRS) Program at the District I community meeting on May 27. The program's summer hours are noon-8 p.m. Tuesdays through Saturdays.

If you have any questions, contact Dawn at 320/532-7586.

The drum and dance group also has new summer hours:

- District I, Tuesdays: 4-7 p.m.
- District II (East Lake), Wednesdays: 4-7 p.m.
- District III, Thursdays: 4-7 p.m.

If you have any questions, contact Erik Gahbow, drum and dance coordinator, at 320/532-4701.

Dawn also mentioned that the youth drum group took first place in the hand drum contest and second place in the singing contest at the Minnesota State Drum and Dance Competition in Ponemah, MN in April.

In May, the drum and dance group was recognized for respecting the drum and given a drum from the LCO (Lac Courte Oreilles Band of Ojibwe) Powwow Committee.

District II East Lake community meeting

At the May 28 District II community meeting, Commissioner of Natural Resources Curt Kalk spoke to the approximately 25 people in attendance about several issues:

Wind turbines

Curt talked about the Chi Noodin manufacturing plant that will open soon in District II to produce parts for the Windspire®, a vertical wind turbine. He also said that the DNR will soon install a

Windspire near the District II community center.

Labor Force Program

The program is looking for a supervisor for District II. For more information about the position, contact Kim Kegg or Rose Holmquist at 320/532-7439. Workers in the Labor Force Program recently removed trees from the front of the ceremonial building to make room for an expansion of the parking lot. Elders expressed concerns about cleaning up the bike path to the community center; Curt will look into the matter.

Cemetery

Elders suggested that the Band expand the District II cemetery, as there are concerns about a lack of space. Curt recommended that the community start a cemetery committee to help decide how to address this issue.

District IIa Isle community meeting



Rick Anderson

Cinnamon Quale, domestic violence/sexual assault advocate, spoke at the June 3 District IIa Isle community meeting about the Band's Sexual Assault Program and Women's Project. The Mille Lacs Band's Women's Project recently co-hosted the Minnesota Indian Women's Sexual Assault Coalition's annual conference. During the event, Mille Lacs Band Elders and others made a quilt to honor and remember survivors of sexual assault. Cinnamon told the approximately 70 Band members who attended the community meeting that one in three Native women are sexually assaulted in their lifetime, and she displayed the quilt made at the conference.

"Our hope is to hang the quilt at the government center for all to continue to honor and remember survivors of sexual assault," said Cinnamon.

At the end of June, Cinnamon will bring a group of girls ages 9-18 years old from Mille Lacs to participate in the fifth annual Minnesota Indian Women's Sexual Assault Girl's Retreat. "I look forward to the journey of bringing together culture and social justice in our efforts to end violence against Native women and girls," Cinnamon added.

For more information about the Mille Lacs Band's Women's Project, you can reach Cinnamon at 320/532-4780 or contact the Women's Project 24-hour crisis line at 866/867-4006.

District III community meeting

About 80 people attended the May 20 District III community meeting. The evening's speaker was unable to attend the meeting, so District III Representative Harry Davis and community members went to Grand Casino Hinckley for dinner.

Urban community meeting

At the urban community meeting on May 28, Graham Hartley, director of programs for MIGIZI Communications, Inc., announced that there will be new summer school courses offered at Native Academy High School in Minneapolis.

Lunch, materials, field trips, transportation, and other course-related expenses will be provided for all participants. For more information and a list of summer courses, call Cindy, Tedi, or John at 612/721-6631, ext. 2.

Commissioner of Administration John Dunkley and Commissioner of Education Dennis Olson held a question and answer session with Band members following Graham's presentation.

John also introduced Jennifer Waltman, who works with the Band's Community Development Department. She is responsible for researching grants from the Community Development Financial Institute (CDFI). She is working with Chief Executive Marge Anderson to determine funds available through the federal stimulus package to be used for the Mille Lacs Reservation.

Public Health Updates

By Toya Stewart

New men's halfway house

A men's halfway house will open in Onamia this year. It will be located at 17222 Ataage Drive. Job descriptions are currently being posted on the Mille Lacs Web site if Band members are interested. The jobs include one lead chemical dependency counselor/house manager and up to five chemical dependency aide positions. Band officials are hoping to develop a similar program for women and children.

Doula program

The doula program has 21 doulas-in-training in three districts.

Prenatal care

Pregnant women are encouraged to seek prenatal care at the Ne-la-Shing Clinic. There is a new streamlined process for paperwork. And an incentive program is in place to encourage more visits. Two Band members have already received blankets for attending prenatal visits.

Business Management Training Class

By Small Business Development Program staff

The Small Business Development Program's (SBDP) three-day business management training class is having a hard time finding an urban site to hold its classes on the weekend. As a result, the three-day weekend class will be held in Mille Lacs. Due to this change, we are giving Band members time to adjust their schedules for the new location. The class has been scheduled for July 24-26. You still have time to call Sharon James at 320/532-8817 to sign up for the class.

How to Get Through an Economic Recession

Even though we may have heard about some signs that the economy is recovering, it will still take time before we fully overcome the economic downturn. While our economy struggles, it's important to take steps to help you and your family weather the recession. Following are some tips that may help:

Take control of your finances

- **Reduce credit card debt:** If you have credit card debt – which can often add up during a recession – work to reduce it. Credit cards carry high interest rates, so try to pay off your balance or make more than the minimum payment each month.
- **Start an emergency fund:** Saving money is important, especially for those “just-in-case” moments, such as a job loss or medical emergency. Having a good savings fund can help ease the stress during a difficult time.
- **Earn extra money:** For some people, it might be helpful to get a part-time job. You can also hold a garage sale or sell your old items online to earn some extra cash.

Cut spending

- **Use coupons:** Look for coupons at stores or online, and watch for special deals when shopping.
- **Buy only the necessities:** Stick to buying only what you really need and save up to buy the luxury items.
- **Kick money-draining habits like smoking.** Not only will this help improve your health, but

it will save you money. For help in quitting smoking, contact the Mille Lacs Band's Tobacco Cessation Program at 320/532-7812.

- **Limit the number of times you eat out:** Eating at home more often can save you money.

Save money and help the environment

- **Buy compact fluorescent light bulbs (CFLs):** CFLs are more energy efficient than traditional bulbs and can last for several years, saving you money in the long run.
- **Reduce your energy consumption:** Turn down your heat or air conditioning, and turn off the lights when you leave a room to help conserve energy and save money.
- **Plant a garden:** Planting a garden is inexpensive and provides you with fresh produce that is good for a healthy diet.

Advance your career

Go back to school or get additional job training: The Mille Lacs Band has many programs and services available to help Band members advance their education and careers (including starting a business):

- Mille Lacs Tribal College, 320/495-3702
- Small Business Development Program's business management class, 320/532-8817
- Band Member Development Department, 320/532-8800
- Workforce Center, 320/532-7407

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.

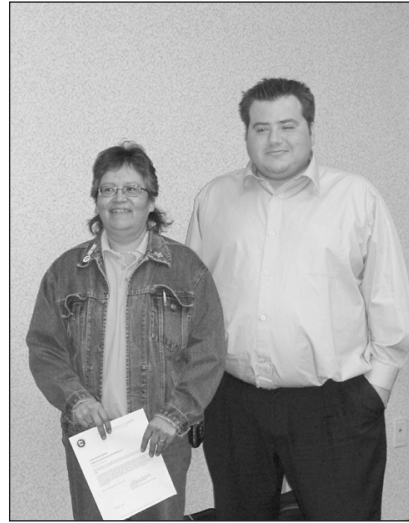
Raffle tickets

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.

Corporate Commission Appoints Two Board Members



Arlene Weous and Erik Parsons were sworn in on April 30.

By Corporate Commission

Band members Erik Parsons and Arlene Weous were sworn in as the latest members of the Corporate Commission Board of Directors on April 30.

This is Erik's first term. He is finishing the term for Frank Boyd who passed away last year. Erik represents District I. Arlene was sworn into her second four-year term. She is an at-large member.

The Corporate Commission develops and manages businesses that help the Mille Lacs Band of Ojibwe diversify its economy and create more jobs. The Corporate Commission Board is responsible for overseeing the business and economic development decisions for the Band.

“The Board is happy to welcome the addition of Erik Parsons and the reinstatement of Arlene's second term. They will ensure the company will continue to benefit from a diversity of experience and opinions,” said Deron Dunkley, chairman of the board and Commissioner of Corporate Affairs for the Band.

The board meets quarterly to discuss and review business opportunities for the Band. Current board members are Gary Davis, Ron Anderson, Dale Greene Sr., Arlene Weous, and Erik Parsons.

State Budget Not Balanced, Governor to Unallot Funds

The 2009 Minnesota Legislature adjourned on May 18, with several bills quickly passing before the midnight deadline to end the session. While there had been some speculation that Governor Tim Pawlenty would call back legislators for a special session to resolve their budget differences, the Governor announced he would use unallotment to solve the state's multibillion-dollar deficit. Unallotment is an act taken by the Governor under extraordinary circumstances to balance the budget on his own. He will begin making cuts on July 1, when the next two-year budget cycle begins.

In addition, the Governor has already made line-item vetoes on several bills, including a veto of a \$1 billion tax increase. He also line-item vetoed a \$381 million provision for General Assistance Medical Care, which is a state-funded health care program for low-income Minnesotans. The Governor is likely to make additional cuts to health care and local government aid.

Gaming expansion proposals fail

With the focus of the 2009 legislative session on balancing the state's budget, efforts arose to expand gaming to generate new revenue to help solve the budget shortfall. Some amendments were offered to budget bills to allow for slots in bars, a racino, and an airport casino, but were all defeated. Other revenue-producing gaming proposals were seriously discussed behind closed doors up until the last day of the session, but nothing moved forward.

Dakota and Ojibwe language legislation passes

Provisions for an Ojibwe and Dakota language preservation program were included in the omnibus outdoors heritage funding bill (also known as the Legacy Amendment bill) that was signed into law. The provisions provide \$150,000 to the Minnesota Indian Affairs Council to establish a working group on Ojibwe and Dakota language preservation efforts.

The next legislative session will start on February 4, 2010.

Keep Kids Safe When Playing Sports

By Rob Thompson, Mille Lacs Band Safety/Risk Manager

During the summer, it's common to see kids playing a game of baseball, softball, or other sports activity. Sports participation is a great way to promote fitness and health for children. Kids also learn about teamwork, develop self-esteem, and make new friends when playing sports. However, it is important to be aware of sports-related injuries that can happen and to take steps to reduce the risk of injury.

One reason behind sports-related injuries to children 14 years and younger is the fact that most of the coaches are parents. Even though the parents devote many hours of their time, many have not received sports safety education.

According to Safe Kids USA, more than 3.5 million children ages 14 and younger receive some type of medical treatment for sports injuries each year. Injuries caused by high-intensity training programs are responsible for almost half of the sports injuries reported for middle- and high-school kids. Nearly 62% of organized sports-related injuries occur during practice rather than games because most of their time is spent at practice.

The statistics on sports-related injuries among children are compelling. The following provides a breakdown of injuries by sport:

- 12% of softball players
- 15% of basketball players
- 22% of soccer players
- 25% of baseball players
- 28% of football players

Following are several tips you can use to help children reduce their risk of sports-related injuries.

- Have each child get a sports-specific physical prior to participating in the sport
- Provide a source for off-season conditioning
- Be sure that the child has the appropriate safety equipment, and ensure that it is worn correctly all the time
- Provide proper eye protection if the sport warrants it
- Be sure that the player has enough rest, nutrition, and drinks enough fluids before, during and after games
- Encourage proper warming up and cooling down periods
- Insist on safe playing fields/surfaces
- Provide appropriate training and instruction for all coaches so that sports related hazards are controlled

If you or anyone you know would like more information about sports safety and what sports are available in your area, please contact your local MLB Community Sports and Recreation Department at 320/532-7586.

Gifted Band Member Wants to Heal the World With His Music



Photo provided by Christopher's family

Christopher Savitt

By Toya Stewart

Learning to play the piano by listening to music is a feat that not many people could accomplish. Yet, Christopher Savitt, a 19-year-old Band member has done just that.

Christopher has also learned to read music, is teaching himself how to play other instruments, and is planning a career as a musician.

What makes Christopher even more exceptional is that he is almost legally blind and has autism.

But rather than let his circumstances challenge him, Christopher is determined to make a difference in the world through his music.

"I think music is very comforting," said Christopher. "When I play I feel like I'm doing a good deed, and it's how I'm planning to give back to the community."

Christopher said his ultimate goal is to heal the world through his music, and so far he's doing that by performing for local organizations in the Twin Cities. His next gig is for the Jewish Community Center in St. Paul.

"I love it," he said. "I feel great when I play."

Christopher started to learn to play the piano as a child, but after his mom Cindy Kegg Savitt passed away when he was 10, Christopher stopped playing.

All that changed when he got an electric keyboard for his Bar Mitzvah. He listened to the music that was performed at the event and in 20 minutes he could play all of the notes, he said.

"Christopher has perfect pitch," said his stepmother, Faith Savitt. "He can hear everything and tell if it's on pitch."

"He's an exceptionally gifted piano player," she said.

Christopher is also gifted in other areas.

"He reads Hebrew and he remembers Ojibwe from hearing his mom speak it when he was a child," Faith said.

He has also received accolades and praise for many of the activities he's been involved in including running track and in his forensic classes. He's taken drum and dance lessons, and this summer Christopher will try his hand at a summer acting camp.

"He defies autism," said Faith. "He's effervescent and bubbly. He's a performer in the truest sense."

Earlier this month Christopher graduated from the Minnesota State Academy for the Blind. He hopes to attend the University of North Texas to study music.

Mille Lacs Indian Museum Events

Birch bark harvest workshop

Learn techniques for harvesting, storing and working with birch bark. Harvest your own bark, and make a basket to take home. This two-day workshop will be held on Saturday, **June 20**, from 10 a.m.-4 p.m. and from 10 a.m.-2 p.m. on Sunday, **June 21**. The cost is \$75 for the public and \$70 for Minnesota Historical Society members and Mille Lacs Band members.

Basswood doll workshop

Learn how to work with basswood fiber and make dolls out of this natural material. This two-day workshop will be held on Saturday, **July 18**, from

12-4 p.m. and from 10 a.m.-2 p.m. on Sunday, **July 19**. The cost is \$50 for the public and \$45 for Minnesota Historical Society members and Mille Lacs Band members. There is also a \$10 supply fee. There must be a minimum of five participants for this class. Please call 320/532-3632 to sign up.

Hours of operation

The Mille Lacs Indian Museum and Trading Post is open on Mondays, Wednesdays-Saturdays from 10 a.m.-5 p.m., and Sundays from 12-5 p.m.

Group tours can be scheduled by calling the museum at 320/532-3632. Outreach programming is also available.

The Newspaper of the Mille Lacs Band OJIBWE INAAJIMOWIN

"The story as it's told."

Kelly Sam, Editor

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Please provide news tips and other information by the 25th of the previous month.

Circle of Health Update

By Circle of Health Staff

Annual update

Every year Circle of Health requests that annual updates are done for all Band members, the same request was again made this past February. To date, we have had very little response. Circle of Health is informing you at this time: any Band member's file that is missing this information will be put on a "hold for reimbursement" status until the forms are received. This can and may include premium payments made on your behalf.

The enrollment form and consent for release of confidential information form need to be completed. These forms are located at our office, the Ne-la-Shing Clinic receptionist desk, and can be faxed or e-mailed upon your request. Our office must receive your original signature paperwork.

ARRA COBRA law

Some Band members who are or were on a COBRA plan, and involuntarily left employment with a former employer dating back to September 2008, may have already received letters in regards to the ARRA COBRA law, and stimulus package.

If you have received this letter, it is important to first contact our office, then fill out the paperwork and return it as quickly as possible. The new ARRA COBRA law will enable your former employer to bill the stimulus package for 65% of the total cost of your plan.

This will result in a reimbursement check issued to the individual or payer (Circle of Health). This is a great opportunity for the Circle of Health program. We will also send letters to the former administrators we have on file, to request any reimbursements to our office directly. It is our hope, that this will lift the burden off Band members to wait for the check and get it to our office. These checks must be returned to our office, or you can jeopardize future assistance from our office until all funds are reimbursed.

Private insurance

Private insurance plans are covered for a maximum of 12 months. Approximately 30 days prior to your termination date, Circle of Health will send

you a letter regarding your options. Just recently we have had a local Band member go online to einsurance.com and get quotes for a private plan; it allowed this Band member to pick out what she was looking for in her coverage. The cost of the plan for one adult and one child is \$90 a month. This is a tremendous savings to Circle of Health. Call our office if you are interested in exploring this option with our benefits coordinator.

Blue Cross Blue Shield of Minnesota

From time to time, the Circle of Health office receives participant mailings. The mailings usually include brief updates or changes to plans. In an effort to save administrative/ mailing costs we are informing you that we will add this information to our monthly newsletter. If you would like to personally receive this information, call your claims processor, otherwise, it will be placed in your file.

Our office just received information about the 24-hour nurse advice line, which is 800-622-9524. It also has a 24-hour audio library on numerous topics, including: allergies, bones, joints and muscles, eyes and vision, mental and behavioral issues, home health, first aide, infant and child health, women's health, and men's health. There is no cost to the participant. Call the toll-free number day or night, and follow the prompts.

Benefit coordinator

Dawn Chosa will be changing her location and day for District I community outreach. Starting July 7, she will be in an office adjoining the District I ALU reception area from 9 a.m.-1 p.m. on Tuesdays. This schedule has been changed because many Band holidays fall on Mondays.

Reimbursements

Please allow claims for reimbursement a two- to six-week grace period from the date of submission. If you still haven't received anything (reimbursement or denial) after six weeks, contact your claims processor, David Boyd A-L, Roberta Lemieux M-Z or Michele Palomaki, director, at 320/676-8214 or 800/491-6106.

Foot Care – An Important Step in Diabetes Treatment

By Toya Stewart

It's not uncommon for people with diabetes to develop foot problems. But, it is important for people with diabetes to be aware of them and to consult a medical professional because even if the problems seem ordinary, they can lead to serious complications.

Sue Swanson, a certified diabetes nurse educator and diabetic program coordinator for the Band said, "Foot care is so important." Each month, Sue devotes one hour in the Diabetes Management Classes to foot care.

"Prevention is the key," she said. "It is very important for people with diabetes to have an annual foot exam with monofilament testing (to test for protective sensation), to inspect their feet daily for any signs of problems, and to be sure not to smoke, go barefoot, or soak their feet."

Signs of trouble

Most often problems occur when there is nerve damage, also called neuropathy, which results in loss of feeling in a person's feet. Poor blood flow or changes in the shape of a person's feet or toes may also cause problems. According to the American Diabetes Association, diabetic nerve damage can lessen the ability to feel pain, heat and cold. That loss of feeling often means a person might not feel a foot injury.

Diabetes can cause skin changes on feet. Feet can become extremely dry, or may peel and crack – all of which are complications that can lead to serious issues. This happens because the nerves that control the oil and moisture in the feet no longer work.

Another common problem is the occurrence of calluses. If not taken care of properly, calluses can turn into open sores.

Foot ulcers can also cause major problems for those with diabetes. They often occur on the ball of the foot or on the bottom of the big toe. While they may not hurt, ignoring ulcers could result in infections, which in turn could lead to amputation.

Poor circulation (blood flow) is another common symptom of diabetes because it causes blood vessels in the leg and foot to narrow and harden. It can make a person's foot less able to fight infection and to heal.

Circulation can be controlled by eliminating smoking, drug and alcohol use, keeping blood pressure and cholesterol under control, wearing proper fitting shoes, staying on top of injuries, and maintaining good personal hygiene.

Importance of prevention

Sue said there are many reasons for a person with diabetes to check their feet on a regular basis. They include early detection of problems, prevention of amputation, the ability to see problems that can't be felt, and to monitor changes in feet.

Thanks to visits from podiatrist, Dr. Daniel Ryan, Band members have access to top notch care, Sue said.

"We are so fortunate to have a podiatrist in our clinics, as this alone has been found to decrease the numbers of amputations," Sue added.

Dr. Ryan, from Brainerd Medical Center, sees patients at the Ne-la-Shing and Aazhoomog clinics three times a month.

Recipe of the Month

Angel Food Trifle

Submitted by *Christine Kegg*,
Diabetes Team member

Serves 12; 2/3 cups per serving

Ingredients

- 1-pound package fat-free angel food cake mix or 6-inch diameter angel food cake
- 3 cups fat-free milk
- 2 1.5- to 1.7-ounce packages instant fat-free, sugar-free vanilla pudding mix (4-servings size)
- 2 cups sliced fresh strawberries
- 1 cup fresh blueberries
- 1 cup fresh raspberries
- 1 tablespoon sugar
- 1 tablespoon sweet marsala, cream sherry, or fresh orange juice
- 1/4 cup melted all-fruit seedless raspberry spread
- 1 1/2 cups frozen fat-free or light whipped topping, thawed
- 1/2 teaspoon vanilla extract

Directions

1. Prepare the cake and let it cool using the package directions (for the cake mix).

2. Meanwhile, pour the milk into a medium bowl. Add the pudding mix. Using a whisk or electric mixer, beat on low speed for two minutes. If not using the pudding immediately, put plastic wrap directly on it and refrigerate. (Both the cake and the pudding can be made up to a day before assembly).

3. In a large bowl, stir together the strawberries, blueberries, raspberries, sugar and marsala.

4. When the cake is completely cool, cut enough half- or three-fourths-inch cubes of cake to measure 3 cups. Wrap the remaining cake in plastic wrap or aluminum foil to use another time. (Tip: use a serrated knife, as it is less likely to compress the cake.)

5. To assemble, put half the cake cubes in a 2 1/2 quart glass bowl. Drizzle with 2 tablespoons of fruit spread. Top with half the fruit mixture, followed by half the pudding. Repeat.

6. In a medium bowl, stir together the whipped topping and vanilla. Gently spread over the pudding. Cover the bowl with plastic wrap. Refrigerate until ready to serve, up to 24 hours.

Mille Lacs Band Of Ojibwe Tribal Government Monthly Financial Report

April 2009

	Approved Budget for FY 2009	Actual Expenditures through 4/30/09	% of Budget Expended
Administration (1)*	12,899,500	5,968,396	46.3%
Workforce*	11,621,001	2,640,965	22.7%
Judicial	1,093,149	521,384	47.7%
Law Enforcement*	3,477,344	1,738,770	50.0%
Education*	14,525,021	8,407,350	57.9%
Health and Human Services*	23,718,468	13,252,748	55.9%
Natural Resources*	5,066,683	3,058,758	60.4%
Community Development*	35,421,838	9,239,173	26.1%
Gaming Authority	4,619,531	2,322,540	50.3%
Per Capita Payments	26,141,076	21,436,410	82.0%
Economic Stimulus	2,800,000	2,780,000	99.3%
Total Expenditures	\$141,383,612	\$71,366,494	50.5%

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 2008 fiscal year.

Native Vote Alliance of MN Golf Outing

Native Vote Alliance of MN (NVAM) is hosting its second annual golf outing on July 28 at Black Bear Golf Club in Carlton, MN. Registration starts at 12 p.m., shotgun starts at 1 p.m., and is followed by an awards dinner at 5 p.m. The four-person scramble costs \$300 and includes golf, dinner, two carts, and contests.

Your participation in this event will help with administrative costs to increase Native American voters and Native American election judges in the 2010 election process. For more information about this event or to sign up, please contact Sally Fineday at 218/335-8581, ext. 139 or 218/368-1766. You can also e-mail Sally at sallyfineday@hotmail.com or visit the Web site at www.nativevotemn.org.

Havoc in Grand Casino Hinckley Boxing Ring

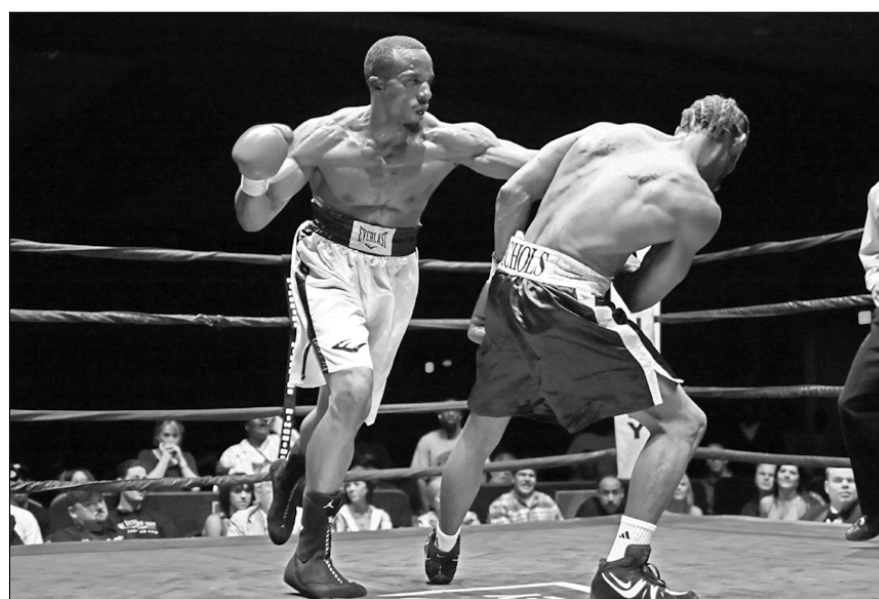


Photo courtesy of Jesse Kelley

There was some exciting boxing action at Grand Casino Hinckley on June 5. One of the battles was between Phil "The Drill" Williams of Minneapolis (right) and Antwun Echols (left). For more information about this boxing event, please look in the next issue of the Ojibwe Inaajimowin.

After-Hours Emergency Numbers

Please use the following numbers if you have an after-hours emergency.

For **crimes, medical emergencies, or fires** call 911.

For home-related maintenance issues including **heating and water**, please call 800/709-6445, ext. 7799.

For **family services or foster care issues**, please call 800/709-6445, ext. 7588.

Tribal Noteboard

Happy June birthday to:

Noah, 3, on June 2 with love from TT, Jay, grandma, mom, dad and Taya • **Monica Haglund**, on June 21 with love from Carolyn, Randy and Jose • **Joel Shaugobay**, on June 8 from your cousins in Mille Lacs and Jordan family in Minneapolis • **Rodney Boyd Jr.**, on June 9 with love from Keila, Rachel, RaiLei, Jeremy, Candace, Cyrell, Richard, and Mrs. B • **Candace**, on June 20 with love from mom, Ernie, Cyrell, Keila, Rachel, RaiLei, Jeremy and Richard • **Shirley Boyd**, with love from Cyrell, Candace and Ernie • **Baby Rod**, on June 9 with love from mom, Johnny Asia, grandpa, Carly, and little man • **Tayaunna Boyd**, on June 1 with love from mom, dad, Lydell, McKayla, Gramma Gladys, Papa Ron, Rol, Col, Camille, Lance, Terrell, Tierra, LaDarius, Candy, Clay, Buddha, Aubrey, Roxann, Roger, Bev, Juni, Roy, Jillian, and the rest of the Smith family • **Roland Smith**, on June 18 with love from Lenore, Bill, Tyson, Eva, Jon, Clara, Emma, mom, dad, Desi, Lydell, McKayla, Tayaunna, Col, Camille, Lance, Terrell, Tierra, LaDarius, Candy, Clay, Buddha, Aubrey, Roxann, Roger, Bev, Juni, Roy, Jillian, and the rest of the Smith family • **Roger Garbow Jr.**, with love from mom, dad, Desi, Lydell, McKayla, Tayaunna, Rol, Col, Camille, Lance, Terrell, Tierra, LaDarius, Candy, Clay, Buddha, Aubrey, Roxann, Ron, Gladys, Jillian, and the rest of the Smith family • **Vince Stobb**, on June 12 with love from mom, dad, Desi, Lydell, McKayla, Tayaunna, Rol, Col, Camille, Lance, Terrell, Tierra, LaDarius, Candy, Clay, Buddha, Aubrey, Roxann, Roger, Bev, Juni, Roy, Jillian, the rest of the Smith family, Auntie Jan and kids • **Ken Weyaus Jr.**, with love from Ron, Gladys, Desi, Lydell, McKayla, Tayaunna, Rol, Col, Camille, Lance, Terrell, Tierra, LaDarius, Candy, Clay, Buddha, Aubrey, Roxann, Roger, mom, Roy, Jillian, and the rest of the Smith family • **Suzie Merrill**, on June 21 with love from Lenore, Bill, Tyson, Eva, Jon, Clara, Emma, Ron, Gladys, Desi, Lydell, McKayla, Tayaunna, Rol, Col, Camille, Lance, Terrell,

Tierra, LaDarius, Candy, Clay, Buddha, Aubrey, Roxann, Roger, Bev, Roy, Jillian and Juni • **Steve Hanks**, on June 18 with love from Lenore, Bill, Tyson, Eva, Jon, Clara, Emma, Ron, Gladys, Desi, Lydell, McKayla, Tayaunna, Rol, Col, Camille, Lance, Terrell, Tierra, LaDarius, Candy, Clay, Buddha, Aubrey, Roxann, Roger, Bev, Roy, Jillian and Juni • **Tami Gahbow**, from Desi, Gladys, Kyla Lynn, Goats, mom, Lynelle, Spud, Ava, Addison, Erik, Olga, Pete, Gabe, Les, Bill, Lenore, Clara and Emma • **Brenda Mitchell**, 12, on June 4 from Auntie Jan and kids, TJ and Kali • **Adam Benjamin**, 7, on June 7 from Auntie Jan and kids, TJ and Kali • **Pyckle Dyl**, 34, on June 8 from TJ and Kali • **Kennedy Nayquonabe**, 2, on June 6 from TJ and Kali • **Christina Boyd**, 23, on June 13 from Tiffany and Kali • **Amelia Sam**, 5, on June 20 from Auntie Jan and kids • **Tia White**, 3, on June 25 from Auntie Jan and kids, Tiffany and Kali • **Spud**, on June 7 from Big Al, Lynelle, Ava, Addison, mom, Grandma Panji, Pete, Erik, Olga, Bill, Lenore, Clara and Emma • **Les Gahbow**, on June 4 from the Urban Gahbows, dad, Baby Gabe, Gabe, Lynelle, Tami, Spud, Ava, Addison, Grandpa Panji, Erik, Olga, Bill, Lenore, Clara and Emma • **Pete Gahbow**, on June 20 with love from Kyla Gahbow, Goats, mom, Tami, Lynelle, Spud, Ava, Addison, Erik, Olga, Bill, Lenore, Clara and Emma • **Kay Garbow- Lathrop**, from your family • **Melaine Garbow**, from your family • **Tammy Smith**, on June 24 with love from Brandon, Brandi, John, Punky and Tank • **Brandon Sam**, on June 13 from Tammy, Brandon, Brandi, John, Elias and Tank • **Juni**, on June 28 from Tammy, Brandon, Brandi, John, Elias and Tank • **Marita Yellowhammer-Jones**, from Sandy and kids, Cheryl and kids, and Auntie Patty and Thomas • **Rosetta**, from Sandy and kids, Cheryl and kids, Sister Patty and Thomas • **Loris**, on June 5 from the Bearheart family • **Waylon Lee**, on June 2 from the Bearheart family • **Veronica St. Clair**, on June 10 from Auntie Mary, Brenda, Roland III, Lucas, Jerome, Brent, Taryn, Auntie Chell,

Camryn, Cam, Ed, dad, Papa Matt, and Ruth • **Cody**, on June 8 from Tyson, Eva and Jon • **Hayleigh**, on June 2 from Lenore, Bill, Tyson, Eva, Jon, Clara and Emma • **Wyatt**, on June 15 from Lenore, Bill, Tyson, Eva, Jon, Clara and Emma • **Dante**, 7, on June 3 with love from dad, mom, Beaner, Mase Jr., Shawsha, Soul, grandma, DeaLayna, Franny, Stone, Derek Jr., Simone, Rachel, Joe, Donny, Sheila, Joey, Greg, Marissa, Jim and Jeannette • **Jim**, 33, on June 5 from Jeannette, mom, Mary, Mase, Shawsha, Soul, Beaner, Dante, Mase Jr., Simone, Rachel, Joe, Sheila, Joey, Donny and Bruce • **Danielle**, 27, on June 21 with love from mom, DeaLayna, Stone, Derek Jr., Franny, Rachel, Jo, Sheila, Joey, Donny, Greg, Marissa, Mary, Mase, Beaner, Simone, Dante, Shawsha, Soul, Mase Jr., Jim and Jeannette • **Grandma Rosie**, on June 9 with love from Tara, George, Shaun, Geo, Troy and Isaiah • **Missy**, on June 15 with love from Tara, Shaun, Geo, Troy, Isaiah, Nick, Destiny, Mike, Alexis, Izik, Diamond, Corey, Brandi Rose, Britti, Tam, Ric, Romeo, Jason, Brookey, Lil Bear, mom, Wally, Sharon and Rave • **Ravin**, with love from Gramma Bev, Tara, Shaun, Geo, Trooks, Zay, Missy, Nick, Destiny, Mike, Alexis, Izik, Diamond, Corey, Brandi Rose, Britti, Tam, Ric, Romeo, Jason, Brookey, Lil Bear, mom, dad, Karen, AA, Val, Pie, Baby Kevin, Tracy, Shelby, Jarv, Jake, Jamie, Aiva, Marky, Nick, Chris, Jimmy, Cordell, and Baby Chris • **Baby Kevin**, 6, on June 23 with love from mom, dad, sister, Gram Kim, Steve, Papa Brad, Karen, AA, Tracy, Shelby, Jarv, Jake, Jamie, Aiva, Marky, Sharon, Wally, Ravin, Nick, Chris, Jimmy, Cordell, and Baby Chris • **Shyla Lussier**, 10, on June 24 with love from mom, Jor, Des, Dallas Jr., Uncle Dal, Gramma G, Papa, Gram Nazz, and Elivis • **Loyn Deyhle**, 14, on June 1 from the Anderson kids • **Robert Kegg**, on June 4 from Mary and family • **Roland Hunt III**, on June 7 with love from Gramma Mary, mom, Lucas, Jerome, Brent, Taryn, Nikki, Michelle, Camryn, Tim, Ed, Veronica, Rich, and the rest of the family.

Happy June birthday to Mille Lacs Band Elders!

Mary Ann Ailport
Randall Anderson
Shirley Beach
Arvina Benjamin
Raining Boyd
Shirley Boyd
Clifford Churchill
Jessie Clark
Sherry Colson
Emma Compelube
Simon Day Jr.
Peter Dunkley
Roberta Fox
George Garbow Jr.
Marilyn Gurneau
Catherine Hedstrom
Marlowe LaFave
Kathy Lathrop
Edward Martin
James Matrious
Robert Mayotte
Beatrice Mitchell
Clarence Moose
John Morrow
Georgia Nickaboine
Gordon Parr
Charlene Shingobe
Warren Skinaway
Pearl St. John
Frances Staples
Judy Swanson
Loris White

Congratulations

Congratulations to **Simon Potter** for graduating from high school. *With love from mom, dad, Jory, Wayne, Rochelle, Mark, and all your nieces.*

Congratulations to **Carolyn Shaw** for graduating from Central Lakes College and receiving her associate of arts degree with honors. We are very proud of you. *With love from mom and dad Haglund, and the rest of the family.*

In memory

In loving memory of our dear brother **Dean**. The third of this month you would have been 57 years old. How the years have flown by since you left us 32 years ago. We still miss you and love you as much as we did all those years ago. *Always in our hearts, from Kat, Vicki, Reine, Mel, Dale, Joe and Sam.*

Names and Faces

Band member Anthony Pike in Iraq



Photo courtesy of Tony Pike

Mille Lacs Band member Anthony Pike was deployed to Iraq in April after several months of training at Fort Lewis in Washington. He is part of the 34th Infantry Division, which is based in Stillwater, and is working to help train Iraqi police. This is Anthony's first tour of duty; he is scheduled to return home in April 2010.

If you would like to send mail or care packages to Anthony overseas, his address is:

Pike, Anthony
34th Military Police Company,
34th INF DIV APO AE, 09374

You can also e-mail Anthony with news from back home at anthony.pike@us.army.mil.

The Mille Lacs Band wishes Anthony well during his service in Iraq.

Band member attends national training conference



Rick Anderson

Jayson Sam's mom and dad would like to congratulate Jayson on being selected to attend Youth Track at the 6th Annual National Training Conference for SAIGE. SAIGE is the only national non-profit organization that advocates for American Indian and Alaska Native Government Employees. The training conference was held on June 1-5 in San Deigo, CA. Jayson was one of 30 students nationally, ages 18-25, who were selected. Each applicant must be in good standing at an accredited high school, college, or university and must submit an essay describing his interest and goals for the future. We are extremely proud of Jayson.

Making a Difference Through Foster Care

By Toya Stewart

When it comes to raising healthy American Indian children, most would agree that it happens when they are in loving, familiar environments. That's why it's so important for American Indian children who need refuge, for whatever reason, to get it from other American Indians.

Yet, there's a shortage of homes that can care for the children because not enough Band members or American Indians are serving as foster parents, said Valerie Eli the Band's foster care coordinator.

"If we don't have local Native families doing foster care then the children have to go further away from home and their families," she said.

That means the potential for their lives to be disrupted is even greater, added Jeannie Reams, a juvenile advocate for the Band.

"Their schedules change, their schools might change, and having family visits could get more difficult, too," Jeannie said.

Often, children end up staying in non-Native homes due to the shortage of American Indian foster parents, according to Ted Waukey, director of family services for the Band. When the situation arises that a child cannot be reunited with biological parents, the system requires an alternative permanent home be found. If a child is in a non-Native home and a bond forms, it is difficult in many ways, to separate them.

If that happens there's a possibility or likelihood the child may have difficulties transitioning due to cultural identity (depending on age) which could negatively impact self esteem, identity and self-image later in life, and that concerns Commissioner of Health and Human Services Sam Moose. To help make the already difficult transition easier, the Band's Department of Family Services is making an effort to recruit more Band member/ Native foster families for short-term, long-term, emergency and respite care.

"Currently we have between 29 and 32 homes that are licensed, but only one-third of those are licensed for the sole purpose of taking care of their own relatives," Valerie said.

The department's goal is to license more qualified American Indian families, and anyone interested should contact Valerie. Interested parties can decide the

length of time they can commit to, the number of children they can handle, and they always have the right to say no if the timing isn't right for them.

Foster parents can be single or married, live in an apartment or home, and must be an adult. They must also be able to care for themselves financially, though foster families do receive financial assistance for those they are caring for. The Band uses its own policies, along with the state policies, to place children in qualified homes.

The department can license someone who is Native and not a member of the Mille Lacs Band as long as they are in a 30-mile radius of the reservation. At this time the Band is unable to provide licensure for those in the urban area.

"If foster children can't be with their families, then we want them to be with people who eat the same food and have the same cultural practices," said Kristie Vance, the Band's lead social worker. "It's already traumatic enough going to a new home. It's hard on children."

Social worker Deb Stewart recognizes that becoming a foster parent is a big commitment, so she reminds people that they can start slowly by becoming licensed for respite care only. Respite care is an occasional, short-term arrangement that is offered to give other foster families time off. There's also a need for families who will accept emergency placements.

"We have very few homes we can utilize and it's such an important need," Kristie said. "We need a place that's close, that we can get a child to because too often we end up placing a child in a county home overnight until we can get to a family member."

On average about one to two emergency placements are done each month. It can include one child or more depending on how many children reside in a home.

"You want to find a place that will keep all the siblings together," Kristie said. "People should look at this as an opportunity to make a difference in someone's life, even if it's just short-term."

For more information about foster care or adoption, please contact Valerie Eli at 320/532-7820 or Ashley Burr at 320/532-7763.

Dealing With Debt

By East Central Legal Services

During these economic times more families and individuals are facing debt problems. Losing a job, losing public assistance benefits, sudden medical bills, or divorce can push a family into debt. Debt collectors can pressure people to make wrong decisions. Families often pay the wrong bills first or make financial decisions that only make their problems worse.

The preceding is the preface to the new Minnesota Legal Services Coalition booklet that deals with debt.

East Central Legal Services provides this booklet free of charge. If you would like more information on how to legally deal with your debt, including information on debt collection, bankruptcy, student loans, child support, and much more, please call East Central Legal Services at 800/622-7772. East Central Legal Services is

also available to conduct community presentations on this and other topics.

We are available for walk-ins at the following places and times:

- District I, Workforce Center: Wednesdays from noon-4:30 p.m.
- District II, East Lake Community Center: every other Tuesday from 8 a.m.-noon
- District IIa, Chiminising Community Center: every other Thursday from 8 a.m.-noon
- District III, Lake Lena Community Center: alternate Tuesdays from 8 a.m.-noon
- Urban center in Minneapolis: by appointment only; call 800/622-7772

(The above times are subject to weather conditions and other factors.)

Calendar of Events

June 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	15	16 District II Leadership Academy School Board Meeting 4 p.m. Contact: Dawn Aubid, 218/768-3477	17	18 District III Community Meeting Grand Casino Hinckley 5:30 p.m. Contact: Monica Benjamin, 320/384-6240	19	20 Birch Bark Harvest Workshop Mille Lacs Indian Museum 10 a.m. Grand Celebration Powwow Grand Casino Hinckley
21 Birch Bark Harvest Workshop Mille Lacs Indian Museum 10 a.m.	22	23	24 District IIA Community Meeting Chiminising Community Center 5:30 p.m. Contact: Lesley Sam, 320/676-1102	25 Urban Area Community Meeting All Nations Indian Church, 5:30 p.m. Contact: Barb Benjamin-Robertson, 612/872-1424 District II Community Mtg. East Lake Community Center 5 p.m., Contact: Jenny Waugh, 218/768-3311	26	27
28	29 District I Community Meeting District I Community Center 5:30 p.m. Contact: Judy Virnig, 320/532-7423	30			<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>	*To Purchase Tickets Visit a Grand Casino box office, call TicketMaster at 612/989-5151, or visit www.ticketmaster.com

July 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 Talking Circles The Brick House, 5:30 p.m. Contact: KC Paulsen, 320/532-4046	3 All offices will close at noon	4
5	6 Onamia Indian Education Parent Committee Meeting Rolf Olsen Center 12 p.m. Contact: David Sam, 320/532-4901	7	8	9	10	11 John Kay and Steppenwolf* Grand Casino Hinckley 8 p.m.
12	13 Pine Grove Leadership Academy Meeting 12:30 p.m. Contact: Rene Ann Goodrich, 320/384-7598 AMVETS Meeting GCML 6 p.m. Contact: Ken Weyaus, 320/309-6925	14	15	16 All Elder Community Meeting East Lake ALU 11:30 a.m. Contact: Denise Sargent, 320/532-7494 Talking Circles The Brick House, 5:30 p.m. Contact: KC Paulsen, 320/532-4046	17	18

What is One of Your Best Memories from Nay Ah Shing?

Marcus Boyd



"When we all threw water balloons at the school staff."

Miranda Nickaboine



"Our trip to Alaska and when the seniors got the teachers with water balloons."

Kelly Friend



"Running around the reservation during the Fun Run."

Amber Buckanaga



"Bombing the teachers with water balloons."

Jon Reynolds



"I would say the introduction of four square."

Kyle Aune



"Bombing the teachers with water balloons."

Cheyenne Martin



"The Knowledge Bowls."

Nikki Sam



"The fun trips we got to go on."

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

Moving Into the 21st Century: Challenges and Opportunities

By **Toya Stewart**

In the 1960s, Duluth-born musician Bob Dylan penned a song called "The Times They Are A-Changin'" that aptly characterized some of the social and political changes that were happening in the country at that time.

"Come gather 'round people
Wherever you roam
And admit that the waters
Around you have grown..."

The lyrics to the ageless song continue to resonate with many people even today, as they bear witness to this technology-filled world that has become more global and more diverse.

In Minnesota, the state demographer's office projects that the minority population will change dramatically.

The percent of Minnesota's population that is non-white or Latino is projected to grow from 14 percent in 2005 to 25 percent in 2035.

The numbers of Latino, black and Asian Minnesotans are projected to more than double over the next 30 years.

The white population is projected to grow slowly and will decline in some parts of the state.

All regions of the state will become more racially and ethnically diverse than they are now.

However, in spite of gains in other minority groups, the state demographer's office adds that

much slower growth is projected for the American Indian community. The growth is projected to be only 13 percent between 2005 and 2035 for those who identify as American Indian only.

According to the state demographer's office, the trend data for American Indians is probably less reliable than other groups, because people who identify as American Indians often identify with another race, too. So some American Indians are included in two or more race groups, rather than in the American Indian-only category.

Projections also show that those who identify as American Indian-only will have a declining presence in Hennepin and Ramsey counties. It is anticipated that about 28 percent of the American Indian population will live in these two counties by 2035.

Linda Kaufmann, senior program manager for the Children, Youth & Families Initiative Foundation in Little Falls, said she has seen similar trends.

"The Initiative Foundation's service area is becoming more diverse. Four minority race groups have shown exponential growth from 1980 to 2004," said Linda, referring to the African-American, Hispanic, Asian and Somali populations.

Still, she added, "the region's largest non-white racial group is the Native American population,

which has continued to increase each decade."

"In Cass and Mille Lacs counties, home to the Leech Lake and Mille Lacs bands of Ojibwe respectively, Native Americans made up 11.5 and 4.7 percent of the population in 2000," she said. "Further, non-Hispanic racial minorities make up 22 percent and 10 percent respectively of the population of children under 18 in those two counties."

Commissioner Curt Kalk has also noticed some interesting trends through the work he does in the Band's Department of Natural Resources.

"In the past couple of years, with an effort to change how the Band consumes energy, we have looked at the number of Band Elders who receive different types of financial assistance from the Band government to cover heating and electric costs," said Curt.

"With this we looked at Band members who are in the 40- to 45-year age range that will enter the Band's Elder services age of 55 years old in 10 to 15 years," he said. "We did some projected costs that the Band may incur with programs that pay part or all of an Elder's heating and electric expenses. What we realized was that we have a much larger number of enrolled members that will reach Elder status than any other time in our recent history."

Curt went on to say, "there are currently approximately 150

Band Elders who receive services. If we move 15 years down the line, our current Elders would still be alive, and we would add an additional 300 to the list of Elders being serviced. This would mean the Band would have to provide services for approximately 450 Band Elders."

"Our budgets are already feeling the impact of lower dollars," Curt said. "If we try to make the services stretch over all 450 Band members, our need for alternative and direct impact dollars would far exceed what is currently being spent on a limited budget."

Curt added that there are going to be other impacts, such as higher usage of the health care facilities and additional cost to the Circle of Health program.

Thankfully, Curt says, the Band understands the need to prepare the next generation to take care of Elders.

Now, many think it's time for the Band's youth to understand what they are charged with and to know that indeed "The Times They Are A-Changin'."

"And accept it that soon
You'll be drenched to the bone

If your time to you
Is worth savin'

Then you better start swimmin'

Or you'll sink like a stone
For the times they are a-changin'."

- Bob Dylan