

OJIBWE INAAJIMOWIN

March 2008

"The story as it's told."

Volume 10 • Number 3

New Housing Initiative Funding Approved; Construction to Begin Soon

On March 6, Chief Executive Melanie Benjamin signed the Housing Initiative Bill (13-01-69-08) into law. This landmark legislation appropriates nearly \$9.3 million for new home construction.

"We expect to begin construction immediately," said Peter Nayquonabe, Assistant Commissioner of Administration, who has been working with the Band Assembly since September to seek approval of the new funding.

Under this initiative, 20 new homes will be constructed throughout the three reservation districts, in addition

to one fourplex and two duplexes. Funding was also approved for home loans to individual Band members to purchase 15 homes off-reservation, including the urban area.

"I want to congratulate Commissioner Nayquonabe for his wonderful work with the Band Assembly that resulted in passage of this appropriation legislation," said Melanie. "Housing remains one of the highest priorities of Band government, and we must continue moving forward until all Band members are in good, affordable homes."

Absentee Ballot Request Forms

The primary election is on Tuesday, April 1. If you need to vote by absentee ballot, you will need to request this ballot as soon as possible. Please see the Absentee Ballot Request Form on page 5, and instructions on absentee voting on page 4. If you have any questions, please call the Government Center at 800/709-6445 or 320/532-4181.

Band Member Joins Marine Corp

Congratulations to Mille Lacs Band member Quintin T. Sam, a proud new member of the United States Marine Corp. Quintin, who is the son of Denise Sargent and grandson of Dorothy Sam, was the Traditional Powwow Senior Brave in 2004. The committee feels an enormous amount of pride as he continues to be a role model for our youth and a strong representative for the Mille Lacs Band.

Congratulations from the Traditional Powwow Committee:

- Freedom Porter, Co-Chair
- Mary Jo Jennings, Co-Chair
- Sharon James, Secretary
- Cyrilla Bauer, Treasurer
- Kenneth Weyaus Sr., Spiritual Advisor, retired U.S. Marine
- Dorothy Sam, Spiritual Advisor
- Raining Boyd, Spiritual Advisor
- James Clark, Spiritual Advisor

- Investigator Brent Pruesser, Mille Lacs Band Tribal Police
- Nora Benjamin
- Marie Pike
- Crystal Houle
- Becky Houle
- René Athman
- Brian Schienost
- Carmen Weous-Behnkie
- Anthony Pike, U. S. Army
- Robert Thompson
- Steve Premo
- Diane Gibbs
- Larry "Perry" Benjamin

Messages to Quintin

"Bone, you've come a long way from that 11-year-old kid I met so long ago. You have my utmost respect, and I am very proud of you."

– Freedom Porter

"Hey, son, you left home a boy and came home a man. I am very proud of you!"

– Mamma



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Nay Ah Shing Memorial for Colleagues



Photo courtesy of Nay Ah Shing School

Nay Ah Shing Athletic and Activities Director Bugs Haskin (center) presented plaques to Linda Dunkley (left) and Jean Novak (right) to honor their late husbands' services to the school.

By Eric North, Nay Ah Shing Schools Principal

There wasn't a dry eye in the circle area at Nay Ah Shing High School on February 6, when family and close friends gathered together to pay tribute to Duane Dunkley and Don Novak. Duane, a Mille Lacs Band Elder, and Don invested many years of service to the Band's Education Department, from coaching to administrative work. The manidoo took Duane in June 2006, and Don left us in November 2007.

The attendees enjoyed a wonderful dinner and shared humorous stories and fond memories of the two men. Linda Dunkley and Jean Novak were then presented with small plaques honoring their husbands. A larger plaque was also presented that will remain at Nay Ah Shing. Every year, a Mille Lacs Band youth will be

named the recipient of the Dunkley-Novak Award. This award will be based on achievements in academics, athletics, and work ethics and will be presented yearly at graduation.

The memorial was arranged by Nay Ah Shing Athletic and Activities Director Bugs Haskin, who said, "Not only was Duane my dad's cousin, he was very instrumental in my acquiring the position I still hold here at Nay Ah Shing. He was my mentor and shared the same vision and dream I have for our youth and community. Duane and Don were both great men and I wanted their legacy to live on and not be forgotten."

Bugs recited a tribute to the men which said, "We can remember them and only that they are gone, or we can cherish their memory and let it live on."

Indian Health Care Improvement Act Passes Senate, Awaits House Decision

In what many American Indians consider the most important federal legislation of the year, the Indian Health Care Improvement Act of 2007 (S. 1200) passed the United States Senate by an 83-10 vote in late February. Tribes are hoping for swift approval from the House of Representatives, but are facing a veto threat from President Bush.

Senate approval comes after nine years of negotiations. National Congress of American Indians President Joe A. Garcia commented on the long-awaited

process, saying, "It's about time, and I applaud the Senate for this historic vote. Federal prisoners continue to receive better health care than Native people, and this is a major step in reversing that alarming statistic."

S. 1200 will improve Indian health care services and delivery; provide basic tools needed to address the overall health of tribal communities and the increasing problems of teen suicide and methamphetamine abuse; and allow for in-home care for Elders.

Understanding the Band's Budgeting Process

By Tadd Johnson, Special Counsel on Government Affairs

Under the Indian Gaming Regulatory Act, the Secretary of the Interior is charged with the review and approval of Tribal Revenue Allocation Plans (RAPs) relating to the distribution of net gaming revenues. Net gaming revenues from Class II and Class III gaming may be distributed in the form of bonus distribution payments to members of an Indian tribe provided the Indian tribe has prepared a RAP. Without an approved RAP, the Indian Gaming Regulatory Act constrains the use of net revenues to the following purposes: to fund tribal government operations and programs; to provide for the general welfare of Indian tribes and members; to promote tribal economic development; to donate to charitable organizations; or to help fund operations of local government agencies. The BIA has approved 55 RAPs. Among those 55 is the Mille Lacs Band of Ojibwe's RAP.

The chart below illustrates the Band's RAP. Our spending is as follows:

- 25% on bonus distribution payments to Band members
- 25% to a long-term savings fund
- 8% is allocated for the Housing Initiative, which funds new home construction
- 7% for economic development purposes
- 5% to a permanent initiative fund, which funds infrastructure construction
- 5% toward a retirement fund that makes payments to elderly Band members

The remaining 25% of net revenue is allocated toward what is called "Base Government Spending." The Band uses this 25% to fund programs and services operated by the three branches of government. The Band is not allowed to spend more than 25% of its revenue on Base Government Spending.

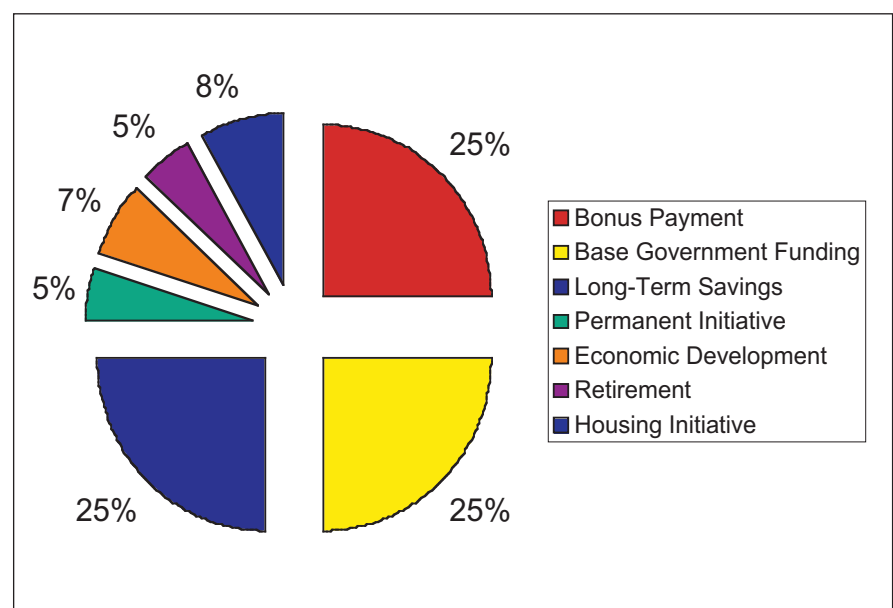
The Band operates on a two-year budget cycle. Decisions about how the Band will allocate the 25% of Net Revenue for Base Government Spending are made every two years during our budgeting process, which takes about six months to complete.

At the beginning of the process, which began last spring for the FY2008 and FY2009 budget cycle, each department (including the elected officials' departments) is provided with a spreadsheet that shows actual funds expended in the previous year. The Band has a zero-growth policy, so we were required to keep our FY2008 and FY2009 budgets at the same levels as they were in 2006. This was very challenging during our last budgeting process, because of the rising costs of health care and health insurance.

Each department thinks carefully about the funding it needs in order to operate while staying within 2006 budget levels, and then develops a preliminary budget. The budget process is long and entails many discussions.

In general, the result is a law appropriating funds, not unlike other laws. The entire process is provided for under the statutes of the Mille Lacs Band of Ojibwe. Under Titles 2 and 3 of the Band's statutes, which are available on the Band's Web site, the lawmaking authority of the Band is delineated in great detail.

Net Revenue Allocation Plan



Ask Melanie

By Chief Executive Melanie Benjamin

How is the Chief Executive's budget used, and how does it compare to other government spending?

The budget for the Office of the Chief Executive supports the work of the Chief Executive, which is to conduct relations with all other governments; negotiate, execute and administer all agreements, contracts and grants on behalf of the Band; enforce Band law; and protect the interests of the Band. Band law also authorizes the Chief Executive to hire persons to serve in the office to assist in carrying out her duties.

The budget for my office is developed like every other departmental budget (see Commissioner Costello's article on this topic). We evaluate the financial needs of each department's programs and services for the purpose of best serving Band members, hold budget meetings over the course of several months, and then submit the budgets to the Band Assembly. The Band Assembly must vote on and approve all budgets, including the Chief Executive's budget and the Legislative Department's budget.

Overall, Band government is only allowed to spend 25% of our net revenues on base government spending (this does not include per capita payments), so government spending is limited. The Office of the Chief Executive's budget is just 2% of the base government spending. For comparison purposes, it is similar to the Legislative Department's budget under the Secretary/Treasurer, which is slightly higher than the Chief Executive's budget.

The salary line item of the Chief Executive's budget supports 10 positions, including my position, three Elders, an attorney, and five administrative staff. The Legislative Department's salary line item is 36% higher than the Chief Executive's and supports nine salaried positions.

The salaries of all elected officials are determined by a pay scale set out in Band law. These salaries cannot deviate from that pay scale, and are based on the number of years served in office. Three of the four other elected officials have higher salaries than the Chief Executive.

The local and non-local travel line item pays for all business-related travel for the Chief Executive and 10 staff. As Chief Executive, a good deal of my own Band travel is reimbursed by other agencies. This includes meetings I attend related to self-governance, Federal Home Loan housing meetings, Minnesota

Indian Affairs Council meetings, Indian law committee meetings, and many others.

When I do travel, it is always for the purpose of advocating for the needs of the Band. For example, my work with different housing organizations and boards has resulted in access to new housing money for Band members. A great deal of my travel involves representing the Band before federal agencies and the Congress in Washington, D.C., as I am required to do by Band law. I also use the travel budget to help Band members attend conferences and workshops and in situations when they need to travel for emergency medical purposes. Since 2005, this travel budget has been used to send 150 Band members – primarily youth and Elders – to conferences and workshops.

The elected officials each have line items for donations and hotel/food comps at the casinos. When I host official meetings at the government center or at one of the casinos that require food service, such as Minnesota Chippewa Tribe meetings, I use these funds. I also use these funds for Band members who are in emergency situations and unable to obtain other assistance. For example, my office recently donated to a Band member whose infant granddaughter was airlifted to a hospital in St. Paul and needed assistance with housing. We also have many Band members who are struggling with homelessness, and on occasion I will assist with authorizing lodging or food at the casinos if they are in an emergency situation. To ensure that this process is fair and not taken advantage of, I inform all Band members requesting this kind of assistance that they can only receive this kind of help once per year from the Chief Executive's budget.

The Elder activities budget is used for the official Elder activities and trips our office hosts each year. This line item pays for bus service, food, and lodging for Elders who wish to participate.

The special projects line item supports programs like the Meth Initiative and strategic planning, and the Program Activities line item pays for expenses related to Elder Advisory Board meetings, talking circles, Shinob Jam, hand drum contests, and other community events.

I welcome questions about my office budget and am happy to provide more details to anyone desiring more information.

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

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

Every Band Member Who Receives Bonus Distribution Payments Must File Tax Return

By Angella Roby, Commissioner of Finance

Every Mille Lacs Band of Ojibwe member who receives bonus distribution payments **must file federal and state income tax returns.** Even if all of your state income is exempt from tax (because you are an enrolled Mille Lacs Band member, live on the reservation, and earn your income from the Band), you **MUST** still file a state income tax return.

Also, please note that Minnesota tax credits are only able to reduce tax due to the Minnesota Department of Revenue. If you pay \$0.00 in tax to the Minnesota Department of Revenue, you are not eligible to receive a tax credit refund from the Minnesota Department of Revenue.

Effective January 1, 2008, if you are a Band member owing past due federal income tax debt to the Internal Revenue Service (IRS), your entire bonus distribution payment may have been garnished in accordance with federal law. This means that some Band members received and will continue to receive \$0.00 in bonus distribution payments until the IRS tax levy is paid in full or they reach another agreement with the IRS.

This change is due to a recent IRS notification sent to the Band that requires withholding of an individual's bonus distribution payments up to 100% until the IRS levied

debt, if any, is satisfied. The only debt or financial obligation given priority to an IRS levy is for child support. Any other judgments owed by the individual Band member may not be satisfied until the IRS levy is paid in full, including court orders that predate the IRS levy notice.

No state or tribal government, including the Band government, can enact laws to restrict the withholding of an individual's income by the IRS. Therefore, the Band's garnishment statute does not take precedence over the Internal Revenue Code. If the Band government did not follow the IRS Code and regulations, the Band government would be liable for the amounts that it should have paid to the IRS, and the Band could lose millions of dollars in federal grants that it receives annually.

Please note: Some Band members owing IRS tax levies may be eligible for an exemption up to a certain amount. Unfortunately, the Band government cannot work with the IRS on your behalf and **you must negotiate with the IRS agent assigned to your tax levy case to determine the exemption available to you.**

If you have questions regarding an IRS tax levy, please contact Tami Kramer of East Central Legal Services at 763/689-2849 for assistance.

Income tax filing deadline is fast approaching: April 15th, 2008! Don't delay, file today!

Spring Ceremonial Dance Schedule

April

- April 4-5: Merlin & Mick – Mille Lacs
- April 11-12: Ralph & Andy – Mille Lacs
- April 18-19: David & Skip – Lake Lena
- April 25-26: Lynda & Joyce – Mille Lacs

May

- May 2-3: Raining & Ole – Mille Lacs
- May 9-10: Joe & Reggie – Mille Lacs
- May 16-17: Lee & Larry – Lake Lena
- May 23-24: David & Mushkoob – East Lake
- May 30-31: Vince & Dale – East Lake

Spring 2008 Bonus Checks

Distribution dates and locations

Checks will be distributed to all eligible Mille Lacs Band members on **April 3, 2008**, at each Band member's home district. This distribution will include all Band members receiving monthly, bi-monthly, and three times per year bonus distribution payments.

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 December are eligible for payment. **You must be 20 years of age by March 3, 2008, 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 April bonus will be included in your trust payment.

Pick-up locations

Elders, handicapped and homebound persons living in District I, II, IIa, III or the Twin Cities urban area can pick up their bonus checks on **April 3, 2008**. Distribution sites include the District I Assisted Living Unit, East Lake Community Center, Isle Chiminising Community Center, 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 April 3, 2008.

- District I: Darcie Big Bear, 320/532-7440 or Ginny Davis, 320/532-7512
- District II: Jenny Waugh, 218/768-3311 or 877/768-3311
- District IIa: Carmen Green, 320/676-1102 or 877/676-1299
- District III: Bobby Anderson, 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."

The deadline for changing your pick-up site is noon on **March 21, 2008**. 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 **April 7, 2008**, 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 **May 7, 2008**, 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 **March 21, 2008**. 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 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 March 28, 2008. For more information, contact Kathy Heyer at 320/532-7472.

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

2008 Election Guidelines

A primary election for Chief Executive and District I Representative will be held April 1, 2008. This primary election will determine the two candidates for each office who will be on the ballot for the regular election on June 10, 2008.

To vote in the primary election, the following conditions must be met:

- Enrolled member of the Mille Lacs Band of Ojibwe.
- 18 years of age as of April 1, 2008.
- Reside in a district of the Mille Lacs Reservation thirty (30) days prior to April 1, 2008.

If you do not meet the thirty day residency requirement or have never resided within the district areas of the Mille Lacs Reservation, then you must vote by absentee ballot.

To request an absentee ballot by mail:

Submit by mail or fax an Absentee Ballot Request Form to the General Election Judge. All information requested must be filled out in order for the Election Board to process your request in a timely manner. Absentee Ballot Request Forms are in this issue of the *Inajimowin*, at the front desk of each district community center, and at the urban office.

Absentee ballots must be received by the General Election Board by 8 p.m. on April 1, 2008, by mail or hand delivery. A hand-delivered ballot will only be accepted by the Election Board from the person to whom the ballot was issued.

To vote by absentee ballot in person:

Voting in person by absentee ballot prior to the primary election will be at the General Election Office located at the tribal government center. Voting by absentee ballot on April 1, 2008, will be conducted at the District I voting precinct located at the community center.

The address of the General Election Board is:

Mille Lacs Band of Ojibwe
General Election Board
Attn: Election Judge
43408 Oodena Drive,
Onamia, Minnesota
56359

Any election questions can be directed to Roberta Fox at 320/532-4181 from 8 a.m.-5 p.m. Monday-Friday.

2008 Election Calendar

- **April 1: Primary**
- April 2: General reservation election board certifies primary results
- April 3: General reservation election board publishes primary results
- April 4: Deadline for request for recount
- April 8 (5 p.m.): Deadline for contest of primary election
- April 9 (Results, if allowed, or 7th or 8th if earlier request): Decision on request for recount and results of recount
- April 18: Decision on contest
- April 21: Deadline for appeal to court of election appeals
- April 24: Record of contest to court of election appeals
- April 28: Last day for hearing on appeal
- May 7: Last day for decision on appeal
- May 9: Notice of regular election TEC provide ballots
- **June 10: General election**
- June 11: General reservation election board certifies results of election
- June 12: General reservation election board publishes election results
- June 13: Deadline for request for recount
- June 17 (5 p.m.): Deadline for notice of contest
- June 18 (or 17, 16, if request for recount is filed before deadline): Decision on request for recount and results of recount, if allowed
- June 27 (or 10 days from notice of contest, whichever is sooner): Decision on contest
- June 30: Deadline for appeal to court of election appeals
- July 3: Record of contest forwarded to tribal court of elections appeals
- July 7: Last day for hearing on appeal (hearing within seven days of notice of appeal)
- July 8: Winning candidates assume office by operation of law, unless sooner seated, or the election is subject of appeal to the court of election appeals
- 10 days from hearing on appeal: Deadline for decision of the court of elections appeal
- Day following decision of appeal: Winning candidate prevailing on appeal takes office

2008 Band Election Candidates

Chief Executive

- Margie Ann Anderson
- Melanie Ann Benjamin, incumbent
- Kirstie Lee Davis Deyhle
- Devona Lee Haskin
- Vincent Hill
- * Mushkooub
- Larry M. Nickaboine

District I Representative

- Sandra Lee Blake
- Daniel D. Boyd
- Peter J. Gahbow
- Alicia Lydia Skinaway, incumbent
- Arlene R. Weous

District I School Board Chairperson

- Ruth Anne Sam, incumbent
- Rose Wind

District I School Board Member

- Dale Day Ballinger, incumbent
- Leann Sue Benjamin

District II School Board Member

- Cheryl Anne Miller

There will be no primary election for the school board positions; these will be voted on during the general election on June 10.

Primary Election Day Polling Places

Polling Places – Open from 8 a.m.-8 p.m.

- District I Community Center
- East Lake Community Center
- Isle Chiminising Community Center
- Lake Lena Community Center
- All Nations Indian Church – 1513 E. 23rd Street, Minneapolis

Election Board Members

General Election

- Roberta Fox, Judge
- Amy LaDue, Clerk
- Kenneth Mitchell, Teller
- Judy Rosengren, Alternate 1

East Lake Precinct

- Agnes Chief, Judge
- Marene Hedstrom, Clerk

- Tom Benjamin Sr., Teller
- Rory Bruneau, Alternate 1

Isle Precinct

- Rose Noonday, Judge
- Virginia Sam, Clerk
- Loris White, Teller
- Jack Sam, Alternate 1
- Shelley Boyd, Alternate 2

Lake Lena Precinct

- Joel O'Brien, Judge
- Russell Thomas, Clerk
- Shannon Thomas, Teller
- Rodney Matrious, Alternate 1

Urban Precinct

- Barb Benjamin-Robertson, Judge
- Jamie Edwards, Clerk
- Patricia Clark, Teller
- Darlene Sam, Alternate 1

Absentee Ballot Request Form

Mille Lacs Band of Ojibwe • Primary Election • April 1, 2008

I am requesting an absentee ballot for the April 1, 2008, primary election.

My full name, which I am enrolled under, is:

Name: _____

Street Address: _____

City: _____ State: _____ Zip: _____

District which I will vote from:

- District I-Nay Ah Shing District II-East Lake/Isle District III-Lake Lena Urban Area

Signed _____

For Office Use Only

In person: _____

Date voted: _____

By mail: _____

Request received: _____

Phone: _____

Letter: _____

Fax: _____

Request form sent: _____

Request form received: _____

Ballot sent: _____

Ballot received: _____

2008 Mille Lacs Lake Walleye Quotas Announced

Members of the 1837 Treaty Fisheries Technical Committee – which includes representatives from the Minnesota Department of Natural Resources (DNR) and the Great Lakes Indian Fish and Wildlife Commission (GLIFWC) – recently announced the 2008 walleye harvest quotas for Mille Lacs Lake. The Chippewa bands' quota is 122,500 pounds and the state's quota is 307,500 pounds.

Since 1998, the Minnesota DNR and the Chippewa bands have jointly established the annual quotas. The Chippewa bands have stayed within their

share of the quota every year. Although the state has exceeded its share of the quota four times – including in 2007 – it will not be allowed to do so this year due to the conditions of the agreed-upon walleye overage plan for 2008-2012.

With spring officially upon us on March 20, netting or spearing is on the minds of many tribal members. Mille Lacs Band members who have any questions about our regulations or processes should contact the Band's DNR office at 320/532-7439.

Circle of Health Program Changes

By Circle of Health Staff

You should have already received a letter regarding changes to the Circle of Health program. This article focuses on the new Circle of Health Board-approved changes. We suggest that you cut out this section and attach it to your April/May calendars as a friendly reminder.

Changes effective May 1, 2008

- Co-pay and deductible amounts will be paid on covered services for enrolled Mille Lacs Band members and first-line descendants up to the age of 18, who must be on a policy with a Mille Lacs Band member (this includes prescriptions).
- The time limit for claims or personal reimbursement requests will be six months instead of 12. Band members will have 60 days from May 1 to submit any requests older than six months.

Circle of Health will continue to pay for premium amounts in full, even for non-Band member dependents.

New Circle of Health cards will be distributed; non-Band member spouses and non-adopted step-children will be removed from the cards. First-line descendants will be designated with a code, which will allow providers to bill Circle of Health. Circle of Health will not be responsible for sending denials on behalf of ineligible members.

In the past, a denial letter was sent to the provider indicating that the person was

not covered by Circle of Health. Our office will no longer send this additional correspondence on behalf of pre-notified ineligible members.

Due to the upcoming changes, Circle of Health has scheduled dates to answer your questions or concerns. Staff will be able to evaluate your file from the past fiscal year to assist you with estimated costs of your ineligible family members. Estimations are based on previous health history, and will not take into consideration any future health conditions or treatments. Following are the scheduled dates, times and locations:

- District I Community Center – March 31 and April 28, 1-5 p.m. (In addition, the Benefit Coordinator is available at the Ne-la-Shing Eye Clinic on all Mondays from 10 a.m.-2 p.m.)
- District II Community Center – April 9, 10 a.m.-2 p.m.
- District III Aazhoomog Clinic – March 20 and April 15, 10 a.m.-2 p.m.
- Urban Office – March 26 and April 23, 10 a.m.-2 p.m.

Please RSVP to our office if you would like to reserve a designated time. If you are unable to attend in these locations, we can make other arrangements as needed. Staffing will depend on the number of attendees, and additional dates will follow if necessary.

If your COBRA ends soon (due to the six-month policy), this is a reminder to get your certificate of coverage letter and contact us. For more information, contact us at 320/676-8214.

Public Health Updates

Welcome to new Public Health employees

Welcome to Jessie Nayquonabe, Antonio Taylor, and Winnie Davis, who joined the Public Health Transportation Program; Linda Moses, who serves as a Home Health Aid in District I; and Carol Kinnaman, a new Registered Nurse Supervisor in District III.

WIC clinic dates

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

District I

- March 18 and April 1, 8 and 15 – Health & Human Services Building (located at 17230 Noopiming Drive), 9 a.m.-noon and 1-4 p.m.

District II

- April 3 – Public Health Office, 10 a.m.-noon and 1-3 p.m.

District III

- March 26 and April 23 – Aazhoomog Clinic, 10 a.m.-noon and 1-3:30 p.m.
- April 2 – Assisted Living Unit, room 110, 10 a.m.-noon and 1-3:30 p.m.

Call Joanne Weyaus at 320/532-7821 to make an appointment at a WIC clinic.

American Indian adult tobacco survey

This spring, the Band's tobacco cessation program will conduct surveys of American Indian adults regarding smoking practices and attitudes toward smoking. Tribal college students will conduct the interviews. A small incentive will be given to each participant. For more information, contact Marlene Poukka at 320/532-7812.

Employees attend training to provide childbirth support

Several Public Health employees participated in a training last fall at the Grand Casino Mille Lacs Events & Convention Center to become doulas, who are specialists in providing childbirth support. A doula provides comfort measures and guidance throughout a woman's pregnancy, delivery, and postpartum period. Lisa Blashoky, Rose Boyd, Angela Kray, Tina Merrill, Marlene Poukka, Francine Staples, Monica Tobar, Nicole Van Wert, and Joanne Weyaus participated in the weeklong training and are working to become certified doulas by DONA International, a leading doula organization.

Punches, Jabs and Hooks



Local boxer Tim Taggart (left), a Grand Casino Hinckley Associate, competes against Cheyenne Ziegler (right) during the Mille Lacs Band Boxing Commission's February 1 event at Grand Casino Hinckley. The main boxing bouts were televised by Showtime's Shobox series.

Upcoming events

The Boxing Commission will host an event on April 25 at Grand Casino Hinckley. Middleweight boxer Andy "Kaos" Kalle will compete in the main event against an opponent to be determined. Local boxer and Grand Casino Hinckley Associate, Tim Taggart, will also compete. Look for more information about the event in next month's *Ojibwe Inaajimowin*.

On May 3, mixed martial arts fighters will compete in full-contact cage fights at Grand Casino Hinckley at 7 p.m. Three U.S.A. Warriors Championship matches will be held along with other exciting match-ups. Warriors Fight Promotions will host the event. For more information, contact Bobby Anderson at 320/384-7409 or visit www.warriorsfightpromotions.com.

Child Support

By East Central Legal Services

What is child support?

If you have custody of a child, the courts can make the other parent pay you money to help with your child's expenses. You can get an order for child support in a divorce, legal separation, paternity case, custody case, or as part of an Order for Protection (OFP). Buying gifts, clothes or food does not count as child support.

Child support has three parts:

- Basic support – part of your child's expenses like food, clothing, housing and transportation
- Child care support – part of your child care costs when you work or go to school
- Medical support – all or part of health insurance and other medical costs for your child

Be sure to ask your child support worker or attorney or the judge about child care and medical care help from the other parent.

How much support should be paid?

Minnesota has guidelines for how much support should be paid. In January 2007, Minnesota started using a new guideline, called income shares, for setting child support. Income shares set child support by looking at the gross income of both parents. Gross income is your total income before taxes are taken out. There are deductibles for other child support or spousal support ordered as well as considerations for a parent's other children living with them.

Basic support

After each parent's gross income is determined, their incomes are added together. This total is compared to a set chart that shows how much money parents at that income level spend on their children. The number from the chart is then divided between the parents. It is not always divided equally. It is divided based on each parents' percent of income that made up the total income number. For example, one parent's income might be 60% of the income

total and other's is only 40%. The number from the chart would be divided 60% and 40%.

The time spent with the children affects the amount of child support. If the non-custodial parent has the children less than 10% of the time, child support will not be lowered. But if the non-custodial parent has the children 10% to 45% of the time, child support will be reduced by 12%.

If each parent has the children at least 45% of the time and their incomes are equal, no child support is paid. If the parents' incomes are not equal, the parent with the higher income will have to pay the other some child support.

Medical and child care support

In addition to basic child support, the parents will each be responsible for part of their children's medical expenses and child care costs. Again, this amount will be figured out based on their incomes.

If the non-custodial parent's income is below poverty, he or she will pay a minimum child support order. The minimum order is \$50 per month for 1-2 children, \$75 per month for 3 or 4 children, and \$100 per month for 5 or more children.

If you or someone you know would like more information regarding child support, please call us at our toll-free number 800/622-7772. We are also available for intakes at the following places and times:

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

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

Looking for a New Job?

As you may know, the Corporate Commission of the Mille Lacs Band of Ojibwe and its businesses – including Grand Casino Mille Lacs and Grand Casino Hinckley – provide many good jobs in our communities. Whether you are looking for your first job or thinking about a career change, there are many job opportunities available.

To view a list of current job openings at the Corporate Commission or its businesses, visit www.grandcasinomn.com. Following is additional information about finding and applying for a job.

Corporate Commission

For job listings, call 800/746-9805 and ask for the Human Resources Department.

Corporate Commission applications can be sent to:

Corporate Commission of the Mille Lacs Band of Ojibwe
Attn: Human Resources
700 Grand Avenue
Onamia, MN 56359

Grand Casino Mille Lacs

For jobs listings, call the employment hotline at 800/626-5825, ext. 8203, or the Human Resources Department at 800/626-5825, ext. 8231.

Grand Casino Mille Lacs applications and resumes can be mailed, faxed or e-mailed to:

Grand Casino Mille Lacs
Attn: Human Resources
P.O. Box 343
Onamia, MN 56359

Fax: 320/532-8372

E-mail:

millelacsemployment@grcasinos.com

Grand Casino Hinckley

For job listings, call the employment hotline at 800/472-6321, ext. 4971, or the Human Resources Department at 800/472-6321, ext. 4929 or ext. 4874.

Grand Casino Hinckley applications and resumes can be sent to:

Grand Casino Hinckley
Attn: Human Resources
777 Lady Luck Drive
Hinckley, MN 55037

Other locations of job postings

The Corporate Commission e-mails job postings to the government center, community centers, clinics, and other locations to place on internal bulletin boards. You can also find job postings at Grand Casino Mille Lacs (by the Convention Center entrance) and Grand Casino Hinckley (in the Human Resources Department reception area).

National Colorectal Cancer Awareness Month

By Rob Thompson, Safety/Risk Manager

The American Cancer Society lists March as "National Colorectal Cancer Awareness Month." This is a good time to learn more about this disease and examine one's overall health.

Colorectal cancer is cancer of the colon or rectum, and affects both men and women. This type of cancer has one of the highest cure rates with early detection. It is also preventable 90% of the time. Colorectal cancer affects about 150,000 people and causes approximately 50,000 deaths each year. Treatments for this type of cancer include surgery, radiation and chemotherapy.

Men and women should start being screened for colorectal cancer at age 50. People who have an increased risk of the disease, such as those with a family history of colorectal cancer, should be screened even earlier. Often, people with colorectal cancer have no symptoms, so screening is very important.

Some screening options for colorectal cancer include a fecal occult blood test (looks for hidden blood in the stool), flexible sigmoidoscopy (examines the lower colon and rectum with a lighted instrument), or colonoscopy (examines the entire colon and rectum with a lighted instrument). Some people experience symptoms at later stages of the disease, such as blood in the stool, diarrhea, unexplained weight loss, rectal bleeding, constant fatigue, and vomiting.

Getting regular screenings can help prevent the disease by identifying polyps (growths) in the colon or rectum that should be removed.

If you or anyone you know would like more information about colorectal cancer, please talk with your health care provider or contact Mille Lacs Band Community Health Educator Marlene Poukka at 320/532-7463.

**Band Member Businesses
Call Today!**

BACKSTAGE PLANET LLC
ENTERTAINMENT & EVENT SERVICES

Dan Boyd "Bringing the stars into your Universe!"
Deerwood, MN
T: 218/534-9204
C: 218/330-8924
F: 218/534-9205
E: dan@backstageplanet.com
W: www.backstageplanet.com

Joe Hendron
651/387-0946

BLACK DOG
COMPUTER SERVICES, LLC

Lakeville, MN
E: blackdog@blackdogcomputers.com

EAGLECLAN
PRODUCTIONS

Rick Anderson 320/282-5650
Garrison, MN

**Hear More
Hearing Aid Center**
Donald Olson

(4 locations)
St. Paul, MN
T: 651/771-4019
F: 651/771-9941

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T: 763/391-7433

Moorhead, MN
T: 218/287-0508
Toll-free 800/664-6780

Bloomington, MN
T: 952/884-3007

www.hearmorehearingaidcenter.com

Scott Meyer

PARAMOUNT DESIGN

Eden Prairie, MN
T: 952/294-8530
F: 952/223-4773
E: ParaEmb@mn.rr.com
W: www.ParamountEmbroidery.com

Support your fellow Band Members.
Visit today!

Mille Lacs Band Of Ojibwe Tribal Government Monthly Financial Report

October 2007

	Approved Budget for FY 2008	Actual Expenditures through 10/31/07	% of Budget Expended
Administration (1)*	13,038,256	550,194	4.2%
Workforce*	9,808,612	258,559	2.6%
Judicial	935,986	41,898	4.5%
Law Enforcement*	3,460,444	158,462	4.6%
Education*	13,891,198	832,954	6.0%
Health and Human Services*	21,487,377	1,216,343	5.7%
Natural Resources*	4,451,867	808,913	18.2%
Community Development*	29,502,722	1,048,776	3.6%
Gaming Authority	1,110,464	231,713	20.9%
Bonus Distribution	1,858,267	1,034,600	55.7%
Total Expenditures	\$99,545,194	\$6,182,413	55.7%

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 2007 fiscal year.

Learn the Basics of Digital Photography

The Mille Lacs Band Workforce Center is offering a class for Band members interested in learning about operating a digital camera, downloading and printing photos, formatting pictures, and other basic skills. Digital cameras will be available to use during each class for participants who do not have one.

The digital camera class will be offered in three different locations; each class is held from 10 a.m.-noon:

- * April 8 – East Lake Education Modular (next to the community center)
- * April 16 – Lake Lena Community Center
- * April 24 – Mille Lacs Band Workforce Center

To register, contact the workforce center at 320/532-7407 or 800/922-4457, or e-mail Theresa Romard at theresar@millelacsojibwe.nsn.us.

Please note that children must be accompanied by an adult. Contact the workforce center for a complete list of workshops and classes offered throughout the year, or look for more information in future editions of the *Ojibwe Inaajimowin*.

2008 Mille Lacs Powwow

Seeking Band member vendors

The Mille Lacs Band traditional powwow is August 15-17, 2008. We are looking for more Band member craft and food vendors. Please contact Robert Thompson at 320-532-7841 for more information.

Mille Lacs powwow committee meeting

- * Tuesday, April 8
- * Noon
- * Government Center – Media Room

Spring Clean-Up Dates

By Brian Scheinost, Public Works Administrator

All Mille Lacs Band Elders will receive free curbside pickup for their community clean-up items. Elders need to call the Public Works office by **Friday, April 18**, to be placed on the list for pickup. All other Band members will receive curbside pickup for a charge of \$75 per truck load. They must call the Public Works office by **Friday, April 18**, and pay in full prior to pickup. We ask that anyone receiving curbside pickup have their items in a pile at the end of their driveway.

Pick-up dates

- District I – Vineland: April 21-27
 - District II – East Lake, McGregor, Minnewawa, Sandy Lake, and Isle: May 5-11
 - District III – Lake Lena and Hinckley: April 28-May 4
- Please see next month's *Ojibwe Inaajimowin* for more information.

Tribal Noteboard

Happy March birthday to:

Kelly, on March 14 with love from mom, Rachel, Taya, Noah, Deek, Jen and Wesley • **Dominic**, on March 27 with love from Tracy, Kelly, Rachel, Taya, Noah, Janet, Jenny and Wesley • **Leroy Sam**, 2, on March 1 from Gramma Lu, Auntie Beef, Auntie Crys, Uncles Slice, Codgy, Gordon, The Dude, mom, dad, Gushy, June, and family • **Kali Anne**, 8, on March 15 with love from mom, Norman, Gramma Jan, Mama Karen, Papa Jay, Twyla, Jaime, Cathy, Nikki, and Uncle Jayson • **Jarvis Leigh**, 4, on March 18 from TJ, Bates and Kali • **RaeAna Larae**, 3, on March 16 from Auntie TJ, Norman, and Kali • **Carrie**, on March 4 from Howard, Renae, Zachary, Jerry, Kira, Tammy, Brandon, Amy, Brandi Jo, and Elias • **Renae Short**, 18, on March 12 from mom, Howard, Zachary, Jerry and Kira • **Miles**, on March 17 from Howard, Carrie, Renae, Zachary, Jerry and Kira • **Penelope Giggs**, on March 10 from Howard, Carrie, Renae, Zachary, Jerry and Kira • **Grandma Berta**, on March 3 with love from Val, Kev, Pie, and Baby Kev • **Jayla**, 2, on March 18 with love from Auntie Val, Kev, Pie, and Baby Kev • **Daddy**, on March 24 with love from Lorelei • **Owen Jr.**, 3, with love from mom, Grandma Barb, Great-grandma Darlene, Grandpa Boone, Great-grandpa Tarz, Shelley, Mandy, Becca, Beau, Brandon, Stevie, Ernie, Eddie, EJ, Clint, Don, Michelle, Rayna, Tyson, Junior, Sage, Erin, Leah, Rachel, RyRy, Desi, Deanna, Josh, Muk, Bre, Dre, Dwayne, Diana, Simone, Alex, Brenabe, Baby Ant, Brian, Keke, Baby Brian, Brandon, Heather, Duane, Onee, Jen, Janet, Tracy, Rachel, Taya, Noah, Dad, and Grandpa Tony • **Beige**, 16, on March 5 with love from Kelly, Kinney, your sister, mom, and dad • **Mom**, on March 5 with love from Antavia and Arielle • **MJ** with love from mom, Darryl and Forrest • **Chris Sam**, on March 1 from Lenore, Bill, Tyson, Eva and Jonathan • **Angel Potter**, 8, on March 28 from mom, Elmer Dean, Lynnae, Shayla, Brianna, Aunt Lenore, Tyson, Eva, Jon, and Papa Lenny • **Desiree Smith**, on March 29 from Tammy, Brandon, Amy, Brandi Jo, Elias,

Lenore, Tyson, Eva, Jon, and family and friends • **Shayla Nayquonabe**, 4, on March 13 from mom, dad, Lynnae, Angel, Brianna, Lenore, Tyson, Eva and Jon • **Donni**, 7, on March 10 with love from Gramma Vera, DaeLayna, Stone, Junior, Franny, Mary Mase Jr., Selena, Dante, Mase Jr., Shawsha, Soul, mom, dad, Simone, Marissa, Joey, Sheila, Greg, Danielle, Jim, Dawn, Jeannette, Bruce, and Jack • **Marissa**, 13, on March 28 with love from Gramma Vera, DaeLayna, Stone, Junior, Franny, Mary Mase Jr., Selena, Dante, Mase Jr., Shawsha, Soul, mom, dad, Simone, Donni, Joey, Sheila, Greg, Danielle, Jim, Dawn, Jeannette, Bruce, and Jack • **Mary**, 24, on March 28 from Gramma Vera, DaeLayna, Stone, Junior, Franny, Mary Mase Jr., Selena, Dante, Mase Jr., Shawsha, Soul, mom, dad, Simone, Donni, Joey, Sheila, Greg, Danielle, Jim, Dawn, Jeannette, Bruce, and Jack • **Tyson**, 25, on March 9 from Selena Marie and Dante James • **Joe Beaulieu**, on March 16 with love from Auntie Raenelle, Jereck, Larissa, Corbin, Lia, and Boob • **Auntie Cindy**, on March 17 with love from Raenelle, Jereck, Larissa, Corbin, Lia and Boob • **Cheryl**, on March 24 with love from Raenelle, Jereck, Wanetta, Anton, Boob, Jared, Rayna, Sheena, Larissa, Corbin, Lia, Laikora, Kryrah, Tourrie, Jordan, Damian, Aaron, Joe, Sam, June, Devin, and the unborn twins • **Candy**, on March 24 with love from Raenelle, Jereck, Larissa, Corbin, Lia and Boob • **Marchel**, on March 21 with love from Raenelle, Jereck, Larissa, Corbin, Lia and Boob • **Darrian**, on March 8 with love from Raenelle, Jereck, Larissa, Corbin and Lia • **Gayle**, on March 17 with love from Raenelle, Jereck, Larissa, Corbin and Lia • **Willow**, on March 24 with love from Raenelle, Jereck, Larissa, Corbin and Lia • **Denise**, on March 30 with love from Raenelle, Jereck, Larissa, Corbin and Lia • **Sami**, on March 12 with love from Raenelle, Jereck, Larissa, Corbin and Lia • **Laurie Benjamin**, on March 15 from Bev and Double N • **Marie Bengston**, on March 28 from Bev • **Vala Eagle**, March 27 with love from Lesley, Bubbie, Tre'von and

Quincey • **Krissy Dahl**, 6, on March 5 from mom, dad and Arianna • **Uncle Eddy**, on March 13 with love from Niss, nieces and nephews in Isle • **Andrew Sam**, on March 13 with love from Auntie Niss, Tina, Double D, Jim, and Auntie Jay and family • **Alana Marie**, on March 25 from Auntie Niss, Tina, Double D, Baby Jim, Jay, Matt Jr., Rainy, Valerie, Minnow, Jaynissa • **Matt Mitchell Jr.**, on March 26 with love from mom, dad, gramma, Rainy, Valerie, Jaynissa, Tina, Deondre, and Uncle Jim • **McLovin**, on March 27 from Jay, Matt, kids, and Buck Jim • **Hunter Shingobe**, 8, on March 3 from Lydia, Charlie, Gushy, June, brothers, sisters and family • **Keith Benjamin**, 8, on March 13 from mom, Gushy, June and family • **Terry Smith**, on March 12 from all the Smiths • **Gushy**, on March 22 from honey and all the Smiths • **Bev Garbow**, on March 30 from Rog, Junior, Roy, Jillian, Tammy, Brandon, Amy, Brandi Jo, Elias, and the Smith and Garbow families • **Brandi Sam**, on March 29 with love from mom, dad, Brandon, Tammy, Brandon, Amy, Brandi Jo, and Elias • **Terry Smith**, on March 12 with love from Tammy, Brandon, Amy, Brandi Jo, and Elias • **Ashton Smith**, on March 1 with love from Tammy, Brandon, Amy, Brandi Jo, and Elias • **David Smith Jr.**, on March 22 with love from Tammy, Brandon, Amy, Brandi Jo, and Elias.

Happy March birthday to Mille Lacs Band Elders!

Ramona Applegate
Nancy Bearheart
Marie Bengtson
Larry Benjamin
Randy Benjamin
Robert Benjamin
Joseph Budeese
Patricia Christofferson
Robertta Davis
James Dorr
Robert Dorr
Beverly Garbow
Cheryl Garbow
Virginia Goodman
Berniece Grice
Marie Gudim
Mert Liebgott
Barbara Machen
Pauline Moose

Shirley Munson
Victoria Nichols
Laurie Pardun
Marie Paschke
Marlene Poukka
George Premo
Donald Sam
Douglas Sam
Fred Sam
Roy Sam
Francis Schaaf
Susanna Schaaf
Russell Shabaiash
Kathleen Shingobe-Johnson
Edward Skinaway Jr.
David Smith Jr.
Sandra Smith
Sharon Sutton
Robert Tibbetts Jr.
Carol Towle
Marlene Wakanabo
Barbara White

Anniversaries

Happy 9th anniversary to our **mom and dad** on March 6 from *Larissa, Corbin and Lia*.

Happy 54th anniversary to **Merlin and Marge Anderson** on March 13 from *Raenelle and family*.

Congratulations

Congratulations to **Codgy Potter** on receiving his GED, *lots of love from mom, Beef, Crys, Slice, Dylan, Gordon, Berta, Amelia, and The Dude*.

Congratulations to **Courtney Renee Boyd** for completing the triathlon this summer. We are so very proud of you, and you are an inspiration to all of us, especially your little brother Connor. He looks up to you and wants to win some trophies of his own. You are a good role model for him. Keep up the good work, *lots of love from mom, dad, Shane and Connor*.

In memory

In loving memory of **John Daniel Boyd-Lobejko**. It's been a year since you were taken from us. We will love and miss you always. *From Aunt Jean, Brandon and Andrea*.

Band Employees Take Course to Renew EMT and First Responder Certification



Photo courtesy of Monte Fronk

Mille Lacs Band employees who are first responders and emergency medical technicians (EMTs) completed a refresher course to renew their certification. First responders and EMTs need to be recertified every two years, which includes passing an exam and a skills test after taking the refresher course. The class was provided by Indian Health Service's Emergency Medical Services training division at no cost to participants.

Employment Opportunity: Veteran Service Officer

Job available

- Tribal Veteran Service Officer, Minnesota Department of Veterans Affairs

Job posting number

- 08VAD000013

Duties

Provide professional advocacy services for American Indian veterans and claimants related to their eligibility for benefits from the United States Department of Veterans Affairs (USDVA) and the Minnesota Department of Veterans Affairs (MNDVA). Work with American Indian veterans, their dependents, and the agencies assisting them to (1) educate them about available benefits for American Indian veterans and their dependents; and (2) initiate or reopen claims for federal and state veterans benefits so clients receive their maximum veterans' benefits.

Requirements

Must be a Minnesota resident, U.S. citizen, and veteran of the U.S. armed forces. Must possess and maintain a valid Class D driver's license and a safe driving

record. Knowledge, skills and abilities requirements provided at: www.doer.state.mn.us/employment.htm.

How to apply

You are strongly encouraged to submit your resumé at <https://statejobs.doer.state.mn.us/ResumeBuilder>. If you wish to apply with a paper copy, submit your resumé and a completed State of Minnesota Employment Application form to: Minnesota Department of Employee Relations (DOER), 200 Centennial Office Building, 658 Cedar Street, St. Paul, MN 55155. Be sure to indicate the posting number of this job on your application. The paper application is available on the State Employment Web and DOER Web sites, at any state agency human resources office, or by calling 800/657-3974.

For more information

- Visit www.doer.state.mn.us/employment.htm (full job posting available)
- Contact Roxie Kronick, 651/757-1544, roxie.kronick@state.mn.us

Mille Lacs Indian Museum Event

Appliqué beading workshop

Beadwork is a common art form used by the Ojibwe. Mille Lacs Band Elder Margaret Hill will teach participants the craft of appliqué beadwork and help them create a unique item to take home. Appliqué beadwork is used to create intricate designs

on dance regalia, bags and moccasins, with beads applied directly to material or buckskin. This two-day workshop will be on Saturday, March 29, from 12-4 p.m. and from 10 a.m.-2 p.m. on Sunday, March 30. The cost is \$50 for the public, \$45 for Minnesota Historical Society members, and \$30 for Mille Lacs Band members. There is also a \$15 supply fee.

Dr. Arne Vainio Teaches Others About Diabetes

Dr. Arne Vainio is a Mille Lacs Band member who works on the Fond du Lac Reservation. He is telling his personal stories in a series of articles in News From Indian Country.

Below is an excerpt from Arne's fifth article:

I recently went to a two-day diabetes conference in Minneapolis. In our clinic we see many patients with diabetes. We have a diabetes team that cares about our patients and keeps us up-to-date on new medicines and therapies. Still, this was a valuable experience.

In the day-to-day care of diabetes, I see foot ulcers, infections, hypertension (high blood pressure), kidney and heart disease, diabetic retinopathy (eye damage due to diabetes), and high cholesterol. These are independent disease states, but diabetes is a common link to all of them.

Diabetes is a disease that has hit our people especially hard. The type of diabetes we see most is diabetes type 2. In this type, the pancreas is still able to produce insulin, but eventually can't keep up with the level needed to keep blood sugars in the normal range. Native Americans seem to have a higher level of insulin resistance than other people for some reason. Obesity itself also causes insulin resistance. Insulin resistance means that a higher level of insulin is needed to allow sugar to move into our cells.

Sugar is one of our body's primary fuels, and our digestive system can convert many foods into sugar. If not enough insulin is present, or it isn't working as well due to insulin resistance, sugar can't get into our cells (muscle, brain, heart, etc.). Even if the blood sugar is high, the cells send a signal that more sugar is needed. As the blood sugar climbs, the kidneys try to get rid of sugar. Water follows the sugar and you have to urinate frequently. This makes you thirsty, and you start to drink more liquids. Sound complicated? It is.

Pay attention, there will be a quiz at the end of this article.

When the blood sugar is too high over a long period, it starts to damage structures. This is when heart, kidney, eye, and other organ damage takes place. There isn't any good way to undo this damage, only to try and stop it from getting worse. This is the reason we try to get everyone to lose weight. The foods we grew

up with (frybread, bacon grease, fried eggs, and other high fat or sugary foods) are not helping. I grew up eating those foods. Lots of these foods come from generations of poverty and eating whatever we could get the cheapest.

My mom raised seven kids by herself, and we ate that way out of necessity. So did she when she was young. So did her parents when they were young. With all those brothers and sisters, whoever ate the fastest got the best food and the most of it. That's still a hard habit for me to break at age 49.

By the time diabetes is diagnosed, it may have been present for five years or more. This is the reason we screen for diabetes whenever we get a chance.

The first screening test is a casual (random) blood sugar. Any blood sugar of 100 or more warrants a two-hour fasting glucose tolerance test. This means you come in fasting – nothing to eat or drink for 12 hours. The first of three blood draws is the fasting sugar. Then you drink a bottle of sticky sweet pop with exactly 75 grams of glucose (table sugar). Then the blood sugar is drawn at one hour and two hours afterward. There are three possible outcomes:

1) Diabetes: With a new diagnosis, diet and exercise may be enough to keep blood sugars normal. This is not always the case, so sometimes medicines are started.

2) No diabetes: Remember, this test was done for an elevated blood sugar, so yearly screening is still recommended. Diet and exercise are very important here.

3) Pre-diabetes: This means without intervention, you can go on to develop diabetes. However, it can be prevented, but it requires lots of work and lifestyle changes.

On to the quiz I promised:

Question: How would I know that the glucose tolerance test solution is sticky sweet?

Answer: My random glucose test was elevated at 107. I had to drink the solution and do the two-hour glucose tolerance test. The test was normal, but I was still diagnosed with pre-diabetes. Now I'm in the Fond du Lac Diabetes Prevention Program as a participant, not as an instructor. I have 16 weeks of classes and need to lose 7% of my total body weight, exercise regularly, and change my eating habits. I'll keep you posted on my progress.

Calendar of Events

March 2008

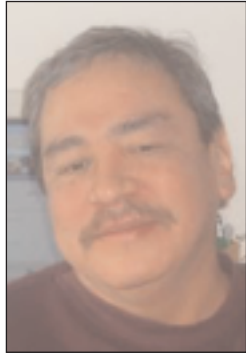
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>If you would like an event included in the community calendar, please contact Kelly Sam at 651/292-8062 or write to Kelly at 255 E. Kellogg Blvd. Suite 102 St. Paul, MN 55101</p>	<p>Commissioners on call A Mille Lacs Band Commissioner is available every weekend to help Band members handle emergencies. If you have an emergency, please contact the Commissioner on call at 877/239-2444. The emergency phone is answered from 5 p.m. Friday- 8 a.m. Monday.</p>	<p>*To Purchase Tickets Visit a Grand Casino box office, call TicketMaster at 612/989-5151, or visit www.ticketmaster.com</p>	<p>District III Community Meeting Grand Casino Hinckley Ballroom 5:30 p.m. Contact: Monica Benjamin, 320/384-1424</p>			<p>15 Travis Tritt* GCH 7:30 p.m. <i>Commissioner on Call</i> R.J. Brunkow, Solicitor General 877/239-2444</p>
<p>16 Travis Tritt* GCH 4 p.m. <i>Commissioner on Call</i> R.J. Brunkow, Solicitor General 877/239-2444</p>	<p>17</p>	<p>18</p>	<p>19 District IIA Community Meeting Chiminising Community Center 5:30 p.m. Contact: Carmen Green, 320/676-1102</p>	<p>20 All District Elder Meeting 11:30 a.m. Contact: Nora Benjamin, 320/532-4181</p>	<p>21</p>	<p>22 <i>Commissioner on Call</i> Christine Costello, Commissioner of Administration 877/239-2444</p>
<p>23 <i>Commissioner on Call</i> Christine Costello 877/239-2444</p>	<p>24</p>	<p>25</p>	<p>26</p>	<p>27 District II Community Meeting East Lake Community Center, 5:30 p.m. Contact: Jenny Waugh, 218/768-3311 Urban Area Community Meeting All Nations Indian Church, 5:30 p.m. Contact: Barb, 612/872-1424</p>	<p>28</p>	<p>29 Gordon Lightfoot* GCML 6 p.m. & 8:30 p.m. <i>Commissioner on Call</i> Rick Pardun, Executive Director of Community Development 877/239-2444</p>
<p>30 <i>Commissioner on Call</i> Rick Pardun 877/239-2444</p>	<p>31 District I Community Meeting District I Community Center, 5:30 p.m. Contact: Becky Sam, 320/532-7423</p>					

April 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>1 Mille Lacs Band primary election (see pages 4 & 5)</p>	<p>2</p>	<p>3</p>	<p>4</p>	<p>5 <i>Commissioner on Call</i> Rick Boyd, Director of Housing 877/239-2444</p>
<p>6 Eddie Money & Loverboy* GCH 4 p.m. <i>Commissioner on Call</i> Rick Boyd, Director of Housing 877/239-2444</p>	<p>7 Pine Grove Leadership Academy Meeting Aazhoomog School 6:30 p.m. Contact: Skip Churchill, 320/384-6970 Onamia Indian Education Parent Committee Meeting Onamia School District Office Conference Room 12 p.m.</p>	<p>8 AMVETS Meeting Grand Casino Mille Lacs 6 p.m. Contact: Ken Weyaus 320/309-6925 Mille Lacs powwow committee meeting Government Center media room 12 p.m.</p>	<p>9</p>	<p>10</p>	<p>11</p>	<p>12 <i>Commissioner on Call</i> Pete Nayquonabe, Assistant Commissioner of Administration 877/239-2444</p>
<p>13 <i>Commissioner on Call</i> Pete Nayquonabe, Assistant Commissioner of Administration 877/239-2444</p>	<p>14</p>	<p>15</p>	<p>16</p>	<p>17</p>	<p>18 Martin Short* GCH 8 p.m.</p>	<p>19</p>

What is Your Favorite Show to Watch on TV?

Mitch Matrious



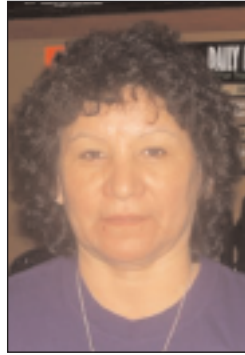
"My favorite shows to watch on TV are the news, Discovery Channel, and cooking shows."

Mel Towle



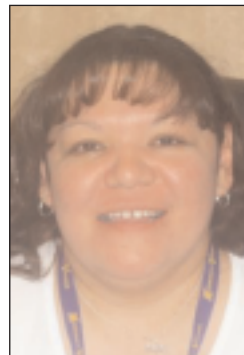
"My favorite show to watch on TV is Boston Legal."

Melanie Garbow



"My favorite show to watch on TV is American Idol."

Roberta Martin



"My favorite shows to watch on TV are Iron Chef and Do It Yourself."

Nicole Wilberg



"My favorite show to watch on TV is Extreme Makeover-Home Edition."

Julie Graikowski



"My favorite show to watch on TV is American Idol."

Ron Anderson



"My favorite show to watch on TV is Survivor because it shows how different cultures can survive together in the jungles and withstand their surroundings."

Raymond Kegg



"My favorite channels to watch on TV are the education channels - TPT and PBS. I like watching the old 60's music concerts."

Photos courtesy of Elizabeth Towle and Rick Anderson

Band Scholarships Support Students' Educational Goals

Spring is right around the corner, and that means another school year is close to an end. It is a time when you may be thinking about continuing your education after graduation, choosing a major to pursue in college, or going back to school after working in the field.

The Mille Lacs Band offers a variety of scholarships to help Band members pursue their educational goals.

Duane Dunkley Memorial Scholarship, St. Cloud State University

The Duane Dunkley Memorial Scholarship is offered to Band members attending St. Cloud State University full-time who are majoring or intend to major in education. The scholarship is in memory of Duane Dunkley, who was the first Band member to earn a college degree and was an employee in the Band's Education Department.

While the scholarship deadline for the 2008-09 school year passed on February 1, students will have the opportunity to apply for a scholarship for the 2009-10 school year. For more information, contact the school's American Indian center at 320/308-5449 or visit the education department's Web site at www.stcloudstate.edu/coe.

Mille Lacs Band of Ojibwe Scholarship, Bemidji State University

The Mille Lacs Band of Ojibwe scholarship is awarded to a Mille Lacs Band member pursuing a degree in business administration or accounting. For more information, visit www.bemidjistate.edu.

Mille Lacs Band Scholarship Program

The Mille Lacs Band's Scholarship Program provides financial aid to Band members as they pursue their educational goals and rewards them financially when they achieve those goals. For more information, contact 320/495-3702.

Other scholarships for American Indian students

The Minnesota Indian Scholarship Program provides assistance to eligible Minnesota American Indian students pursuing post-secondary education. The priority deadline for this program is July 1, 2008. For more information, contact the Mille Lacs Band Scholarship Program at 320/495-3702 or visit www.getreadyforcollege.org/indianscholarship.

Legislative Session Off to a Fast Start

By Jamie Edwards, Mille Lacs Band Government Affairs Coordinator/State

Since the state Legislature convened last month, legislators have been working at the fast pace they promised. In the first few weeks of the session, the House and Senate voted to override Governor Pawlenty's veto on a transportation funding bill. Several Republican legislators in the House voted in favor of the bill, causing quite a stir in the Republican House caucus. As a result, Minority Leader Marty Seifert removed each of these members from their leadership positions on several committees. The bill uses general fund dollars specifically set aside for transportation by last year's constitutional amendment and raises the gas tax – which Minnesota has not done in 20 years – to help pay for road and bridge repairs, construction projects, and mass transit.

At the end of February, the state revenue forecast was released and showed a grim \$935 million deficit. Elected leaders now face the challenge of balancing the budget, which they are required to do by law. At the time of press, it was unclear how the Governor and Legislature will resolve any differences on their proposed budget cuts.

As the state faces a nearly \$1 billion deficit, some legislators are looking for additional revenue sources through new

gaming ventures. Two legislators have brought up a bill to authorize a racino in the state, but they have received little support. We continue to watch this bill and any other threats to the Band's economic interests. We also continue to watch legislation related to Running Aces Harness Track, which will open this spring in Columbus. Currently, proposed legislation to allow the harness track to simulcast thoroughbred horse racing is moving through committees in both the House and Senate. While no decisions have been made on the bill, we continue to be alert.

We expect that in the next few weeks of the session, the Legislature will focus on policy issues related to health care, environment, public safety, and other topics.

Indian affairs training held at state Capitol

On February 18, the Minnesota Indian Affairs Council held a training session at the state Capitol for legislators and their staff. John Day, the Acting Director for American Indian Projects at the University of Minnesota Duluth, and Larry Lavine, an attorney specializing in American Indian law, facilitated a seminar on the basic principles of tribal sovereignty and how to effectively work in a government-to-government fashion with tribes.