

# OJIBWE INAAJIMOWIN

May 2009

"The story as it's told."

Volume 11 • Number 5

## New Commissioner of Education Sworn In



Photo courtesy of Gilda Burr

**Dennis Olson was sworn in as the new Commissioner of Education on May 7. Dennis is a Fond du Lac Band member who most recently served as project coordinator at the University of Minnesota's Institute on Community Integration, which improves community services and support for people with developmental disabilities and their families. Pictured with Dennis (center) is Chief Executive Marge Anderson (left) and Secretary/Treasurer Herb Weyaus (right).**

## Elders Invited to Annual Wisdom Steps Conference

The ninth annual Wisdom Steps conference is coming to the Mille Lacs Reservation on June 16-18. The annual "Honoring Our Elders" conference will be held at Grand Casino Hinckley.

Elders are invited to attend the conference to learn more about healthy living and to celebrate their achievements in maintaining good health. Chief Executive Marge Anderson will serve as the keynote speaker on June 17, and Amik (Larry Smallwood) will serve as the emcee.

Some of the topics to be discussed at the conference include:

- Tobacco cessation
- Nutrition
- Memory care
- Diabetes management
- Signs and symptoms of arthritis
- Holistic health

Wisdom Steps members will be awarded for their accomplishments over the past year in getting health screenings, staying active, and participating in other healthy activities. Attendees will also enjoy fun entertainment at the conference.

For more information or to register, call Karen Sam at 320/532-4163.

## Update on Chi Noodin Manufacturing Plant

*By Sarah Barten, PR Specialist for Grand Casinos*

The Chi Noodin (Big Wind) manufacturing plant in McGregor is on schedule to open this spring. Chi Noodin will produce components for the Windspire® turbine that is marketed by Mariah Power, a company based in Reno, Nev. The Windspire® is a single unit wind turbine designed for use by homes or small businesses. The wind units can decrease or even eliminate the need for standard electricity.

The Corporate Commission is excited to have the opportunity to work with Mariah Power on a product that is not only good for our environment, but that also produces jobs for the local community.

The manufacturing plant will employ seven full-time employees in the beginning and has plans to add additional staff as production increases. Many Corporate Commission departments have dedicated countless hours to this project, from inception to today, to get a previously unused building ready to use, order equipment, and hire staff to work at the plant.

The community at District II East Lake has worked closely with the Corporate Commission to ensure that the vision of the planning committee has not been lost, but held in high regard. Kudos to both of these groups for all their hard work! A grand opening celebration will be held in June 2009. Watch for further information as it becomes available.

## Woodlands National Bank Invites Band Members to June 11 Grand Opening

The new Woodlands National Bank branch in Minneapolis is holding its grand opening celebration on Thursday, June 11. All Band members are invited to join the celebration.

The bank is located at 11th Street and Franklin Avenue. For more information about grand opening times and activities, please contact Branch Manager Joanne Whiterabbit at 612/230-6960.



**MILLE LACS BAND OF OJIBWE**  
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Onamia, MN 56359

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# Nay Ah Shing School News

## Nay Ah Shing students hold fundraiser read-a-thon

By *Mary Simon, Nay Ah Shing Schools Principal*

Nay Ah Shing School held a read-a-thon in February to raise funds for the Nay Ah Shing American Indian Business Leaders (AIBL) chapters. The fundraiser helped support Nay Ah Shing students in attending the national AIBL conference in Tucson, Ariz., in April (see below).

Our read-a-thon encouraged students to practice their reading skills. The three students who collected the most pledges won a gift certificate to Subway.

The top three winners were:

- 1st place: June Nadeau, who raised \$133.00
- 2nd place: Harmony Boyd, who raised \$115.00
- 3rd place: Charisse Cash, who raised \$75.77

Julie Nelson's first-grade class collected the most pledges and was rewarded with a pizza party.

## Students attend national American Indian Business Leaders conference

By *Bugs Haskin, Activities Director and Assistant AIBL Advisor*



Photo courtesy of Nay Ah Shing School

**Nay Ah Shing AIBL students and advisors visited the Old West town of Tombstone to see a reenactment of the gunfight at the OK Corral during their visit to Arizona for the national AIBL conference.**

Students Amber Buckanaga and Kayla Cash presented the Nay Ah Shing High School junkyard paintball business plan and Charisse Cash and Kelsey Benjamin presented the Nay Ah Shing Middle School child care business plan at the AIBL national conference on April 7-9. Both business plans won third place in their respective competitions.

At the conference, students listened to Native entrepreneurs share what they did to develop successful businesses and attended workshops and other seminars. But it was not all business while the group was in Arizona. The Nay Ah Shing students visited the Old West town of Tombstone, where they were treated to a reenactment of the gunfight at the OK Corral.

In true business fashion, Nay Ah Shing's AIBL chapters worked hard all year at fundraising, allowing them to pay all the expenses for the trip.

"We are so proud of our kids. They took ownership of their business plans and delivered their presentations from their hearts," said Mary Simon, principal and AIBL advisor, who traveled with the students and me.

While we wanted to take all AIBL members to the conference, we were only able to take four students. It was a difficult decision to select which students would attend the conference. The selection was based on attendance, grades, and how much a student did to help raise funds. The four girls selected took the lead in many of the projects and did very well in academics and attendance.

The AIBL students will begin fundraising and working on their business plans for next year's competition. Nay Ah Shing plans to enter the chapter competition next year and will report on the success of the students' Pow Wow Picz business, which won first place at last year's competition. The business travels to powwows and other events offering to take pictures of participants and attendees. The business has further developed and expanded its services.

The Nay Ah Shing AIBL chapters want to thank everyone who supported them in their endeavor to become successful in their businesses and in their futures. They look forward to seeing everyone at their fundraisers and at the powwows this summer.

## Students conduct seat belt check

Nay Ah Shing Student Council members Allison Mitchell and Charisse Cash worked under the supervision of advisor Bugs Haskin to conduct a

seat belt check on April 28 as part of a challenge with Isle, Onamia and Princeton high schools.

The students observed vehicles on Oodena Drive by the Band's government center for one hour in the morning. They found that about 72% of drivers were wearing seat belts.

The Nay Ah Shing Student Council will do a final seat belt check in May. The students encourage all Mille Lacs Band members and employees to buckle up.

## Growing food for school lunches

By *Deborah Foye, Nutrition Services Coordinator*

The Nay Ah Shing Abinojiiyag School and Mille Lacs Early Education programs are teaming up with Nay Ah Shing's Nutrition Services to prepare a school garden. The Mille Lacs Band DNR has been an instrumental component of our success. They have donated black dirt, timber, and manpower to create the space.

The students and staff will start plants from seeds in their classrooms and transplant them in the garden when it is warm enough outside. This will give the students an excellent perspective on where their food comes from and how it gets to their plates. They will help take care of the garden, from planting to weeding to watering to picking the "fruits of their labor." The vegetables will then be prepared by the school kitchen staff and students, and served in school meals or used in nutrition education classes.

We are still planning for the garden and seeking donations from area businesses and individuals to ensure a nice variety of produce and to obtain the tools and equipment needed for the garden.

I am excited to see it all coming together and am so pleased with all the support we are receiving. Various outside agencies have also extended their help, sharing information with us, helping us find future grants, and providing other efforts to ensure the continuity of our project.

We are starting with a basic 20-by-20 foot spot, where we will plant beans, peas, tomatoes, corn, squash, pumpkins, green peppers, and other produce. The teachers hope for a bumper pumpkin crop so all the classrooms can harvest their jack-o-lanterns in the fall! In the future, we hope to increase the garden size and add fruit plants – maybe even a few small apple or cherry trees.

## Hollywood Nights at Nay Ah Shing

By *Alicia Eischens, high school English teacher*



Photo courtesy of Nay Ah Shing School

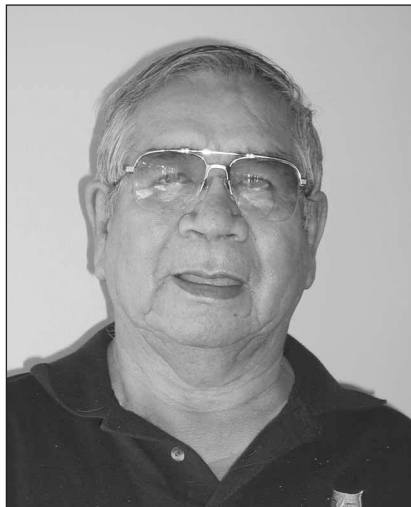
**Students Lashelle Boyd (left), Heather Benjamin (center), and Randee Greenleaf (right) enjoy the second annual Nay Ah Shing prom.**

On Saturday, April 18, Nay Ah Shing High School held its second annual prom with the theme of "Hollywood Nights." The evening was quite a success. It began with a grand march at 7:30 p.m. and was followed by a dance. Afterward, the students attended an all-night post-prom party at the Thunderblades Roller Skating Rink. At the post-prom event, students had a chance to win many prizes, including the grand prize – an iPod touch. The lucky grand prize recipient was Amber Buckanaga.

The Nay Ah Shing Prom Committee worked very hard to make the evening fun and memorable. They prepared for months – planning, decorating, selling tickets, and fundraising for this one night. Through their hard work and generous support from the community, Nay Ah Shing students enjoyed a wonderful event filled with lasting memories.

The Nay Ah Shing Prom Committee would like to thank Chief Executive Marge Anderson and Secretary/Treasurer Herb Weyaus for their generous donation. With their help, the school was able to offer wonderful post-prom prizes that contributed to a 90-percent turnout. The students who participated in the post-prom party had a safe, sober and active alternative for celebrating this unforgettable event.

## Band Elder Helps Honor Veterans



**Kenny Weyaus**

**By Toya Stewart**

Band Elder Kenny Weyaus is determined to make sure that Band veterans are both remembered and recognized.

That's why Kenny has devoted much of his life to serving both his country and his community.

Kenny, along with other Band veterans, helped get a memorial erected honoring the Band members who served in World War I and World War II. He is also one of the organizers of the annual powwows on Memorial and Veterans days and a founder of Amvets Post 53, which has about 25 members. Anyone who is a veteran can join.

"We started the powwow to honor deceased veterans on Memorial Day," said Kenny, adding that another powwow is held on Veteran's Day to honor the living.

Kenny served in the Army from 1960 to 1963 as a member of the Minnesota Screaming Eagles Air Division.

American Indians from across the state were enlisted to serve in the Screaming Eagles Division. The group was supposed to serve together and be shipped out to Vietnam with the rest of the 101st Airborne. Yet the group never got a chance to go, Kenny said, and that's when he left the military.

"In the 1960s we weren't respected at all," he said. "Today vets get more respect."

In spite of his own experience, Kenny said he still believes that people should consider joining the military.

"It teaches you a trade. You don't just grab a gun and stay with a gun. It's like school, and they get better pay than we did in the 60s."

When he returned to the reservation, Kenny began collecting the oral history of Band veterans and photos of them to hang in Band buildings. The photos are now hanging in the Mille Lacs Band Government Center.

"By serving in the armed forces, we are honoring our tradition of being great warriors," Kenny said. "Our vets are respected as great warriors, and that's why we honor them at powwows."

### Memorial Day Powwow

The 16th annual Memorial Day Powwow will be held from 12-5 p.m. on May 25 at the Mille Lacs Indian Museum grounds. Band members receive free admission to the museum and powwow.

## 18th Annual Grand Celebration Powwow

The 18th Annual Grand Celebration Powwow will be held at Grand Casino Hinckley on June 19-21. The powwow is one of the largest in the area and all Band members are invited and encouraged to attend.

Grand entry times are:

- 7 p.m. on June 19
- 1 and 7 p.m. on June 20
- 1 p.m. on June 21

Dancers will compete in 12 dance categories; this year's special contests include the hand drum, old-style chicken dance, old-style traditional grass, and old-style sidestep. A singing contest for groups performing for the dances will also be held. Cash prizes

totaling over \$85,000 will be awarded for first through fourth places for the dance and singing competitions. Along with the competitions, vendors will sell food, crafts and artwork.

Attendees are asked to bring their own chairs and drums to the powwow. Campgrounds are available during the event. For more information, call 800/472-6321, ext. 4843 or ext. 4556.

There is a golf tournament scheduled on June 20-21 at Grand National Golf Course. This is a Mille Lacs Elder fundraiser. Call 320/384-7427 for more information or to sign up your three-person team.

## Veterans Services Office Helps Band Members Who Served in Military

**By Toya Stewart**

If there's one message that Greg Davis wants Band veterans to know, it's that he will do everything he can to help them get the benefits they deserve.

"Our goal is to help them have a good quality of life," said Greg, a Band member and tribal veterans services officer.

The Tribal Veterans Services Office, located at the Mille Lacs Band Government Center, opened in July 2008 and serves about 25 veterans a month, Greg said. The office can also help widows and dependents of veterans.

Most of his time is spent filing pension and compensation claims for veterans and their families. Approximately 170 Band members are estimated to be eligible for veteran's services.

"Anything that has to do with veteran services, including education, housing, getting wheelchairs, transportation to the Veteran's Administration, filling out applications, faxing them, anything... we will help them," Greg said. "Even if they think they're not entitled to something, I encourage vets and their families to come and see me, because maybe they do have something coming their way that they weren't aware of."

In recent days, he has spent time working with potentially homeless veterans.

"We have outreach capabilities and will go wherever we're needed, including home visits," said Greg. "We have vets out there who are underserved and our job is to help them."

Greg, who was a medic during his Army days, served from 1985 to 1993 in the 101st Airborne. He spent time in a peacekeeping force in the Middle East.

During his enlistment, Greg was injured. He is relying on a colleague who shares his same job to help him with his compensation claim, since he isn't allowed to act as an advocate on his own behalf.

"I'm experiencing many of the same things that the vets I work with do," said Greg, who is a member of the AmVets Post 53 and serves as an honor guard.

Besides assisting veterans, the office also benefits the Band, Greg said. "Through this program, there are services that veterans are entitled to so we can help the Band save money by tapping into veterans' government benefits."

For more information about veterans services, please contact Greg at 320/532-4181.

## Billie Jo Sarcia Honored At Candy Cupboard Grand Opening



Photo courtesy of Small Business Development Program

Band member Billie Jo Sarcia was honored at the Candy Cupboard Grand Opening on Friday, May 1. A celebration was held to recognize Billie Jo's completion of the Small Business Development Program's (SBDP) On-the-Job Training Program and her new ownership of the Candy Cupboard. Billie Jo was presented with a plaque from the SBDP that read, "Think of every day, every challenge, every triumph, and indeed every defeat as feathers on your wings. With your collection of experience and knowledge, you will fly where only eagles dare. Congratulations on your successful completion of the SBDP's On-the-Job Training Program. We look forward to seeing you soar!" Pictured above are (left-right) John Gunstad, SBDP business specialist; Sharon James, SBDP business specialist; Billie Jo Sarcia, Candy Cupboard owner; and Steve Premo, graphic artist.

## Family-Friendly Event at Grand National a Success



Photo courtesy of Sarah Barten

**Jacob Lincoln shows off his finished wood duck house during an event at Grand National Golf Club to help restore the wood duck habitat.**

**By Sarah Barten, PR Specialist for Grand Casinos**

In the early 20th century, the wood duck was nearly extinct due to the destruction of bottomland habitats and indiscriminate market hunting. But today it is one of the most abundant waterfowl species in North America. The dramatic rebound of wood duck populations since that time can be largely attributed to protection provided by artificial nesting structures, or wood duck boxes.

On Saturday, April 4, Grand National Golf Club became a wood duck habitat restoration project. The event's goal was to build up to 50 wood duck boxes that would be placed across the golf course. During this first-time event, 35 were built.

Local DNR conservation officers were on site to assist families and children in building the boxes. Everyone who completed a box received a certificate and their picture with the nesting box they built.

Wood ducks are highly secretive in selecting nest sites to minimize impacts of predators and competition from other wood ducks. Therefore, it is important to put individual nest boxes in relatively secluded areas within timber stands where natural cavities would occur. Graciously, Kelly Applegate, the Mille Lacs Band's wildlife biologist, toured the golf course and recommended proper placement.

"We were very pleased with the turnout," said Casey Fahey, director of golf operations for Grand National. "This community event will serve as a long-term reminder of the community's commitment to the natural habitat. Thank you to all the participants and volunteers who helped make this event a success."

The wood duck houses, along with 25 bird houses and a 14-unit purple martin condo were installed throughout Grand National Golf Club during the week of April 13. Ron Windingstad from Audubon Minnesota was present for the installation and educated the crew on birding and habitat.

"Audubon really appreciates what Grand National Golf Club is doing for bird conservation," said Ron. "I know being an eco-friendly golf course should be good for the golfers and for other tourists visiting Grand Casino Hinckley and the Hinckley community."

The Grand National Golf Club is operated by Grand Casino Hinckley. For tee times, call 320/384-7427.

## Band's Emergency Response Team Well Prepared

**By Monte Fronk, Mille Lacs Band Emergency Response Coordinator**

Like other local and state governments, the Mille Lacs Band has extensive emergency operations plans that guide the Band in preparing for and responding to various emergency situations. The Band's Emergency Management Department oversees these plans and coordinates emergency drills for the Tribal Emergency Response Committee (TERC).

The Band's TERC includes commissioners, public safety and public information officers, and other emergency personnel. This group meets on a regular basis and undergoes training to ensure that it is ready to handle any crisis situations that arise. With the recent outbreak of the H1N1 flu virus, TERC is meeting frequently to go over emergency plans. The Band's emergency personnel are also holding conference calls with the Minnesota Department of Health, State Homeland Security Emergency Management, Bureau

of Indian Affairs emergency management division, Indian Health Services, and Mille Lacs, Aitkin and Pine county local health organizations to keep up to date on the situation.

### TERC and Emergency Management Department trainings

The Band's Emergency Management Department and TERC work with other governments and agencies throughout the state to participate in full-scale exercises, such as pandemic flu drills. In these trainings, TERC members must determine how to keep emergency workers and other key personnel safe so that government operations can continue their work. The Band's emergency response workers regularly participate in local and regional trainings to ensure that the Band and its neighboring communities have coordinated emergency preparedness plans.

## H1N1 Flu: Don't Panic, Be Informed

**By Dr. Salina Rizvi, Mille Lacs Band Health Director**

As we continue to hear reports about H1N1 flu, including a suspected case in District I, it is important to be informed about the disease and take precautions to help keep you and your family healthy. Following is information you should know about H1N1 flu.

### What is H1N1?

H1N1 influenza is a respiratory disease of pigs caused by type A influenza viruses that cause regular outbreaks in pigs. It is not spread by food. Human infections are uncommon, but can and do happen.

The H1N1 flu virus can spread from person to person in the same way that seasonal flu spreads. The Centers for Disease Control (CDC) is working closely with state officials to reduce the spread and severity of illness.

Local health care providers around the state, including the Band's health care workers, are on alert for the disease and will contact the Minnesota Department of Health if any patients have flu-like symptoms who have been to Mexico or parts of the U.S. with confirmed cases of the unusual H1N1 flu strain.

As of the time of print, 3,352 laboratory confirmed cases of this virus infection have been identified in the U.S and 31

confirmed cases in Minnesota. Most of these cases have been mild, although three deaths have been reported in the U.S.

### What are the symptoms?

The symptoms of H1N1 flu in people are similar to regular flu and include fever, cough, sore throat, body aches, headache, chills, and fatigue. It is thought that this virus spreads mainly from person to person through coughing, sneezing, or touching objects that have the virus on it.

### What can you do to protect yourself and others?

- Wash your hands often
- Cover your nose and mouth with a tissue when you cough or sneeze.
- Avoid touching your eyes, nose or mouth.
- Contact your health care provider if you are sick to determine if testing and treatment are needed.

### For more information

For more information, contact the Mille Lacs Band's Health and Human Services Department at 320/532-4163 or contact the CDC at 800/CDC-INFO, visit [www.cdc.gov/h1n1flu](http://www.cdc.gov/h1n1flu), or [www.health.state.mn.us](http://www.health.state.mn.us).

## 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 Mary Jo Jennings: 800/626-5825, ext. 5944, [mjennings2@grcasinos.com](mailto:mjennings2@grcasinos.com), or [iskigamizigan@hotmail.com](mailto: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](mailto:shannonr@millelacsojibwe.nsn.us) for more information.

## Public Health Updates

### Women, Infants and Children Program

*By Dianne Holmquist, Billing Specialist*

The Women, Infants and Children (WIC) Program is a supplemental nutrition program that provides eligible pregnant or breastfeeding women and their children vouchers for supplemental food. The vouchers are given to help promote good nutrition.

#### Who is eligible?

- Pregnant women
- Breastfeeding women
- Women who have a baby younger than six months old
- Infants and children up to five years old

#### Individuals must also:

- Be eligible for services through the Mille Lacs Band
- Be at nutritional risk
- Meet liberal income guidelines

#### Voucher pickup

Voucher pickup occurs monthly or, in some cases, every three months. Certifications and education are required for continued participation in the program.

#### WIC clinic dates

Joanne Weyaus, WIC clerk, is scheduling appointments. Please call Joanne at 320/532-7821.

Following are the upcoming WIC clinic dates:

- District I – Health and Human Services Building, 17320 Noopiming Drive, Onamia, May 19 and 26 from 9 a.m.-noon and 1-4 p.m.
- District III – Aazhoomog Public Health Office in Lake Lena, May 27 from 10 a.m.-noon and 1-3 p.m.

Please note that all offices will be closed on Monday, May 25, for Memorial Day.

#### Annual health fair

*By Marlene Poukka, Community Health Educator*

The annual Health and Human Services Fair will be held on July 23 at the District I Community Center from 10 a.m. to 4 p.m. The theme for the health fair is "A Healthy Community Starts With a Healthy You." Activities planned for the health fair include a walk/run for participants, a scavenger hunt for all health fair attendees, door prize drawings throughout the day (you do not have to be present to win),

educational booths, and several health screenings (e.g., blood pressure checks and blood sugar readings). Lunch will be available.

If you would like to assist with the health fair, please contact one of the planners: Amanda Nickaboine, Melissa Truax, Roberta Ladd, Lisa Blahosky, or Marlene Poukka at 320/532-7776.

All community members are welcome to attend the health fair. You do not have to be a Mille Lacs Band member to attend.

### Second annual men's health event

*By the men's health event planners*



Rick Anderson

*Participants listened to a presentation given by Mille Lacs Band member Dr. Arne Vainio on colorectal cancer. Dr. Vainio also gave an informative presentation on Sudden Infant Death Syndrome (SIDS), providing good sleeping techniques for infants.*

The second annual men's health event was held at the District I Community Center on April 20. Approximately 50 people attended the educational presentation. They were treated to a delicious meal prepared by Nutritional Education Assistant Chris Kegg and the diabetes outreach team of Roberta Ladd and Samantha Premo.

Door prizes were given to almost everyone in attendance, with two nets being given away as the major prizes of the night.

Hopefully, we will see everyone again at next year's men's health event. The planners for the men's health event would like to thank all the providers who participated in the event and shared their educational resources with men in the community. We especially want to thank all the volunteers who helped clean the community center and move tables and chairs. Chi mii gwech!

Planners for the men's health event include: Robert Thompson, John Mojica, Roberta Ladd, Marlene Poukka, and Marjorie Johnson.

## Graduations & Celebrations

The school year is once again coming to a close, which means awards banquets and graduation ceremonies are just around the corner. Following is a listing of upcoming events:

- **Wednesday, May 20** – Nay Ah Shing Upper School graduation
- **Friday, May 22** - Pine Grove Leadership Academy feast
- **Thursday, May 28** – Fourth grade graduation at Nay Ah Shing Abinoojiiyag
- **Friday, May 29** – District I Early Education graduation
- **Friday, May 29** – District II Early Education graduation
- **Friday, May 29** – District III Early Education graduation
- **Thursday, June 11** – Minisinaakwaang Leadership Academy graduation

The Mille Lacs Band of Ojibwe would also like to invite all districts graduates and their families to attend the graduation celebration picnic at

the Mille Lacs Band Tribal College on **Friday, June 26**, from 12-3 p.m. The graduation celebration sponsored by the Higher Education Department, is the perfect opportunity to celebrate and recognize the achievements of our graduates. This celebration helps us realize that goals and achievements can be reached through hard work and dedication. There will be food and door prizes.

Please R.S.V.P. to Sami Thomas or Camille Smith at 866/916-5282 by June 12.

If you are graduating this year, please contact the scholarship office to make sure you are on its graduation list. For event locations or other information, please call the Nay Ah Shing Schools at 320/532-4695 or the Mille Lacs Band Scholarship Office at 866/916-5282.

## Lawmakers Continue Debate On Balancing State Budget

As the May 18 end date of the regular legislative session approaches, a flurry of action continues at the Capitol as lawmakers work to address the state's \$4.57 billion budget deficit. The Minnesota House of Representatives and Senate passed tax bills that include a variety of tax increases (raising \$1.5 billion and \$2 billion respectively) along with spending cuts. In an attempt to get negotiations moving on spending bills, the House and Senate passed a separate tax bill to fund education and health and human services. However, the Governor vetoed the bill.

At the time of print, the tax bills were in a joint conference committee, where their differences will be reconciled before going to Governor Pawlenty. With the Governor holding his stance against tax increases, there is wide speculation that a special session may be necessary to resolve the budget issues.

### Gaming

Several amendments to budget and tax bills that allow for gaming expansion – including slots in bars, a racino, and an airport casino – have been brought up in House and

Senate committees. However, none of these amendments has passed. During the House floor debate of the state government finance bill, an amendment to allow video pull tabs was offered and quickly withdrawn. Amendments to allow a racino and slot machines in bars were defeated on the Senate floor.

With a potential special session, these gaming expansion efforts could possibly resurface.

### Other legislation of interest to the Mille Lacs Band

#### Dakota and Ojibwe language bill

The House and Senate bills to establish a volunteer working group to help address ways to revitalize and preserve the Dakota and Ojibwe languages in the state continue to move through the legislative process. The Mille Lacs Band supports these efforts to preserve Native languages in Minnesota.

#### Wild rice

The omnibus natural resources and state parks bill includes language that modifies the wild rice harvesting season to be from August 15 to September 30.

## Congratulations to Diabetes Team

In April, the Mille Lacs Band of Ojibwe Diabetes Team was officially awarded recognition status for the next three years by the American Diabetes Association (ADA) for quality self-management education. Congratulations to the team members for their hard work and commitment that helped the team achieve this recognition.

Self-management education is an essential component of diabetes treatment. Assuring high-quality education for patient self-care is one of the primary goals of the ADA's education recognition program. This is a voluntary process which assures that approved education programs have met the national standards for diabetes self-management education programs.

Programs that achieve ADA-recognition status have a staff of knowledgeable health professionals who can provide

state-of-the-art information about diabetes management for participants.

"The process gives professionals a national standard by which to measure the quality of the services they provide," said Sue Swanson, diabetes team coordinator. "And of course it helps patients know they are receiving quality care."

Members of the Mille Lacs Band Diabetes Team include:

- Mark Bostrom, M.D., medical director
- Sue Swanson, R.N., community diabetes educator/diabetes team coordinator
- Sam Premo, data entry clerk/administrative assistant
- Cyndy Edgerton, R.D., case manager
- Roberta Ladd, community diabetes representative
- Jim Ingle, fitness coordinator
- Lee Lembke, fitness assistant

## Meet Your Diabetes Team Member



**Sam Premo**

Following is information about Samantha Premo, who is part of the Mille Lacs Band Diabetes Team.

### What is your position?

Diabetes Administrative Assistant and Data Entry Assistant

### How long have you been in your position?

Almost a year

### What are your primary duties?

I mainly ensure that things run smoothly for the rest of the staff. I pay bills, work on travel arrangements, and help

everyone out with their projects.

### What is your favorite part of your job?

I love getting things ready for diabetes education classes and helping the nutrition assistant cook meals for the classes.

### What is the first thing you do when you get to work?

I check my desk calendar to see what my first priority is for the day, and I check my e-mail.

### What is the best tip you give patients to help them stay healthy?

When I am in contact with them, I let them know about the great recipes that I have come across for people with diabetes. Eating healthy can be tasty too.

### What is your favorite exercise?

I like to jog on the treadmill.

### What is one of your goals for the Diabetes Team?

To help my team out with their goals; I love to be part of what they are passionate about.

## Mille Lacs Indian Museum Event

### Ojibwe moccasin workshop

Create a pair of Ojibwe moccasins of any size to take home. This two-day workshop will be held on Saturday, **May 16**, from 12-4 p.m. and from 10 a.m.-2 p.m. on Sunday, **May 17**. The cost is \$50 for the public and \$45 for Minnesota Historical Society members and Mille Lacs Band members. There is an additional supply fee of \$25.

### Summer employment

The Mille Lacs Indian Museum is accepting applications for an interpreter position this summer.

Applications can be picked up at the museum or online at [www.mhs.org](http://www.mhs.org). For more information about the position please call 320/532-3632.

### Hours of operation

The Mille Lacs Indian Museum and Trading Post is open from 12-5 p.m. Thursdays-Saturdays until Memorial Day. The hours for June are Mondays, Wednesdays-Saturdays from 10 a.m.-5 p.m., and 12-5 p.m. on Sundays.

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

## Havoc in Hinckley Boxing Ring

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

The next installment of exciting boxing action will take place on June 5 at 7:30 p.m. at Grand Casino Hinckley. The event will be headlined by a 10-round battle between 2007 Contender TV series finalist Jaidon "The Don" Codrington of New York and Phil "The Drill" Williams of Minneapolis. Codrington (19-2) and Williams (10-1) have a combined total of

24 knockouts among their 29 wins.

Popular Caleb "Golden" Truax of Minneapolis will put his 11-0 record on the line against Californian Tony Hirsh. Hirsh comes into the contest with a record of 8-1.

Negotiations are in the works to have Marcus Oliveira fight for the Native American Boxing Council Light Heavyweight Belt. Other names being mentioned for the event are Kirstie Davis, Ismail Muwedo, Jeremy McLaurin, and Willshaun Boxley.

## Thank You to Emergency Medical Services Workers

**By Monte Fronk, Emergency Management Coordinator**

Emergency medical services (EMS) personnel – including first responders, paramedics, emergency physicians, dispatchers, educators, and others involved in EMS – provide valuable services to our community by preparing for and responding to emergencies. May 17-23 is national EMS recognition week and a good time to thank those who help protect our communities.

The Mille Lacs Band employs six emergency medical

technicians (EMTs). There are also 30 Band employees who are certified by the Minnesota Emergency Medical Services Regulatory Board as first responders – volunteers who are trained in trauma response, CPR, and other basic emergency preparedness to help respond to emergencies before paramedics can arrive.

Thank you to everyone involved in EMS. We greatly appreciate the important work you do.

## District IIA Looking For Bingo Players

The District IIA Bingo Committee is looking for more bingo players to join their sessions on the second and fourth Tuesdays of the month. Bingo begins at 6 p.m. at the Chiminising Community Center. The Bingo Committee is also looking for beadwork to buy (up to \$25) for their bingo prizes. Please call Carmen Green at 877/676-1299 for more information.

## Summer Youth Employment Program

Are you between the ages of 14 and 20 years old and looking for summer employment? The Mille Lacs Band Workforce Center will accept applications for the Summer Youth Employment Program from May 1 through May 22. This program will be conducted in Districts I, II, IIa and III. The pay is \$7.25 per hour.

To be eligible, you must be at least 14 years old by June 5, 2009, and not turn 21 years of age before August 7, 2009. The Summer Youth Employment Program will employ Mille Lacs Band members, first descendents, and members enrolled in a federally recognized tribe who are in the care of a Mille Lacs Band member. Verification of guardianship may need to be submitted.

The Summer Youth Employment Program runs for eight weeks and begins June 15 and ends August 7. Applications can be picked up at the following locations and from the following contacts:

### District I

- Workforce Center (lower level of the Government Center)
- Onamia High School – Nancy Harliss
- Nay Ah Shing Schools – Mary Simon

### District II

- East Lake Modular Building – Judy Brown

### District IIa

- Chiminising Community Center – Carmen Green

### District III

- Lake Lena Community Center – Gloria Songetay

This is a great opportunity for Mille Lacs Band youth to gain work experience and earn money while learning. If you have any questions, please contact Rachel Shaugobay, summer youth coordinator, at 320/532-4708 or 800/922-4457.

## Motivating Youth to Be Drug Free Through Basketball Demonstrations



Members of Warrior Elite, a group of motivational speakers, took on Mille Lacs Band members during a visit to the Mille Lacs Reservation to inspire youth to be drug and alcohol free. From left to right: Sam Moose, Joe Nayquonabe, and Rob Oswaldson (for the Mille Lacs Band); Joe Sapp and Michael Hawkinson (for Warrior Elite).

By Darrell Shingobe, Community Recreation and Sports Program staff member

On April 6 and 7, Mille Lacs Band youth and community members were treated to a once-in-a-lifetime motivational and basketball experience. The Community Recreation and Sports (CRS) Program in conjunction with Warrior Elite presented two days of motivational speaking with amazing basketball demonstrations. This inspirational community event was concluded with an all-star game of Warrior Elite members taking on Band members.

Warrior Elite is made up of outstanding young men who are educated, drug and alcohol free, and who have inspirational messages to deliver to communities around Indian Country. Warrior Elite visited Nay Ah Shing Upper School and Minisinaakwaang Leadership Academy. During their visit they conducted a motivational

presentation involving basketball, which engaged and encouraged the youth. These outstanding young men talked in depth about the perils of gang violence, the dangers of drugs and alcohol, and the importance of education and cultural identity. The players also stressed the importance of family, community, and healthy living.

CRS would like to thank all the staff that made this possible. Thank you to all Mille Lacs Band members who participated and to Warrior Elite for an unforgettable two days. A special thanks to Warrior Elite members Ryan (Special FX) Williams, Joe (Caution) Sapp, Devo Joseph, Kenny (KD) Dobbs, Garrick (Smooth) Todechine, Michael (The Hawk) Hawkins, and Warrior Elite Director Nelson Hernandez. Another special thanks to the CRS drum and dance group for providing the pre-game entertainment and half-time show.

## Circle of Health Updates

By Circle of Health staff

### Benefit coordinator schedule

Circle of Health Benefit Coordinator Dawn Chosa continues to assist Band members in acquiring private health policies through a local independent insurance agent. Every month she visits each district from 10 a.m.-2 p.m.; please call our office at 320/676-8214 for specific dates or look for dates in upcoming issues of the *Inaajimowin*.

Beginning this month, Dawn's office will be located at the District I assisted living unit (instead of at the Ne-la-Shing Eye Clinic). Please sign in with the receptionist at the front desk of the assisted living unit to meet with Dawn.

### Dental coverage

A Brokers National Life Assurance dental plan is still available to Band members, and coverage can begin as early as the first of the following month. If you do not have dental coverage (Medicare does not have dental coverage), please contact or visit the benefit coordinator to complete the forms.

### Denials of non-eligible family members

It has already been one year since the May 1, 2008, policy change that stated Circle of Health would no longer pay co-pay or deductibles for non-Band member spouses or non-first-line descendant children. Please remember that Circle of Health is not responsible for informing your provider that we will not make payments on those claims. It is Band member families' responsibilities to pay co-pays for non-eligible family members at the time of service to avoid the possibility of forgetting about these patient responsibilities, which can end up in collections.

### Timely filing of claims

The time limit for claims or personal reimbursement requests was also changed effective May 1, 2008. The time limit changed from 12 months from the date of service to six months. Please keep in mind that if your primary insurance does not pay in a timely manner, it is the procedure of Circle of Health to use the primary insurance check date rather than the date of service.

## Education Enrichment Program Successful

By Josh Maudrie, Higher Education Director

Due to the overwhelming success of the Mille Lacs Band's Educational Enrichment Program, the Higher Education Department is officially out of funds for the remaining budget year.

It was exciting to see so many Band members utilize this wonderful program. This past year, Band members and their children attended a wide array of activities including driver's education training, horse training, sports camps, culture

camp, martial arts classes, and more. We look forward to serving the community education needs of the Mille Lacs Band again next budget year.

Please feel free to apply for the Educational Enrichment Program after October 1, 2009, or contact us anytime with questions. Educational Enrichment applications can be obtained on the Mille Lacs Band Web site under scholarship information or by contacting our office at 866/916-5282. Mii gwech.

*Spring Remodeling?*  
**Call a Band Member**

**Churchill Contracting Company**

**Albert "Joe" Churchill**  
 612/799-6730

**Robert A. Dorr**

800/968-9114



**David Grainger**



**Brad Kalk**



**KALK CONSTRUCTION COMPANY, INC.**  
 218/838-7696

**Michael J. Nickaboine**  
 218/847-5812

**Northland Quality Builders**

**Robert Dowell**



218/349-7762

**Support your fellow Band Members, Call today!**

# Mille Lacs Band Of Ojibwe Tribal Government Monthly Financial Report

March 2009

	Approved Budget for FY 2009	Actual Expenditures through 3/31/09	% of Budget Expended
Administration (1)*	12,862,999	5,211,478	40.5%
Workforce*	11,350,643	2,202,215	19.4%
Judicial	1,093,149	438,201	40.1%
Law Enforcement*	3,477,344	1,506,499	43.3%
Education*	14,582,222	7,341,548	50.3%
Health and Human Services*	22,992,928	11,244,062	48.9%
Natural Resources*	5,070,564	2,185,828	43.1%
Community Development*	35,421,838	7,865,142	22.2%
Gaming Authority**	2,694,726	1,999,223	74.2%
Per Capita Payments	26,141,076	21,441,712	82.0%
Economic Stimulus	2,800,000	2,780,000	99.3%
<b>Total Expenditures</b>	<b>\$138,487,490</b>	<b>\$64,215,906</b>	<b>46.4%</b>

## Financial notes:

- (1) Administration includes Chief Executive, administration, finance, Solicitor General, legislative, government affairs, and district operations.
- (2) The amounts above do not include casino operations. However, they do include government operations funded by casino distributions.
- (3) The Mille Lacs Band of Ojibwe has its financial statements audited every year by an independent public accounting firm. Audit reports from previous years are available for review at the government center.
- (4) Economic development appropriations have been excluded as of October 31, 1997. As of October 1, 1997, the Band has separate accounting functions for the Corporate Commission from the tribal government.

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

\*\* The Gaming Authority Department is operating on continuing resolutions for FY 2009.

## Common Questions About Wills

By East Central Legal Services

### What is a will?

A will states what you want done with your property after you die. In your will, you name someone to make sure your wishes are carried out. That person is called a personal representative. If you do not name a personal representative, the court will name one for you.

### What if I die without a will?

If you die without a will, there are state laws that say how your property would be divided. It would go to your closest relatives. If you have a spouse and children, the property would go to them, divided up by a set formula. If you do not have a spouse or children or these family members are no longer living, your property would go to other family members in this order: your grandchildren, your parents, your brothers and sisters, or more distant relatives if there are no closer ones.

Some people worry that the state will take their property if they die without a will. This is very rare. The state can take

your property only if you have no will, you die with property in your name alone, and you have no living blood or adopted relatives.

### When do I need a will?

You need a will if you want to:

- leave property to a friend or charity instead of family,
- leave property to people who would not get anything under state laws about dividing property,
- give certain items to certain people, or
- leave someone out who would inherit from you by state law

### When don't I need a will?

You don't need a will if:

- All of your property is jointly owned and the other owner has the "right of survivorship."
- You want to leave your property to family in the order that the law says. For example, if a widow with two children dies, the law gives each child one-half of her property. If she wants this, she does not need a will.

If you would like a will completed or would like more information, please call East Central Legal Services toll-free 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 our toll-free number at 800/622-7772

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



## Tribal Noteboard

### Happy May birthday to:

**Davonte**, 9, on May 18 with love from Auntie Vannie, George, Reuben, Cedric, Cedar, Cairarah, Cyliss, and the rest of the family • **DeeJay**, 18, on May 19 with love from Auntie Vannie, George, Reuben, Cedric, Cedar, Cairarah, Cyliss, and the rest of the family • **Jonathan Lee Boyd**, 3, on May 3 from Grandpa Robert, Grandma Chris, Na-non, dad, and the rest of the family • **Cheryl Jones**, on May 15 from Sandy, Erykah, and Jesus • **Samantha**, 12, on May 13 from your family • **Adrian Garbow**, on May 5 from mom and Peter Garbow • **Chase**, 4, on May 13 with love from Auntie Rosebud and family • **Kamryn**, 7, on May 16 with love from mom, Daityn, Amare and Junior • **Ronni**, 8, on May 26 with love from Rosebud and family • **Jeffrey Matrious**, on May 3 with love from your wide Toni • **Theresa Williams**, on May 27 from all your grandchildren • **Kevin Boyd Sr.**, on May 21 from your wife Nelle, Megan and Sweetpea • **Darryl Smith**, 16, on May 5 from Auntie Jan and kids, Tammy, Brandon, Brandi, John, Punky, and Tank • **Brandon Benjamin Jr.**, 10, on May 6 from TJ and Cali • **Alizayah Darlene**, 9, on May 8 from TJ, Norman and Kali • Gordon Sam Jr., 5, on May 10 from Auntie Jan and kids • **Mary Mack**, 34, on May 15 from Chi-Odoon, Norman and Kali • **Brennen Mitchell**, 1, on May 15 from TJ, Norman and Kali • **Sammy Mitchell**, 13, on May 18 from TJ, Norman and Kali • **Codgy Potter Jr.**, 1, on May 18 from TJ, Norman and Kali • **Robyn Vornig**, 14, on May 20 from TJ and Kali • **Isaiah Sam-Nickaboine**, 1, on May 20 from TJ and Kali • Thomas McLean, 1, on May 20 TJ and Kali • **Jordan and Joshua Smith**, 15, on May 25 from TJ, Kali, Tammy, Brandon, Brandi, John, Punky and Tank • **Amy Mitchell**, 21, on May 26 from TJ, Norman and Kali • **Bill**, on May 9 from your honey, Clara, Emma, Tyson, Eva and Jon • **Shawna**, on May 15 from Lenore, Bill, Tyson, Eva, Jon, Clara and Emma • **Jerone**,

on May 3 from dad, Clara, Emma and Lenore • **Jessica Mitchell**, on May 17 with love from mom, Sean, Amber, Carmelena, Mataeo, Brandon, Mike, Kylia, Cleo, and Jade • **Maysun Jr.**, 5, on May 27 with love from mom, dad, Shawsha, Soul, Dante, Beaner, Papa, Fronco, grandma, DeaLayna, Danielle, Franny, Stone, Junior, Rachel, Joe, Donny, Sheila, Joey, Greg, Marissa, and Bruce • **Jarvis**, 17, on May 5 with love from Val, Piah, Baby Kev, Phil, Mickey, Nadine, Char, PJ, and Whitney • **Shelby**, 19, on May 9 with love from Val, Piah, Baby Kev, Phil, Mickey, Char, PJ, and Whitney • **Randi**, on May 12 with love from your brothers and sisters • **Taylor Paige**, 4, on May 19 with love from Val, Piah, and Baby Kev • **Valerie Harrington**, on May 27 with love from Mariah, Kevin, Phil, Mickey, Nadine, Char, PJ, Whitney, Max, Aries, and Jenai • **Mariah Harrington**, 13, on May 31 with love from mom, dad, brother, Papa Brad, Gram Kim, Steve, Phil, Mickey, Nadine, Char, PJ, Whitney, Max, Aries, and Jenai • **Markie**, 1, on May 12 with love from Val, Piah, Baby Kev, Phil, Mickey, Nadine, Char, PJ, and Whitney • **Grandpa Jim**, on May 14 with love from Aaron, Marcus, Jeremiah, Braeton, Frank and Petra • **Jenny**, on May 31 with love from mom and Jim • **Phillip Harrington Sr.**, on May 23 from Mickey, Nadine, Char, PJ, Whitney, Leo and Nick • **Joseph Bastedo**, on May 25 from Auntie Max, Phil, Mickey, Nadine, Char, PJ, and Whitney • **Jasmine Ballinger**, on May 1 from Nadine, Char, PJ, Whitney, Leo and Nick • **Cayden Eagle**, on May 20 from Grandma Rose and family • **Joe Eagle**, on May 31 from mom • **Randy Sam**, on May 4 from Auntie Max, Arielle, Jenai, Tammy, Brandon, Brandi, John, Punky, and Tank • **Jazzy Jean**, on May 1 from Max, Aries, Nick and Jenai • **Leoniece**, 5, on May 11 from Auntie Max, Aries and Nai Nai • **Dale Ballinger**, on May 10 from Max and family • **Stephanie Day**, on May 3 from Dawn Day and family, sisters and brothers • **Brenda Beaulieu**,

on May 4 from Dawn Day and family, sisters and brothers • **Jerry Beaulieu**, on May 6 from Dawn Day, sisters and brothers • **G**, on May 30 from Dawn, Arlen, Anna, Simon and Christopher • **Erica Shaugobay**, 28, on May 4 with love from grandma, Ashley, Brianna, Uncles James, Gail, and Terry • **Gramma/Mom**, on May 1 with love from Wally, Sharon, Rave, Nick, Destiny, Mike, Alexis, Izik, Diamond, R-Rose, Britt, Tam, Tara, George, Shaun, Geo, Troy, Isaiah, Erica, Moose, Romeo, Jason, Brooklyn, and Barrett Jr. • **Troy**, on May 8 with love from mom, dada, Shaun, Geo, Isaiah, Anty, Momma B, B-Rose, Corey, Nick, Desty, Mikey, Lexis, Diamond, Izik, Tam, grandma, Wally, Sharon, Rave, Ric, Bear, Rome, Jason, Brook, Lil Bear, Gramma Moses, and Papa Melvin • **Isaiah**, on May 12 with love from dad, mom, Shaun, Geo, Trooks, Anty, Britt, B-Rose, Corey, Nick, Desty, Mike, Lexis, Diamond, Izik, Tam, grandma, Wally, Sharon, Rave, Ric, Bear, Rome, Jason, Brook, Lil Bear, Rosie, and Papa Melvin • **Wally**, on May 19 with love from Tara, Shaun, Geo, Troy, Isaiah, Missy, Nick, Desty, Mike, Alexis, Izik, Diamond, Corey, Brandi Rose, Britti, Tam, Ric, Romeo, Jason, Brookey, Lil Bear, and momma • **Romeo**, on May 28 with love from Tara, George, Shaun, Geo, Troy, Isaiah, Missy, Tam, PJ, Andy, Chey, Chantell, Wally, Sharon, grandmas, and the rest of your family • **Dawn**, on May 29 with love from Tara and her crew • **Manny**, on May 8 from mom, dad, Elliott, Ethan, Jas, Tyrese, Lydia, Charles and kids, Liz, Dylan and kids, Keith, Chelsie, Sebastian, Marvin, Roger, Bev, Junior, Roy, and Jillian • **Jillian Garbow**, on May 15 from dad, mom, Junior, Roy, Cocoa, Tammy, Brandon, Brandi, John, Punk, and Tank • **Vicki**, on May 19 from Danielle, Dan and kids, Oscar, Travis and family, Dereck and family, Tara, Tyler, Deb, Dave, Roger, Bev and kids, Tammy, Brandon, Brandi, John, Punky, and Tank • **Sunshine**, 4, on May 20 from mom, dad, Gramma June, Grandpa Gushy, Sam Dan, Charles, Hunter, Elvis, Amber, Liz, Dylan and family,

Elliott and kids, Keith, Charles, Sebastian, Roger, Ben, Junior, Roy, Jillian, and Uncle Marvin • **Liz**, on May 21 from mom, dad, Dylan and kids, Elliott and kids, Lydia, Charles and kids, Keith, Chelsie, Sebastian, Manny, Marvin, Roger, Bev, Junior, Roy, and Jillian • **Jasmine**, 10, on May 27 from dad, Gramma June, Grandpa Gushy, Ethan, Tyrese, Lydia, Charles and kids, Liz, Dylan and kids, Manny, Keith, Chelsie, Sebastian, Marvin, Rog, Bev, and kids • **Gramma G**, on May 1 with love from Jor, Des, Shy, Dal Jr., Dal Sr., Tina, and Mad Dad • **Dallas Jr.**, 13, on May 7 with love from dad, Tina, Jor, Des, Shy, Gramma Gina, Papa and Nazz • **Papa Merl**, on May 11 with love from Jordy, Dessy, Shy, Dal Jr., Dal Sr., Tina, Gina, and Marge • **Tyler Wind**, on May 22 from Tammy, Brandon, Brandi, John, Punky, and Tank.

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

Merlin Anderson  
Alvina Aubele  
Elisse Aune  
Brenda Beaulieu  
Beverly Benjamin  
Maurice Boyd  
Denise Chamblin  
Anthony Davis  
Virginia Davis  
Dale Day  
Edna Day  
Winona Evens  
Lorraine Farah  
Sharlene Fisher  
Dale Garbow  
Geraldine Germann  
Harry Granger  
Gertrude Hanson  
Robert Heinze  
Allen Hemming  
Harold Hill  
Patricia Jackson  
Clarabell Kruse  
Vera Mager  
Frank Mason  
Dominic Mayotte  
Janelle Meehl  
James Mitchell  
Pauline Mitchell  
Lawrence Moose  
Ardith Morrow  
Lorraine Nickaboine

(Continued to page 10)

## 2008 Voter Turnout a Success

**By Elizabeth Towle,  
Government Affairs  
Administrative Assistant**

The 2008 voter turnout in Mille Lacs was a success, as many Band members went to the polls and made their voices heard. An analysis by Native Vote Alliance of Minnesota found that among Band members, there were:

- 1,374 registered voters

- 980 registered voters who voted in 2008 (71.3% turnout rate, compared to 80.8% statewide turnout rate)
  - 210 first-time voters (21.4%, compared to 14% statewide)
- Great job to all the volunteers who helped get out the vote! And thank you to everyone who voted.

## Diabetes Education is Key to Longer, Healthier Life

**By Toya Stewart**

As the number of Band members with diabetes continues to rise, so do the concerns of people trying to prevent the increase.

That's why Sue Swanson, the Band's diabetes nurse educator, says she and her staff are working diligently to create more awareness about the implications of diabetes and educate those who already have the disease.

One of the ways that the diabetes team works to help each patient is through regular screenings and consistently updating the person's medical record for the diabetes clinics, so that the providers can stay on top of each patient's goals and determine if he or she is meeting them, Sue said.

The diabetes clinics are held weekly and include education and examinations by medical providers, a registered dietician, a certified diabetes educator, a podiatrist, nurses, and other health professionals. The clinics are designed to help people control their diabetes.

"We are also teaching patients about cardiovascular health with a monthly healthy heart meeting with education topics and a special curriculum called the 'Honoring the Gift of Heart Health,'" Sue said. "We can hire a fitness coordinator and assistants to help those who would like to use the gym for exercise."

Plus the group will also make home visits and provide individual counseling with Sue and a dietitian, nurse educator, and the community diabetes representative.

### www.thed5.org

Thanks to an innovative Web site, [www.thed5.org](http://www.thed5.org), Sue and her colleagues have another tool they can use to help people understand how to live well with diabetes.

The consumer-friendly site urges people to take proactive steps to improve their health by following five simple steps, the "D5":

- Control blood pressure
- Lower bad cholesterol
- Maintain blood sugar
- Live tobacco free
- Take aspirin daily (for those 40 and older)

By achieving the D5, people with diabetes can reduce their risk of heart attack and stroke.

Sue added that her staff measures the D5 by individually screening charts every day at their diabetes clinic. While they do not check to see if each patient meets all five goals, all of their annual audits show improvement in some areas, she said.

### Population at risk

According to the Indian Health Service's Division of Diabetes Treatment and Prevention, approximately 16.3% of American Indian adults have been diagnosed with diabetes, compared with 8.7% of whites. Among 15-19 year-old American Indians, there was a 68% increase in the number of diabetes cases between 1994 and 2004. Research also shows that the death rate due to diabetes for American Indians is three times higher than that of the general population.

## Tribal Noteboard

(Continued from page 9)

Ole Nickaboine  
Donald Olson  
Betty Quaderer  
Patricia Regguinti  
Geraldine Shingobe  
Virgil Skinaway  
Beverly Sutton  
John Sutton  
Victoria Verkennes  
Herbert Weyaus  
Sarita White  
Larry Wade

• • •  
Congratulations to DeAndrea Leecy and Aaron Beaulieu on the birth of their daughter **DeMaya Janine Beaulieu**. DeMaya was born on February 25, 2009. She weighed 9 lbs. and was 21 in. long.  
*Congratulations from Vanessa, George, Reuben, Cedric, Cedar, Cairarah, Cylis, and the rest of the family.*

### In memory

In memory of our beautiful sister **Becky**. We love you and miss you. You are in our thoughts everyday and your laughter will never be forgotten. You were a mom, sister, friend and confidant to us, and we will never forget the times we had together. Chance made us sisters, hearts made us friends.  
*With love from Max, Mickey, Marsha and O-Guy.*

### Birth announcements

Congratulations to Deloris Gibbs and Eddie St. John on the birth of their son **Cheveyo Oliver St. John**. Cheveyo was born on March 31, 2009. He weighed 9 lbs., 12 oz., and was 21 in. long. Cheveyo is welcomed home by big cousin Reuben. *Congratulations from Vanessa, George, Reuben, Cedric, Cedar, Cairarah, Cylis, and the rest of the family.*

## Women's Sexual Assault Coalition Conference



Rick Anderson

*During the Minnesota Indian Women's Sexual Assault Coalition (MIWSAC) powwow, women wore red solidarity shawls to show support for Native women and children who have been victimized by sexual assault or domestic violence. The women in solidarity shawls from left to right include: (front row) MIWSAC Coalition Member Char Lee, Circle Keeper Jocelyn Brieschke, MIWSAC Circle Keeper Cinnamon Quale, MIWSAC Coalition Outreach Coordinator Guadalupe Lopez, (back row) Ginger Weyaus and MIWSAC Executive Director Nicole Matthews. The solidarity shawls were created by Native women and represent victims and survivors of sexual assault (teal fringe), domestic violence (purple fringe), and other forms of violence that Native people have survived throughout generations (red shawl). MIWSAC also created armbands for men to wear to show support of the organization's efforts.*



Steve Priemo

*Molly Judkins, executive assistant to the Chief Executive, spoke at the Minnesota Indian Women's Sexual Assault Coalition (MIWSAC) conference on April 28 at Grand Casino Mille Lacs. The organization, which works to address sexual assault and domestic violence in American Indian communities, also held a powwow on April 29.*

# Calendar of Events

## May 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>If you would like an event included in the community calendar, please contact Kelly Sam at 651/292-8062 or write to Kelly at 255 E. Kellogg Blvd. Suite 102 St. Paul, MN 55101</i></p>	<p><b>*To Purchase Tickets</b></p> <p>Visit a Grand Casino box office, call TicketMaster at 612/989-5151, or visit <a href="http://www.ticketmaster.com">www.ticketmaster.com</a></p>				15	16
17	18	19	20	21	22	23
<p><b>Ojibwe Moccasin Workshop</b> Mille Lacs Indian Museum 12 p.m.</p>		<p><b>District II Leadership Academy School Board Meeting</b> 4 p.m. Contact: Dawn Aubid, 218/768-3477</p>	<p><b>District III Community Meeting</b> Grand Casino Hinckley, 5:30 p.m. Contact: Monica Benjamin, 320/384-6240</p>	<p><b>All Elder Community Meeting</b> District I ALU 11:30 a.m. Contact: Denise Sargent, 320/532-7494</p>	<p><b>Pine Grove Leadership Academy Meeting</b> 12:30 p.m. Contact: Rene Ann Goodrich, 320/384-7598</p> <p>All offices will close at noon</p>	
24	25	26	27	28	29	30
	<p>All offices are closed for Memorial Day</p>		<p><b>District IIA Community Meeting</b> Chiminising Community Center 5:30 p.m. Contact: Lesley Sam, 320/532-7422</p> <p><b>District I Community Mtg.</b> District I Community Center, 5:30 p.m. Contact: Judy Virnig, 320/532-7423</p>	<p><b>Urban Area Community Meeting</b> All Nations Indian Church, 5:30 p.m. Contact: Barb Benjamin-Robertson, 612/872-1424</p> <p><b>District II Community Mtg.</b> East Lake Community Center 5 p.m., Contact: Jenny Waugh, 218/768-3311</p>	<p><b>Sara Evans* GCH Amphitheater</b> 8 p.m.</p>	
31						
	<p><b>Memorial Day Powwow</b> Mille Lacs Indian Museum 12-5 p.m.</p>					

## June 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	<p><b>Onamia Indian Education Parent Committee Meeting</b> Rolf Olsen Center 12 p.m. Contact: David Sam, 320/532-4901</p>			<p><b>Talking Circles</b> The Brick House, 5:30 p.m. Contact: KC Paulsen, 320/532-4046</p>	<p><b>Boxing Event*</b> Grand Casino Hinckley 7:30 p.m.</p>	
7	8	9	10	11	12	13
	<p><b>AMVETS Meeting</b> GCML 6 p.m. Contact: Ken Weyaus, 320/309-6925</p>			<p><b>Woodlands National Bank Open House</b> Minneapolis (Please see page 1)</p>		
14	15	16	17	18	19	20
				<p><b>Talking Circles</b> The Brick House, 5:30 p.m. Contact: KC Paulsen, 320/532-4046</p>		<p><b>Grand Celebration Powwow</b> Grand Casino Hinckley</p>
		<p><b>Wisdom Steps Conference</b> Grand Casino Hinckley (Please see page 1)</p>				

# At Home or at Work, Have You Taken Any Steps to Become More Environmentally Friendly or Conserve Energy? If So, What?

**Kelly Applegate**



"I let sunlight in during the day to help heat the house, and I replaced all my light bulbs with compact fluorescent

light (CFL) bulbs."

**Andrew Boyd**



"The DNR has all CFL bulbs in all of its light fixtures and a solar panel system."

**Diane Gibbs**



"We switched to energy efficient light bulbs in our home. We also keep the heat down to 68 degrees in our home and recycle

cans and pop tops at work."

**Joanne Weyaus**



"I keep the lights turned off and let the natural light in during working hours and also turn down the

heat at home."

**AJ Nickaboine**



"I walk everywhere I go and use energy efficient light bulbs in my house."

**Carol Mojica**



"I try to recycle paper at work. I also try to conserve our paper supply on the job."

**Sarah Crannell**



"We use energy efficient light bulbs in our home."

**Kristie Vance**



"My husband has changed the light bulbs and has turned down the heat in our home."

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

## Proposed Band Statute Changes Discussed at Community Meetings

Mille Lacs Band Legislative Attorney Elaine Smith presented information at the April District I, IIa and III community meetings about proposals to change three Band statutes:

- Title 3 – Legislative Branch
- Title 4 – Executive Branch
- Title 5 – Judicial Branch

Band members can review the redlined versions of the proposed changes at each community center, the government center, or in the legislative office. Copies are also available to Band members who request one. Under 3 MLBSA sec. 16(a), the Band Assembly is required to post a copy of any bill that proposes to change or amend Title 3, 4 or 5 for 10 days. However, the Band Assembly is accepting comments from Band members for a minimum of 20 days, or through May 22, 2009.

After receipt of all comments, the Band Assembly will meet with the Chief Executive to discuss the comments and proposed changes to Titles 3, 4 and 5. If a change is agreed upon by all elected officials, a bill will be drafted and posted for 10 days prior to passage, as required by Band statutes.

Band members may submit their comments to their District Representatives or to Elaine in the legislative office at the following:

Fax: 320/532-7506  
Mail: 43408 Oodena Drive,  
Onamia, MN 56359

### District I community meeting

The approximately 80 Band members in attendance at the District I community meeting heard about plans for the upcoming men's gathering. Band member Larry Wade spoke at the April 27 meeting about the 2009 men's gathering that will have the theme "Gift of the Grandfathers." A planning meeting will be held at the District I Community Center on June 15, when a new leader will likely be chosen for coordinating the yearly event. While a date has not been selected yet for this year's men's gathering, Larry encouraged men to bring their families and friends to the event.

### District II East Lake community meeting

The meeting was cancelled due to the District II Representative's unexpected illness.

### District IIa Isle community meeting

There were no additional speakers other than Elaine Smith at the District IIa Isle community meeting on April 29.

### District III community meeting

During the District III community meeting on April 15, District Representative Harry

Davis reminded Band members about spring cleanup days (which took place in April) and about some upcoming events:

- District III Elders retreat on June 10-12 at Grand Pines Resort in Hayward, Wis.
- National American Indian Boxing Tournament on May 28-30 at Grand Casino Hinckley

For more information about these events, contact Harry at 320/532-4181, ext. 7426, or the District III community center at 320/384-6240.

Dave Matrious, a Pine Grove Leadership Academy board member, informed Band members that Pine Grove Leadership Academy is in its final stages of submitting its annual assessment report to the Minnesota Department of Education and that the school's operations are running smoothly. He also invited community members to attend the school's upcoming community feasts on May 16 and June 19. Both events start at 3:30 p.m.

### Urban community meeting

At the April 30 urban area community meeting, staff from the Mashkiki Waakaigan Pharmacy, located near the Mille Lacs Band Urban Office, gave a presentation about the pharmacy's services. The pharmacy, which is owned by Fond du Lac, provides free

medications to American Indian tribal members who live in Ramsey or Hennepin counties. In order to receive medications, pharmacy customers must be enrolled in a federally recognized tribe or a child or grandchild of an enrolled member. They must also provide proof of residency in Hennepin or Ramsey counties with one of the following:

- Minnesota driver's license or Minnesota state ID
- Current utility bill with name and address
- Rent receipt or lease with landlord contact information

The pharmacy is open Monday through Friday from 8 a.m.-5 p.m. For more information, call 612/871-1989.

A second presentation was given by a representative from Women At The Court House (WATCH), a nonprofit organization that works to ensure justice is served, particularly for women and children who are involved in domestic cases. The organization is looking to recruit American Indian volunteers to assist in its efforts. For more information, visit [www.watchmn.org](http://www.watchmn.org).

The following upcoming events were also noted at the meeting:

- Little Earth Powwow and Feast – May 21
- End-of-school-year picnic at Bracket Park – June 13  
Contact Barb Benjamin Robertson at 612/872-1424 for more information.