

OJIBWE INAAJIMOWIN

May 2012

"The story as it's told."

Volume 14 • Number 5

Grand Casino Hinckley Turns 20

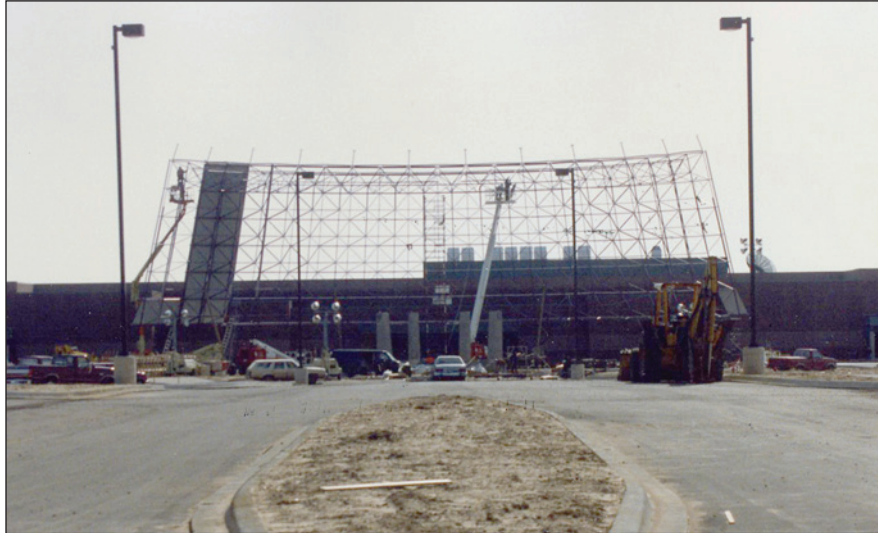


Photo courtesy of Grand Casinos

Grand Casino Hinckley under construction. On opening day, the casino housed the gaming floor, buffet, lounge, snack bar, video arcade, and Kids Quest.



Photo courtesy of Grand Casinos

More than 500 people were waiting to enter when Grand Casino Hinckley opened on May 15, 1992. The hotel in the background was added in 1998.

On the heels of Grand Casino Mille Lacs's success, Grand Casino Hinckley opened its doors to guests on May 15, 1992. It was an instant success too, and 20 years later the achievements continue to grow.

"I remember the ribbon-cutting ceremony on opening day as if it happened yesterday," said Band member Mel Towle, the general manager of Grand Casino Hinckley. "I was a college student then, and I knew the casino would be a big deal. But it turned out even bigger than I could have imagined!"

Mel's first job at the casino was in the receiving department, where he helped unload trucks. "It was hard work, but I enjoyed it," he said. "I really needed the money to help fund my college education, so I was very appreciative to have that summer job. The fact that it was fun was a bonus."

When Grand Casino Hinckley opened, it had more than 1,000 Associates. Today that number has grown to 1,763. Most of these are full-time positions

with medical, dental, disability, and life insurance benefits – among other perks. These figures make Grand Casino the largest employer in Pine County.

Opportunities for Band members

Of the casino's 1,763 employees, 77 are charter Associates – there from the beginning. Joni O'Brien, a District III Band member, is one of those charter Associates.

"My mother worked at the District III community center in 1991. She said I should come along with her one day, because there was a job fair. I was working in a factory in Mora at the time," Joni explained. "I was hired as a 21 dealer and started dealing at Grand Casino Mille Lacs in a tent. I transferred to Grand Casino Hinckley when it opened in 1992 as a dual rate dealer/floor supervisor – my first promotion!"

Band member Gordy Matrious, another charter Associate, had been driving 200 miles daily round-trip from

Sandstone to the Twin Cities for work before he was hired as a casino maintenance engineer. "When I started at Grand Casino Hinckley, it was an opportunity to not drive so far every day," he said. "However as time went on, my children also entered into positions here that gave them lifelong careers."

Other Band members have found opportunities in construction projects at the casino. Since the casino was built, there have been several construction projects to vary the entertainment, recreation and resort options at the Hinckley property.

Mille Lacs Band member Arlene Victor was involved in the original construction in 1992. "I was in charge of placing all the lamps and lighting in the hotel rooms," she said. "The building and operation of this casino was and still is vital to the livelihood of the Band and community members."

One of Mel's favorite memories at Grand Casino Hinckley was the 2006-2007

construction project, when a new hotel tower, spa, events and convention space, production kitchen, Associate dining room, locker room, training rooms, and other spaces were added. This project employed more than 200 people.

"In terms of both dollars spent and square footage added, this was the Band's single-largest construction project to date – and I was proud to be a member of the team that brought this project to fruition."

Impact on the Band

In addition to benefiting Band members through employment, Grand Casino Hinckley has been a positive addition to District III and Band members overall.

District III Representative Diane Gibbs is a good example. Diane's family moved from Lake Lena to the Twin Cities for more opportunity when she

(Continued on page 2)



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Grand Casino Hinckley Turns 20

(Continued from page 1)



Photo courtesy of Grand Casinos

Band member Arlene Viktor was involved in the original construction of Grand Casino Hinckley in 1992.

was four years old. She grew up in Minneapolis, going home to Lake Lena to visit family members most weekends.

When Grand Casino Hinckley opened, Diane helped organize a job fair in the Little Earth neighborhood of Minneapolis to help interested Band members find casino jobs. Then she moved to Lake Lena after her husband took a job at the casino. Diane began working in tribal government in District III.

“Bernida Churchill asked me to help with the growing process in District III. We now had this successful business, but not enough housing or infrastructure,” she said.

Casino revenues helped change that reality. “First came the ceremonial buildings in each district to help with our spiritual wellbeing, then came the new community centers, clinics, and homes to help directly address Band members’ needs,” Diane added.

“Casino revenues have been used to help so many people and build so many things that we went without for decades,” said Chief Executive Marge Anderson. “We should be very proud of what we’ve accomplished together.”

Watch for more Grand Casino Hinckley anniversary coverage in the June edition of the *Inaajimowin*. To see more photos of Grand Casino Hinckley over the years, visit the Band’s Facebook page.

Sarah Barten of Grand Casinos contributed to the writing and reporting of this article.

When Did It Open?

- Grand Casino Hinckley, 1992
- Grand Grill Americana, 1992
- Grand Buffet, 1992
- Cherries Snack Bar, 1992
- Silver Sevens Lounge, 1992
- Grand Northern Inn, 1993
- Grand Casino Hinckley RV Resort & Chalets, 1993
- Grand Casino Hinckley Amphitheater, 1995
- Grand National Golf Course, 1995 (Grand Casino Hinckley purchased it in 2008)
- Grand Hinckley Inn, 1996
- Grand Casino Hinckley Hotel, 1998
- Grand Casino Hinckley Events & Convention Center, 1998
- The Winds Steakhouse, 2000
- Grand Harmony Spa, 2006

The Newspaper of the Mille Lacs Band

OJIBWE INAAJIMOWIN

“The story as it’s told.”



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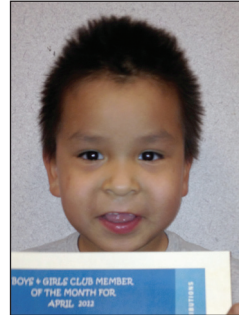
Please provide information by the 15th of the previous month.

Boys & Girls Club Members of the Month

By Justin Beaulieu, Boys & Girls Club director

The Mille Lacs Band’s Boys & Girls Club honored Band youth from each district as members of the month.

District I



Justin Mitchell



Whitney Harrington

The District I Boys & Girls Club named Justin Mitchell and Whitney Harrington as the club’s April members of the month.

“I like going to Boys & Girls Club because it’s fun and I like going outside,” said Justin, a

kindergartner at Nay Ah Shing School.

“I like Boys & Girls Club because I like going on field trips and seeing my friends,” said Whitney, a tenth-grader at Onamia High School.

District IIa



Noah Sablan



Lanicia Fronk

The District IIa Boys & Girls Club chose Noah Sablan and Lanicia Fronk as its March and April members of the month.

“Noah was chosen as the member of the month because of the wonderful attitude he

displays when he is with us. His willingness to participate in all of the fun activities shows the leadership qualities he has,” said Charlee Edwards, District IIa Boys & Girls Club coordinator. “His smile always brightens up the room and makes the day too short. We are proud to have such a wonderful member.”

“Lanicia was chosen as the member of the month because of the great attitude she shows when she walks through the

club’s doors,” said Charlee. “She always puts her homework first and is willing to participate in any activity. It is a joy to have Lanicia as a member.”

Noah is a kindergartner at Isle Elementary School and Lanicia is a fourth-grader at Nyquist Elementary.

District III



Marcel Richey



Justyn Lundgren

The District III Boys & Girls Club honored Marcel Richey and Justyn Lundgren as the club’s March members of the month, and Alliana Benjamin and Dallas Roseland as the club’s April members of the month.



Alliana Benjamin



Dallas Roseland

Marcel, a first-grader at Hinckley Elementary School, had the second highest attendance in February and received the Power Hour award. Power Hour is a national homework help program run at Boys & Girls Clubs.

Justyn, a seventh-grader at Pine Grove Leadership Academy, had high participation in all activities and showed excellent behavior each day.

Alliana, a third-grader at Hinckley Elementary School, participates in many activities and received third place in the group one star program, a rewards program that merits stars for participation and performance.

Dallas, a seventh-grader at Pine Grove Leadership Academy, had perfect club attendance in March and had the highest amount of stars in the group two star program.

Marge Anderson Honored by National Indian Gaming Association



The National Indian Gaming Association recognized Chief Executive Marge Anderson last month for her efforts to support Indian gaming and sovereignty.

Chief Executive Marge Anderson was honored by the National Indian Gaming Association (NIGA) in March with the Tim Wapato Sovereign Warrior Award. The award recognizes her longtime commitment to championing tribal sovereignty and Indian gaming.

This award is named for the late Tim Wapato, a NIGA founder and its first executive director. He dedicated his career to educating members of Congress about tribal governments, tribal cultures, and Indian gaming.

Wapato's wife Gay presented the award after sharing a story about how Marge took on Donald Trump in the "schools versus yachts" debate in Congress. Trump was prepared

to testify, Marge came to the hearing with school children, and Trump ended up storming out of the hearing. "Marge was always a steady force for us in our battles. Today we stand on the shoulders of these people who paved the way," Gay said.

"On behalf of one of the greatest warriors of all time, to another great warrior, Marge Anderson," added Ernie Stevens, chairman of NIGA.

Established in 1985, NIGA is a nonprofit organization of 184 Indian nations with other non-voting associate members representing organizations, tribes and businesses engaged in tribal gaming enterprises. NIGA is committed to advancing the lives of Indian people economically, socially and politically.

Diabetes Program Announcements

By Johanna Larson, diabetes program coordinator

Cooking with commodities lunch

The diabetes program is preparing a healthy lunch with commodities on Thursday, May 3, at the District I Community Center from 12-1 p.m. All community members are welcome to attend and recipes will be available.

Healthy heart classes

This month, the diabetes program's healthy heart classes will feature "healthy heart bingo." Classes will be held on the following days:

- Tuesday, May 15: District III Community Center at noon
- Monday, May 21: District IIa Community Center at 10:30 a.m.
- Tuesday, May 22: District I Community Center at noon

Evening diabetes group education classes

Beginning this month, the diabetes program is offering evening group education classes through a partnership with Grand Casino Mille Lacs. These

classes are geared toward anyone newly diagnosed with diabetes or pre-diabetes or anyone who would like to learn more about the disease.

A series of four evening classes will be held in the teamwork room at the Corporate Commission Building on the second and fourth Thursdays of May and June from 5:30-7:30 p.m. (May 10 and 24 and June 7 and 21).

For more information about diabetes education classes, contact me at 320-532-7790.

Family meal night

The diabetes program will host this month's family meal night on Thursday, May 17, at the Isle (District IIa) Community Center at 5:30 p.m.

At family meal night, interested community members can learn healthy cooking tips and make a healthy meal together with their family. Community members also have an opportunity to ask diabetes program staff diet and weight questions while children participate in fun, physical activities.

For more information, contact me at 320-532-7790.

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:

- Thursday, May 24, at 10:30 a.m. – District I Early Education graduation
- Thursday, May 24, at 10:30 a.m. – District II Early Education graduation
- Thursday, May 24, at 10:30 a.m. – District III Early Education graduation
- Thursday, May 24, at 10 a.m. – Pine Grove Leadership

Academy graduation and community picnic

- Thursday, May 31, at 6 p.m. – Nay Ah Shing Upper School graduation

- Friday, June 1, at 10 a.m. – NAS Royalty Powwow

If you are graduating this year, please contact the scholarship office to make sure you are on their 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.

Free Hearing Evaluations

To schedule an appointment for **Friday, May 11**, at Ne-la-Shing Clinic, call 320-532-4163. Walk-ins are welcome. We will do our best to serve you.

Hearmore Hearing has offices in St. Paul and Osseo. To schedule an appointment Monday through Friday, call the St. Paul office at 651-771-4019 or the Osseo office at 763-391-7433.

Gaming Expansion in the Mix as Legislature Nears Adjournment

By Jamie Edwards, director of government relations

As of this writing, the Minnesota Legislature is nearing the end of the 2012 session, and the possibility of gaming expansion is in the mix as legislators consider a bill to fund a new Minnesota Vikings stadium in Minneapolis.

Slightly different bills have worked their way through the House and Senate. Those differences would eventually need to be reconciled, but both bills legalize electronic pull tabs, electronic bingo, and sports-themed tipboards to help pay for the stadium. In fact, charitable gaming in Minnesota would nearly triple in size. Numerous legislators question whether this increase is realistic, and whether the taxes on charitable gaming would generate enough revenue to meet the state's funding commitment.

Nonetheless, the stadium bill is up for a floor vote in the House. In the Senate, the Taxes Committee is expected to be the last stop before the bill goes to

the floor. Many Capitol insiders believe the Taxes Committee may kill at least some parts of the bill, including an amendment making racino revenues part of the state's funding sources for the stadium. Many legislators oppose allowing racinos at Canterbury Park and Running Aces.

In order for the Vikings stadium proposal to pass both the full House and Senate, it would need 68 votes in the House and 34 in the Senate. If the House and Senate pass their respective versions of the stadium bill, it would then go to a conference committee to have the differences reconciled and Governor Dayton would need to sign it. (The City of Minneapolis, State of Minnesota, and the Vikings would all contribute to construction costs.)

Mii gwech to those of you who have contacted your legislators this year. A thorough update on legislative outcomes will be printed in the next edition of the *Inaajimowin*, but please go to www.millelacsband.com for the latest updates.

General Election Day Polling Places

Polling places are open from 8 a.m.-8 p.m. on Tuesday, June 12

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

2012 Election Calendar

Provided by the Minnesota Chippewa Tribe

- May 11: Notice of Regular Election. TEC provides ballots.
- June 12: General Election.
- June 13: General Reservation Election Board certifies Election Results.
- June 14: General Reservation Election Board publishes Election Results.
- June 15: Deadline for Request for Recount.
- June 19: 4:30 p.m. – Deadline for Notice of Contest.
- June 20 (or 18th or 19th if Request for Recount is filed before deadline): Decision on Request for Recount and Results of Recount, if allowed.
- June 29 (or ten days from Notice of Contest, whichever is sooner): Deadline for Decision on Contest.
- July 3: Deadline for Appeal to Court of Election Appeals.
- July 6: Record of Contest forwarded to Court of Election Appeals.
- July 10: Last Day for Hearing on Appeal (hearing within seven days notice of appeal).
- July 17: Winning candidates assume office by operation of law, unless sooner seated, or the election is subject of appeal to the Court of Election Appeals.
- Ten 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.

2012 Election Guidelines

A general election for Chief Executive, District I Representative, and School Board will be held June 12, 2012.

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

- Enrolled member of the Mille Lacs Band of Ojibwe.
- 18 years of age as of June 12, 2012.
- Reside in a district of the Mille Lacs Reservation 30 days prior to June 12, 2012.
- If you do not meet the 30-day residency requirement or have never resided within the district areas of the Mille Lacs Reservation, you must vote by absentee ballot.

How to request an absentee ballot

If you cannot vote in person on June 12 at one of the Band's polling places, you can vote with an absentee ballot by taking the following steps:

1. Request an absentee ballot

You can request an absentee ballot in one of two ways. The first is by filling out the absentee ballot request form below and mailing or faxing it to the Election Judge. Note that you MUST choose the district in which you would normally vote. If you or your family came from District I, II, IIa, or III, you should vote absentee from that district. If you do not have familial or residential ties with a district, you should choose a district to vote from and consistently vote absentee from that area.

After you fill out your absentee ballot request form, mail it or fax it to the Election Judge at 320-532-4782.

Or, you can request an absentee ballot by calling 320-532-7522 or 800-709-6445. Ask for the Election Judge, Darcie Big Bear. If you leave a message, you MUST provide all of the information requested on the form, including the district from which you will vote, your full name under which you are enrolled, and your return address. If possible, PLEASE LEAVE A RETURN TELEPHONE NUMBER in case the Election Judge needs to contact you.

2. Follow up if you do not receive your ballot

Within a few days, you will receive an absentee ballot via mail. If you do not receive a ballot within a reasonable time – approximately FIVE days – please call the Election Judge at 800-709-6445, ext. 7522.

3. Complete your ballot and have it notarized

A Notary Public needs to notarize your ballot. Notaries are generally not hard to find and may be found at your local bank or even your post office. Make your choice of candidates, then sign the ballot in front of the notary. Do NOT fill out your ballot without a Notary Public witnessing you!

4. Seal your ballot and mail it in the envelope you are provided to the attention of the Election Judge

Mille Lacs Band of Ojibwe
General Election Board
Attn: Election Judge
PO Box 738
Onamia, Minnesota 56359

Any election questions can be directed to Darcie Big Bear at 320-532-7522 from 8 a.m.-5 p.m. Monday-Friday.

I acknowledge that I meet one of the MCT Election Ordinance criteria to receive an absentee ballot: (1) I live outside the reservation boundaries; (2) live within the reservation boundaries, but I will be absent from the reservation on election day; or (3) live within the reservation boundaries, but am physically disabled or too ill to vote in person.

Absentee Ballot Request Form

Mille Lacs Band of Ojibwe • General Election • June 12, 2012

I am requesting an absentee ballot for the June 12, 2012, general election.

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

Name: _____

Enrollment number: _____ Phone number: _____

Mailing address: _____

City: _____ State: _____ Zip: _____

District which I will vote for:

- District I-Nay Ah Shing District II-East Lake, Isle District III-Lake Lena

Signed _____

For Office Use Only

In person: _____

Date voted: _____

Request received: _____

Phone: _____

Letter: _____

Fax: _____

Request form sent: _____

Request form received: _____

Ballot sent: _____

Ballot received: _____

Please note: Band members can fill this form out and send it in at any point in time from now until the day of the General Election. According to the Election Calendar, ballots will not be ready to be mailed out until May 11, 2012.

2012 Band General Election Candidates

Chief Executive

- Melanie Benjamin
- Herb Weyaus Sr.

District I Representative

- Sandra Blake, incumbent
- Alicia Skinaway

District I School Board Chairperson

- Kimberly Kegg
- Loretta Kalk
- Ruth Sam

District I School Board Member

- Dale Ballinger Day
- Semira Kimpson

District II School Board Member

- Cheryl Miller
- Eloise Wind

Department of Labor Updates

*By Deb Campbell, Department of Labor
lead instructor*

Free online course

Central Lakes College is offering a free online knowledge worker class to those who want to hone their workforce skills. The first three hours of the course will be held at the Mille Lacs Band Department of Labor computer lab on Thursday, May 17, from 1:30-4:30 p.m.

The remaining 13 hours of the course are web-based and include a combination of online discussions, course research, and independent study. Some of the themes that will be covered include an introduction to online learning, career pathways, and innovation and technology in the workplace.

The grant-funded course is free for all students. To be eligible for this course, students should have some basic computer skills and Internet access. Registration forms are available at the Department of Labor office. For more information, contact Deb Campbell at 320-532-4741 or 800-922-4457.

CDA training for early education faculty positions

The early education department will be expanding its staff this fall with the opening of its new District I facility.

The department is looking for child development associates (CDAs). All early education teaching staff and assistants are required to have CDA certification.

An orientation will be held on Thursday, May 10, at 1:30 p.m. for anyone who is interested in the CDA training program, which includes self-study workbooks, support groups, and paid internship possibilities. More information about the CDA training program will be provided at the orientation, which will be held in the Department of Labor classroom at the Mille Lacs Band Government Center. To register for the orientation, call 800-922-4457 or 320-532-7407.

Department of labor classroom hours

The department of labor offers classroom hours in each district for Band members who would like assistance with resumes, cover letters, online job searches, computer skills, and GED exam preparation. Following are the weekly classroom hours in each district:

District I department of labor classroom

- Mondays, Thursdays and Fridays from 9 a.m.-5 p.m.
- Tuesdays from 1-5 p.m.
- Wednesdays from 9 a.m.-8 p.m.

District II East Lake Modular

- Thursdays from 10 a.m.-3 p.m.

District IIa Chiminising Center

- Tuesdays from 1:30-4:30 p.m.

District III Lake Lena Community Center

- Wednesdays from 10 a.m.-3 p.m.

Housing Department Updates

*By Richard Hill, housing department
general manager*

State agencies present information on methamphetamine

The Mille Lacs Band, the Minnesota Department of Health, and the Minnesota Department of Human Services collaborated on presentations about the effects of environmental contaminants such as methamphetamine, other drugs, and household cleaners. Chief Executive Marge Anderson, the Elder committee, Mille Lacs Band housing department staff members, and representatives from Red Lake, Fond du Lac, and White Earth tribes attended these presentations.

Larry Southern from the Minnesota Department of Health presented information about the latest meth manufacturing methods and what signs and chemicals to look for in a home.

According to the Mille Lacs Band housing department, contaminated homes need to be aired out for 24 hours before any work can be performed to reduce the risk of airborne contaminants. Mille Lacs Band housing department staff then wash the affected area(s) and clean the ventilation system.

Staff members take protective measures to reduce the health risk of contacting meth residue. Secondhand smoke residue from meth usage can cause harmful health effects, but the longer the house is aired out, the less harm the residue will cause.

Larry commended the Mille Lacs Band housing department for being one of the only agencies in Minnesota that tests all of its homes for drug activity and cleans them accordingly.

Donald Moore and Denise Lindquist from the Minnesota Department of Human Services provided key information about how to identify household contaminants and safety concerns during home inspections.

Additionally other physical signs on their property may

indicate drug use. For example, a home that is being used as a meth lab may have windows covered all the time, key ingredients for the manufacturing of drugs, security cameras, and an abnormal amount of garbage.

Thank you to everyone who attended for making this presentation a success. If you have any questions or concerns regarding this issue, please contact Richard Hill at 320-532-7415.

Funding for weatherization program

The Mille Lacs Band weatherization program was funded by the American Recovery and Reinvestment Act (ARRA). The program will now be funded through the U.S. Department of Energy.

The weatherization program has been a huge success, serving a total of 145 Band members at a cost of \$685,406.

- From 2008-2009, 12 Band member homes were weatherized for \$38,110.
- From 2009-2012, 90 Band member homes were weatherized for \$536,730.
- Nine Band member homes will still be weatherized in 2012 for \$33,494.
- From 2009-2012, the furnaces in 11 Band member homes were fixed for \$11,073.
- From 2011-2012, solar panels were installed in 11 Band member homes through a Sustainable Energy Resource for Consumer (SERC) grant. Solar panels will be installed on approximately 21 more homes this year.

Depending on the age and original condition of the home, clients should see 10-70% savings on their energy usage. To maximize the energy savings, clients will need to follow the recommendations provided during the weatherization process.

Mii gwech to all of the weatherization staff who have made this program a success.

Circle of Health Updates

By Circle of Health staff

Claims processing groups

Last month Tammy Smith joined our claims processing team. The new alphabetical assignments to each claims processor will take effect immediately:

- A-G: David Boyd
- H-P: Roberta Lemieux
- Q-Z: Tammy Smith

Mille Lacs tribal community health plan

We are pleased with the relatively smooth transition of the phase one and two groups into the Preferred One Mille Lacs Tribal Community subgroup (MLTC). If you live in Minnesota and are on a private health plan other than MCHA (Minnesota Comprehensive Health Association), please contact Dawn Chosa at 800-709-6445 or 320-532-7477 at your soonest convenience. You are eligible for the MLTC on the next open enrollment date. Open enrollment dates are on the first day of January, April, July and October each year.

Band members who live in Minnesota and are on COBRA health insurance will be the next group to transition to the MLTC plan on July 1. Band members in this group will receive a letter and an enrollment form by mid-June.

If you should lose your job and need COBRA coverage, please contact your claims processor immediately. Circle of Health will continue to assist with COBRA premiums based on eligibility and enrollment dates for the MLTC plan.

As a reminder, all Band members who are transitioning to the MLTC plan need to provide us with a copy of their

new Preferred One insurance cards (front and back). Providing proof of insurance coverage is not only required to utilize your Circle of Health benefits, but it also allows us to assist you and your providers in all aspects of benefit approvals and claims processing.

Finally, all Band members who have not yet been affected by MLTC should continue to utilize Circle of Health as they have. All future phases will be published in the monthly update and eligible Band members will be notified by mail.

Medicare reimbursements

Band members are reimbursed for their Part B and Part D Medicare premiums on the second Friday in January, April, July and October. If you have not yet submitted your 2012 award letter (benefit statement), please do. If you need assistance obtaining a copy of your letter, contact your claims processor for assistance.

Also, please notify your claims processor of any address or telephone number changes.

Circle of Health survey

Thank you to all Band members who have submitted Circle of Health surveys. We appreciate the comments, suggestions and feedback. All responses will remain confidential.

If you did not receive a survey, please contact our office at 320-676-8235 or 800-491-6106 to have one sent in the mail. Surveys will also be available at each district's community meeting in June. Don't forget to send us your surveys by July 31 to be entered into the \$200 Walmart gift card drawing, which will be held in August.

Band Youth Attend Native American Lacrosse Clinic



Photo courtesy of Justin Beaulieu

At the Minnesota Swarm Lacrosse clinic, several Band youth learned about the rules, practiced lacrosse skills, and scrimmaged with other participants.

In March more than 30 Mille Lacs Band Boys & Girls Club members from all four district clubs attended a Native American lacrosse clinic featuring Minnesota Swarm coaches and players at the Xcel Energy Center in Saint Paul. American Indian youth from the Saint Paul American Indian Magnet School and other tribal communities also attended the clinic.

During the event, Band youth learned about the rules of lacrosse, practiced lacrosse skills, and scrimmaged with other participants. After the scrimmage, Band youth had a pizza party in the Xcel Energy press room. During the meal, they learned about the value of money management and savings during an interactive presentation by MidCountry Bank employees.

After the clinic, they attended the Swarm game.

"The Swarm clinic was a great opportunity for our kids to learn more about lacrosse, which is an important part of our heritage," said Justin Beaulieu, Mille Lacs Band Boys & Girls Club director. "On the way home, the kids couldn't stop talking about how much fun they had and how great the sport is."

The clinic was part of the Swarm's Native American initiative, which was launched in 2010 to help restore the tradition and heritage of lacrosse to Minnesota's tribal communities.

The Boys & Girls Club is working with the Swarm to develop a lacrosse program on the Mille Lacs Reservation. The goal of the program would be to practice two times per week and eventually scrimmage against other tribes. Details of the program are still being finalized.

Band Member Opens Furniture Store in Garrison

Mille Lacs Band member Sarah (Oswaldson) Crannell and her husband Greg Crannell recently opened Next To New Home Furnishings near Garrison.

Sarah grew up on the Mille Lacs Reservation and graduated from Nay Ah Shing in 2005. Along with the store opening, Sarah is currently employed with the Band member legal aid department.

Her inspiration for the business came from years of experience hosting community garage sales with her grandpa, Bob Oswaldson. "When I started doing garage sales, I noticed a lot of people buying household

items and realized how much fun it is to help out the community and spend time with my family," said Sarah. "That is kind of how the business evolved."

The store, which offers a wide variety of new and gently used household items, has been open since early April. It is located five miles north of Grand Casino Mille Lacs and one mile south of Garrison. Sarah, Greg and their 10-month-old son, Carter Crannell, are planning to host a grand opening event soon.

For more information about Next To New Home Furnishings, contact Sarah or Greg at 320-250-6779.

Trials Amongst Tradition

(Continued from page 12)

non-infested waters." Related steps also must be taken for boats, trailers, livewells and bait containers.

"This is the only lake they can gill net in the spring," Taylor said of keeping zebra mussels at bay. "When they (tribal netters) are done, they string them up for a couple of weeks. And if they're on other lakes, there's a bleach solution that they have to use (on the nets to deter zebra mussels). We're on the same page as the

state (with the DNR at each access, checking for invasives)."

Having disposed of the single zebra mussel found at the access, Kalk looked around at the lake that has been a part of his life since he was a child.

"I have a love for the lake that anyone who has spent 35 years on the lake would have. It's our responsibility to take care of the lake. I want my grandchildren to enjoy it. It's not just a today thing."

By Brian S. Peterson

Public Health Department Updates

District III WIC meeting rescheduled

By Kari DiGiovanni, WIC coordinator

The first June District III WIC clinic day has been rescheduled for Wednesday, June 6. District III WIC clinics are normally held on the second and fourth Wednesdays of each month. The regular schedule will resume in July. If you have any questions or concerns, contact Joanne Boyd at the WIC office in District I at 320-532-7821.

Skin Cancer Prevention Month

By Allison Harr, all districts MCH coordinator

May is Melanoma/Skin Cancer Detection and Prevention Month. With summer approaching, taking proper care of your skin should be a priority.

Sun exposure is the most preventable risk factor for all skin cancers. Here are some sun safe tips to consider when spending time outdoors:

- Generously apply a high-SPF, water-resistant sunscreen every two hours, especially after swimming or sweating
- Wear protective clothing such as a wide-brimmed hat and sunglasses
- Seek shade when appropriate – the sun's rays are strongest between 10 a.m.-4 p.m.
- Use extra caution near water and sand because they reflect and intensify the sun's rays, increasing your risk of sunburn
- Avoid tanning beds, which expose your skin to ultraviolet light that can cause skin cancer and wrinkles

Early detection of suspicious skin lesions and moles increases the likelihood of successful removal and remission of skin cancer. Regular self-examinations and dermatologist visits will help improve detection.

During a self-examination, search for irregular moles or skin spots. Use the following ABCDEs to help identify suspicious moles and lesions:

- Asymmetry: One half of the mole/lesion is unlike the other half.
- Border: The mole/lesion has an irregular, scalloped or poorly defined border.
- Color: The mole/lesion is varied from one area to another; has shades of tan, brown or black; or is sometimes white, red or blue.
- Diameter: The diameters of moles/lesions affected by melanoma are usually greater than six millimeters (the size

of a pencil eraser) when diagnosed, but they can be smaller.

- Evolving: The mole/lesion looks different from others or is changing in size, shape or color.

For more information about skin cancer, talk to your primary health provider or visit www.melanomamonday.org or www.skincancer.org/skin-cancer-information/melanoma.

Mental Health Month

By Jackie Jensen, registered nurse

May is Mental Health Month. Did you know that one in every four American adults lives with a diagnosable mental health condition?

Mental Health Month was created more than 50 years ago to raise awareness about mental health conditions and the importance of mental wellness for everyone.

Types of mental health conditions in our community include ADHD, anxiety and panic disorders, bipolar disorder, eating disorders, grief and bereavement, depression, schizophrenia, trauma, dementia, obsessive compulsive disorder, and paranoia.

Mental health conditions are common, and individuals who seek treatment can go on to lead fulfilling and productive lives.

But as many as half of the people living with mental health issues never seek help due to the stigma of mental illness, lack of information, or lack of insurance coverage.

Treatments for mental health conditions vary with each case. Counseling or medication are common, effective options.

Also, engaging in physical activity, maintaining strong relationships with others, getting enough sleep, eating well, and seeking help if needed are all ways to help stay in control of mental health conditions.

Most insurance companies and Medicare help pay for mental health treatment. Other resources include 800-273-TALK (8255), a free, 24-hour crisis hotline; and www.mymoodmonitor.com, a mood monitor, self-assessment website.

Gego Zagaswaaken (Don't Smoke) program update

By Roberta Ladd, community health educator

Did you know that it only takes three puffs of a cigarette to become addicted? Most people have an unpleasant reaction

such as coughing, gagging or vomiting from inhaling these toxic chemicals or chewing commercial tobacco.

If you can inhale cigarette smoke or hold tobacco chew in your mouth without getting sick, you are already addicted. Commercial tobacco can be one of the strongest addictions, which is why it is important to seek help when trying to quit.

For more information about quitting smoking, contact the Gego Zagaswaaken staff at 320-532-7812.

Dangers of cigarette smoke during pregnancy

By Kim Willis, Gego Zagaswaaken community outreach coordinator

During pregnancy, it is extremely important to avoid smoking cigarettes and secondhand smoke exposure. Firsthand or secondhand smoke exposure has a profound negative impact on the unborn baby's development.

Women who smoke cigarettes or are frequently exposed to secondhand smoke have an increased risk for miscarriages, stillbirths, and premature labor. Their babies tend to have below-average birth weights, underdeveloped lungs, higher rates of cleft lips, and a higher likelihood to develop other severe problems later, such as asthma. They are also up to three times more likely to succumb to SIDS (sudden infant death syndrome).

Quitting is hard. If you are a pregnant mother who smokes or is exposed to cigarette smoke, find out how you can protect your unborn child by contacting me at 320-532-7760 or Roberta Ladd at 320-532-7812.

Drunk driving is preventable

By Kristy LeBlanc, prevention specialist manager

Almost 30 people in the United States die every day – or one person every 48 minutes – due to motor vehicle accidents. Many times these accidents are preventable, especially in the case of drunk driving.

The nation's annual cost of alcohol-related car accidents totals more than \$51 billion. The highest rates of drunk driving occur among drivers age 21-24.

After just one drink, a driver can begin to lose his or her ability to perform the tasks necessary to drive a car. Because alcohol dilutes itself in the water volume of the body in

order to pass through the system, vital organs that contain a lot of water – such as the brain – are vulnerable to its effects. In fact it can take six hours after drinking for the body to completely eliminate alcohol from its system if you have a blood alcohol content level of .08 g/dL (the legal limit).

The Mille Lacs Band prevention program encourages all Band members to be safe and designate a non-drinking driver if their plans involve alcohol. For more information, contact me at 320-532-7773.

Tribal Police Officer to Serve on Minnesota POST Board Panel

Mille Lacs Band Tribal Police Officer Derrick Nauman was selected to serve on the Peace Officer Job Task Analysis Panel in May.

The panel, which will be hosted by the Minnesota Peace Officer Standards and Training (POST) Board and facilitated by Ohio State University, will review law enforcement curriculum at higher education institutes in the state. Derrick plans to specifically address officer safety, fitness and nutrition, and structured field training programs.

Derrick will be joined on the panel by officers from police agencies across Minnesota.

Derrick has been a tribal police officer since 2007. He currently works the night shift in the Lake Lena area and is a certified field training officer, SWAT officer, and emergency medical technician (EMT).

"In my work for the tribal police department, I have been fortunate to receive high-quality training and work in a variety of environments with all levels of officers," said Derrick. "I hope to use my experience and skills to help positively shape the future of peace officer education in Minnesota."

"Derrick's experience policing Native American communities and working with other police agencies through mutual aid agreements will be an asset to this panel," said Tribal Police Department Chief Dwight Reed. "It is critical that future officers are well educated on these unique and challenging issues."

Get Ready for Summer by Cleaning Your Yard

By Richard Hill, housing department director

Your yard is a great place to enjoy the outdoors. But before you can truly enjoy the nice weather in your yard, you might need to do some spring cleaning.

During the winter months, leaves, branches, and other debris have likely collected in your yard. Removing this unwanted debris will not only beautify your yard, but it will also reduce places for infestations to grow.

Mice, snakes, bees and mosquitoes often breed or build their homes in old tires, vehicles, boats, or recreational equipment, so make sure you discard these items properly.

You will also need to give your garden attention so that your flowers and plants can bloom. Below are some tips to spruce up your garden.

- Remove dead annuals
- Weed your flower garden while the soil is damp to make it easier to pull up the weeds' roots
- Put mulch or wood chips in your garden to cool the roots of your plants, feed the soil, conserve ground water, and keep weeds at bay
- Edge your garden to stop your lawn from encroaching on your flowers or vegetables

Cleaning up your yard and your garden are great ways to get ready for summer.

Heating, Water, and Home-Related Maintenance Problems

If you live in a Mille Lacs Band-maintained home, call for housing maintenance service in your district. During regular business hours, please call our customer service representative at 800-709-6445, ext. 7799. If you live in a home not maintained by the Mille Lacs Band and need assistance after hours with utilities or heating, please call 866-822-8538. Press 1, 2 or 3 for your respective district.

Summer Weather and Emergency Preparedness Tips

By Monte Fronk, emergency management coordinator

Summer is often when the most severe weather can happen, from strong winds and heavy rains to thunderstorms and tornados. The Mille Lacs Band's emergency management division wants to share some resources to help Band members plan for severe weather and other emergency situations such as a fire or a power outage.

Weather updates

The emergency management division recommends that each Band household purchase a NOAA (National Oceanic and Atmospheric Administration) weather radio. Weather radios give advanced weather warnings before most radio and television stations because they are activated by weather service offices in Duluth and the Twin Cities. Weather radios are available at most major retailers.

The National Weather Service website (www.weather.gov) is

another great resource for severe weather updates. Visit www.nws.noaa.gov/emailupdates/index.php to subscribe to weather e-mail alerts for your area.

Emergency planning

The Federal Emergency Management Agency (FEMA) website offers a range of resources and tips to help create emergency family plans. Band members are encouraged to visit www.ready.gov/make-a-plan to find information about creating an emergency plan and <http://www.ready.gov/get-tech-ready> to subscribe to monthly preparedness tips via text message from FEMA. The benefits of having a plan in place allows everyone involved to feel safer and better prepared for any emergency situation.

For more information on emergency preparedness resources, contact me at 320-362-0435.

CITGO Grant Provides Energy Assistance to Eligible Band Members

By Richard John, energy and emergency assistance programs coordinator

Through a CITGO grant, the Mille Lacs Band emergency services department is now offering home heating assistance to low-income Band member families who reside in a house or apartment on the Mille Lacs Reservation.

For a limited time, Band members who qualify for the CITGO grant can receive a one-time benefit up to the equivalent cost of 100 gallons per household of oil or propane to help heat their homes. This free program is on a first-come, first-serve basis. Contact emergency services at 320-532-7880 to see if you qualify for heat assistance through the CITGO grant.

Tribal Noteboard

Happy May birthday:

Molly, 56 on May 16, from Budge, Kim, Sami, Chilah, Sonny, Jayden, Jordan, Debo and family • **Kayana** on May 17, from Auntie Barb and Kim • **Jeff Matrious**, 50 on May 3, with love from Toni • **Adrian Garbow** on May 5, from Ruth, Wanda, Lorna, Roger, Ben, Jay, Zach, and Quillin • **Jillian Garbow** on May 21, from Ruth, Wanda, Lorna, Adrian, Ben, Jay, Zach, and Quillin • **Judith Katherine** on May 12, from Mrs. B, Anthony B, Richard, Rachel, Kelia, RaiLei, Candi, and Cyrell • **Richard and Rachel** on May 14, from Kelia, Railei, Mom, Anthony, Candi, and Cyrell • **Elisse A.** on May 15, from Marlys, Anthony B., Richard, Rachel, Kelia, Railei, Candi, and Cyrell • **Cyrell Boyd**, from Mom, Dad, Rachel, Richard, Gramma and Grandpa Bushey, Papa Joe, Carrie Boyd, Maddy, Joseph, Kelia, and Raeli • **Phil Harrington Sr.** on May 23, from Carrie, Zachary, Jerry, Kira, Renae, Justo, Bentley, Mickey, Nadine, Charlotte, Corey, Whitney, Max, PJ, Leo, Nick, Rachel, Waylon, Val, Piah, Lil Kevin, Karen, Grandpa AA, Jake, Jarvis, Max Dean, Mariah, Val, Lil Kevin, Nicole, Chris, Jameson, Cordell, Lil Chris, Jake, Jamie, Aiva, Marky, Brad, Rae, Bradley Eric, Kristy, Peyton, Braelyn, Eric, Wesley, Bruce, Jada, Jayla, Lili, Jay, Kate, Peep, Adam Parker, and DeBrenna • **Jayla Shaw** on May 19, from Mom, Dad, Craig, Tony, Jenai, Papa Turk, Grandma Michelle, and the rest of your family • **Jasmine Ballinger** on May 1, from your family • **Leoniece Ballinger** on May 11, from your family • **Jarvis Harrington** on May 5, from Mickey, Phil, Nadine, Charlotte, Corey, Whitney, Max, PJ, Rae, Waylon, Sharon, Wally, Ravin, Melody, Mom, Karen, Grandpa AA, Shelby, Max Dean, Mariah, Val, Lil Kevin, Nicole, Chris, Jameson, Cordell, Lil Chris, Jake, Jamie, Aiva, Marky, Brad, Rae, Bradley Eric, Kristy, Peyton, Braelyn, Eric, Wesley, Bruce, Jada, Jayla, Lili, Jay, Kate, Peep, Adam Parker, and DeBrenna • **Shelby Harrington** on May 9, from Mickey, Phil, Nadine, Charlotte, Corey, Whitney, Max, PJ, Sharon, Wally, Ravin, Melody, Mom, Karen, Grandpa AA, Jarvis, Max Dean, Mariah, Val, Lil Kevin, Nicole, Chris, Jameson, Cordell, Lil Chris, Jake, Jamie, Aiva, Marky, Brad, Rae, Bradley Eric, Kristy, Peyton, Braelyn, Eric, Wesley, Bruce, Jada, Jayla, Lili, Jay, Kate, Peep, Adam Parker, and DeBrenna • **Gramma G.** on May 1, with love from Jordan, Destanie, Shyla, Dallas Jr., Tina, Dallas Sr., Ma, Dad, Elv, and Bud • **Breeze Jean Marie Rogers**, 5, with love from Mom, Dad, Krystal, and the boys • **Vickey Verkennes**, 65 on May 7, with love from her oldest children • **Darryl Smith**, 19 on May 5, with love from

Heather, Lance, Robyn, Daniel, Thomas, and Tyler • **Jordan and Josh Smith**, 18, on May 25 with love from Heather, Robyn, Daniel, Thomas, and Tyler • **Jazmyn**, on May 4 with love from Mom, Dad, Evan, Papa Curt, Tyson, Jon, Eva, Jeff, and Gramma Lenore • **Dallas Anderson Jr.**, 16, on May 7 with love from Dad, Des, Shy, Jordan, Tina, Gramma Gina, Gramma Marge, and Papa Merlin • **Papa**, on May 11 with love from Des, Shy, Jordan, Tina, Dallas Jr., Dallas Sr., Gina and Nazz • **David Manny Smith** on May 8, from Mom, Dad, Lydia and kids, Elliott and kids, Liz, Dylan and kids, Keith, Sebastian, and Uncle Marvin • **Sunshine** on May 20, from Grandma June, Grandpa Gush, Mom, Dad, Amber, Sam, Dan, Chuck, Hunter, Elvis, Keith, Sebastian, Elliot, Ethan, Jasmine, Tyrese, Liz, Dylan, Dylan Jr., Malerie, Leroy, Manny, Courtney, and Curly • **Jasmine** on May 27, from Grandma June, Grandpa Gush, Dad, Ethan, Ty, Lydia and family, Keith, Sebastian, Liz and family, Manny, and Courtney • **Liz** on May 21, from Mom, Dad, Elliot and kids, Lydia and kids, Dylan and kids, Keith, Sebastian, Manny, and Courtney • **Mary Mac** on May 15, from Karen and family • **Sarah**, 22 on May 18, with love from Mom, Dad, and the rest of the gang • **Valerie Boyd** on May 9, with love from Mom, Dad, Samantha, Sarah, and all the kids • **David L. Thomas**, 10 on May 25, from Grandma Sami, Chilah, Sonny, Jayden, Jordan, Little Willie, Mom, Dad, Dayana, Drystin, and everyone in D2A • **Kimmy**, from Auntie Sam IGA Buchannon, and all the girls • **Maysun Jr.**, 8 on May 27, with love from Mom, Selena, Dante, Shawsha, Soul, DayDay, Gramma Vera, DeaLayna, Stone, Derek Jr., Franny, Danielle, Rachel, Joe, Simone, Joey, Donny, Sheila, Jim, Jeannette, and Bruce • **George Machen** on May 15, with love from Auntie Vera and all your cousins • **Theresa** on May 27, from your family • **Adyn Williams**, 3 on May 27, with love from Gramma • **Dallas** on May 7, from Mom, Nigel, brothers, sister, aunts, uncle, cousins, Papa, and Kokum • **Jathan** on May 6, from Mom, aunts, uncle, brother, sisters, cousins, Papa, and Kokum • **Ardel and Alexander** on May 17, from Mom, Dad, brothers, sister, aunts, uncle, cousins, Papa, and Kokum • **Thomas MacLean**, 4 on May 25, with love from Mom, Daniel Jr., Tyler, Robyn, and Lance • **Robyn Virnig**, 17 on May 20, with love from Heather, Daniel Jr., Thomas, Tyler, and Lance • **Eema**, 24, with love from Ron, Chey, Sam, Nate, Meech, Jason, Lala and ShayShay • **Manny**, 11, with love from Chey and family • **Brynley Sanchez**, 3 on May 26, with love

from Mom, Isabel, Luis, Braelyn, and Grandma Pam • **Mariah**, 16 on May 31, love Mom, Dad, brother, Elias, Dede, Gramma Kim, Papa, Agnes, Karen, Tracy, Shelby, Max Dean, Aidan, Jarvis, Jacob, Sharon, Wally, Melodie, Chris, Nicole, Jameson, Cordell, Baby Chris, Jayla, Lileah, Aiva, Marky, Rave, Brad, Bruce, Jada, Jay, Lil Jay, Kate, Peep, Adam Parker, Randi, Rachel, Bradley Eric, Kristy, Braelyn, Peyton, Eric, Wesley, Phil, Mickey, Nade, Char, Corey Jr., PJ, Whit, Nae, Bentley, Sherry, Gabbi, Shawn, Marissa S, Marissa R, Samantha, Shaniah, and DeBrenna • **Marky**, 4 on May 12, from Mom, Dad, Agnes, Karen, Tracy, Shelby, Jarvis, Sharon, Wally, Melodie, Val, Mariah, Baby Kevin, Chris, Nicole, Jameson, Cordell, Baby Chris, Jayla, Lileah, Aiva, Max Dean, Rave, Brad, Bruce, Jay, Kate, Peep, Adam Parker, Basil, Randi, Rachel, Bradley Eric, Kristy, Braelyn, Peyton, Eric, and Wesley • **Elias** on May 17, with love from Valerie • **Dad** on May 17, with love from Dede • **Baby Sis** on May 12, love your brothers and sisters • **Doll** on May 12, from Rachel, Waylon, Mickey, Phil, Nadine, Charlotte, Corey, Whitney, Max, PJ, Sharon, Wally, Ravin, Melody, Mom, Karen, Grandpa AA, Jarvis, Max Dean, Mariah, Val, Lil Kevin, Nicole, Chris, Jameson, Cordell, Lil Chris, Jake, Jamie, Aiva, Marky, Brad, Rae, Bradley Eric, Kristy, Peyton, Braelyn, Eric, Wesley, Bruce, Jada, Jayla, Lili, Jay, Kate, Peep, Adam Parker, and DeBrenna • **Taylor Paige** on May 19, from Rachel, Waylon, Mickey, Phil, Nadine, Charlotte, Corey, Whitney, Max, PJ, Sharon, Wally, Ravin, Melody, Mom, Dad, brother, Karen, Grandpa AA, Jarvis, Max Dean, Mariah, Val, Lil Kevin, Nicole, Chris, Jameson, Cordell, Lil Chris, Jake, Jamie, Aiva, Marky, Brad, Rae, Bradley Eric, Kristy, Peyton, Braelyn, Eric, Wesley, Bruce, Jada, Jayla, Lili, Jay, Kate, Peep, Adam Parker, and DeBrenna • **Mom** on May 27, love Mariah and Kevin • **Valeria** on May 27, love Elias and Dede • **Michael Loso** on May 7, with love from Auntie Dawn.

Happy May birthday to Mille Lacs Band Elders!

Rebecca Agua
Merlin Anderson
Alvina Aubele
Elisse Aune
Brenda Beaulieu
Beverly Benjamin
Maurice Boyd
Denise Chamblin
Anthony Davis
James Davis, Jr.
Virginia Davis
Dale Day
Edna Day

Winona Evens
Lorraine Farah
Sharlene Fisher
Dale Garbow
Geraldine Germann
Harry Granger
Gertrude Hanson
Robert Heinze
Allen Hemming
Patricia Jackson
Molly Judkins
Clarabell Kruse
Cynthia Lester
Vera Mager
Mitchell Matrious
Dominic Mayotte
Janelle Meehl
James Mitchell
Pauline Mitchell
William Mitchell
Lawrence Moose
Ardith Morrow
Lorraine Nickaboine
Donald Olson
Betty Quaderer
Patricia Regguinti
Geraldine Shingobe
Beverly Sutton
John Sutton
Victoria Verkennes
Herbert Weyaus
Sarita White
Larry Wind

Anniversary

Happy 17th anniversary to **Kristine and Kevin Hines** on May 8, with love from *Brent and Garrett*.

In memory

In memory of **Albert Murphy**
May 22, 1925 - December 24, 2008

Your battle is now over, no more tears flowing down your cheek, no more pain, no more suffering, now you are no longer weak. I still do not understand why this had to happen to you, but I am proud to say you are my dad, the greatest man I ever knew. Although you will not be here to walk me down the aisle, when that day comes I know you will be by my side with a smile. You were always there for me and never once made me cry, until the day you closed your eyes and had to say goodbye. Now you are my angel, so spread your wings out wide, please wrap them around me whenever you see me cry. Our time together was memorable and God took you way too fast, but the most precious thing to me was you being there for my first breath, and me being there for your last. Dad, we love and miss you dearly, however I know you are always with us watching over us.



Grand Casino Mille Lacs To Celebrate American Indian Month

Grand Casino Mille Lacs is hosting its 15th Annual Powwow and Arts & Crafts Show in conjunction with AMVETS Post 53 on Sunday, May 6, at the Grand Casino Mille Lacs Events & Convention Center. Allen Weyaus will emcee the event.

Grand entries will be held at noon and 5 p.m. Registration for dancers and drum groups will open at 11 a.m. and 4 p.m.

The Arts & Crafts Show will be held from 10 a.m.-7 p.m. The registration fee for craft vendors is \$50 per table (an additional \$25 will be charged if electricity is required). Vendors must have a non-gaming business license and will need to set up their tables by 10 a.m. on the day of the event.

Grand Buffet will offer a special lunch voucher for all

Elders, dancers and drummers to use at 3 p.m. on the day of the event.

The event is free and open to the public. For more information on the event or to register as a vendor, contact Mallory Meredith at 320-532-8558 or e-mail her at mmeredith@grcasinos.com.

American Indian Month

In 1915, the annual Congress of the American Indian Association approved an official American Indian Day. In 1916, New York became the first state to officially declare the second Saturday in May as American Indian Day.

Several states and the federal government also recognize November as National American Indian Heritage Month.

Upcoming Mille Lacs Indian Museum Events

Kids craft workshop

Kids can enjoy light snacks and learn how to make a corn husk doll to take home. This project is recommended for children 10 years or older.

The workshop costs \$6 per kit and will be held on Saturday, May 5, from 11 a.m.-3 p.m.

Woodland pottery workshop

During the first class participants will learn how to dig clay, harvest the tempering agents, and construct their clay vessel. During the second class participants will finish their surface details and temper their clay vessel in the firing pit. This two-day class will be held from noon-4 p.m. on Saturday, May 12, and Saturday, May 19.

The workshop costs \$60 for the general public or \$55 for Minnesota Historical Society members and Mille Lacs Band members.

Participants are encouraged to register by May 9.

Please call 320-532-3632 for more information.

Memorial Day Powwow

Join museum staff and community members at the Mille Lacs Indian Museum's annual Memorial Day Powwow, hosted by AMVETS Post 53 on May 28 from noon-5 p.m.

This outdoor event is free and open to the public, but regular admission prices apply to visit the museum.

Mille Lacs Indian Museum features Band artists

The Mille Lacs Indian Museum is currently showing



Birch bark carving by Pat Kruse.



Bandolier bag by Cheryl Minnema.

Mni Sota: Reflections of Time and Place, a traveling exhibit which features works by 17 American Indian artists from the Midwest, including one Band member and one Band descendent.

Band member Cheryl (Waabaanakwadookwe) Minnema's Ojibwe beadwork is featured in the exhibit. Band descendant Pat Kruse, who is a member of the Red Cliff Band, has birch bark carvings featured in the exhibit.

The free exhibit will be open through Friday, May 18.

The Meaning of Powwows

By Larry Amik Smallwood, Mille Lacs Band Elder

We have many powwows throughout the year here in Mille Lacs, we have different kinds of powwows also.

The most important ones are the Big Drum ceremonial powwows that are used to pray for life and goodness for all Anishinabe people. They are held in the fall and spring, 26 weekends in all.

This is where people bring their asaymah (tobacco) to offer prayers to the Creator for the goodness of their selves, their children, and grandchildren.

These Big Drum ceremonies are not closed ceremonies but are open for people who need prayers and to just have a good social time. The only thing they ask is for people to have respect for the people who are speaking or praying and not to talk or laugh during this time. Also the children are to remain quiet and sitting at all times.

Our annual powwow held in August is a different kind of powwow. This is also referred to as a "traditional powwow." This is a powwow where all people are invited to come sing, dance and visit. The majority of the songs and dances are called inter-tribal and not restricted to a special dance category or age group. This is a good social inter-tribal dance celebration, with plenty of leisurely dancing for everyone to enjoy.

Our Hinckley Grand Celebration held yearly is a huge competition powwow that attracts dancers and singers from all over the U.S. and Canada. These dancers dance in certain categories such as jingle, fancy, traditional, grass, etc. Also they dance in different age groups such as junior, teen, adult and senior divisions. Male and female for all.

There are three major bodies that run competition powwows and traditional powwows. They are the powwow committee, the arena directors, and the masters of ceremonies. The powwow committee selects the type of powwow (traditional or contest) to be held and sets the agenda, the masters of ceremonies announce to the audience the agenda, and the arena directors make sure the right categories, age groups, and drums in line sing the appropriate songs.

Competition powwows need singing judges for the singing groups and dance judges (male and female) to judge the dancers. These judges are picked from the head judge from different areas such as different reservations and different states to make sure everyone gets an equal chance at the prize money.

The Mille Lacs Band is fortunate to have all three types of powwows. We have something for everyone to enjoy at these powwows.

See you on the powwow trail.

21st Annual Grand Celebration Powwow

The 21st Annual Grand Celebration Powwow will be held at Grand Casino Hinckley on June 15-17. 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 15
- 1 and 7 p.m. on June 16
- 1 p.m. on June 17

Attendees are asked to bring their own chairs and drums to the powwow.

Camping is available during the event.

Calendar of Events

May 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
*To Purchase Tickets	<p><i>If you would like an event included in the community calendar,</i></p> <p>please contact Kelly Sam at 651-292-8062</p> <p><i>or write to Kelly at kelly@goffpublic.com</i></p>					<p>Kids Crafts Mille Lacs Indian Museum 11 a.m.-3 p.m.</p>
<p>Visit a Grand Casino box office, call TicketMaster at 800-745-3000, or visit www.ticketmaster.com</p>						
6	7	8	9	10	11	12
<p>Powwow and Arts and Craft Event Grand Casino Mille Lacs</p>	<p>Narcotics Anonymous Red Brick House 6-7 p.m. Every Monday</p>		<p>District I Community Meeting District I Community Center 5:30 p.m. Contact: 320-532-7423</p>		<p>All government offices close at noon</p>	<p>Woodland Pottery Workshop Mille Lacs Indian Museum Noon-4 p.m.</p>
				<p>Chippendales* Grand Casino Hinckley 8 p.m. each night</p>		<p>Cheap Trick* Grand Casino Mille Lacs 8 p.m.</p>
13	14	15	16	17	18	19
	<p>Pine Grove Leadership Academy Meeting 5:30 p.m. Contact: Melanie Benjamin 320-384-7598</p> <p>AMVETS Meeting Grand Casino Mille Lacs 6 p.m. Contact: Allen Weyaus 320-630-2988</p>	<p>District II Leadership Academy School Board Meeting 4 p.m. Contact: Raina Killspotted 218-768-2345</p>	<p>District III Community Meeting Lake Lena Community Center 6 p.m. Contact: Katie Draper 320-384-6240</p>	<p>All-District Elder Meeting Hinckley ALU 11 a.m. Contact: Denise Sargent 320-532-7854</p>		<p>Woodland Pottery Workshop Mille Lacs Indian Museum Noon-4 p.m.</p>
						<p>Reba* Grand Casino Hinckley 7 p.m.</p>
20	21	22	23	24	25	26
					<p>All government offices close at noon</p>	
27	28	29	30	31	June 1	2
	<p>All government offices closed for Memorial Day</p>		<p>District IIA Community Meeting Chiminising Community Center 5:30 p.m. Contact: Lesley Sam 320-676-1102</p>	<p>District II Community Meeting East Lake Community Center 5 p.m. Contact: Jenny Waugh 218-768-3311</p>		
	<p>Memorial Day Powwow Mille Lacs Indian Museum Noon-5 p.m.</p>			<p>Urban Area Community Meeting All Nations Indian Church 5:30 p.m. Contact: Barb Benjamin-Robertson 612-872-1424</p>		
3	4	5	6	7	8	9

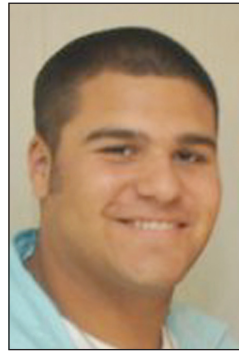
What Are Your Plans After Graduation?

Peter White-McDonald



"I'm leaning towards college at Fond du Lac Community College to study Native American history and to try to become some sort of counselor."

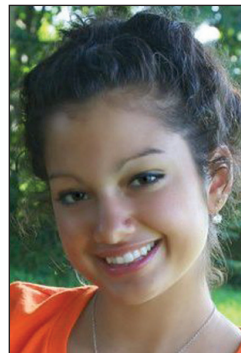
Ben Sam



"I am accepted into the physical therapy program at the College of Saint Scholastica honors program. I will be trying

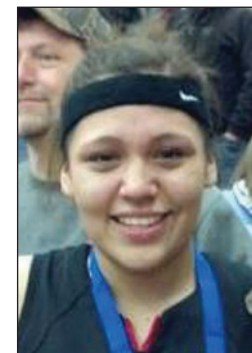
out for the baseball team this summer. My goal is to receive a doctorate of physical therapy and a B.A. in exercise physiology."

Brandi Jo Sam



"I am going to school at St. Cloud State University for occupational therapy."

Jessica Benjamin



"I plan on attending the University of Minnesota, Moorhead and majoring in medical technology."

Trials Amongst Tradition – Zebra Mussels, Netting Stigma Challenge Mille Lacs Band

The following article appeared in the April 14, 2012, edition of the Brainerd Daily Dispatch. It is being reprinted with the Dispatch's permission.

It flowed from the box of the pickup truck, through Brad Kalk's hands and into a tub at his feet.

Careful not to let the gill net touch the ground, Kalk pried his last walleye from the mesh, then picked at the bits of stringy weeds that also had gathered.

Kalk, commissioner of natural resources for the Mille Lacs Band of Ojibwe and a regular netter this young season, didn't have much to show for his efforts Wednesday morning at the Powwow Grounds access just off Highway 169 on Lake Mille Lacs – seven walleyes weighing exactly 10.20 pounds.

Yes, precision is of the essence here.

It was still early in the season – a season that started earlier than most, Kalk explained of the meager take of walleyes at the access that morning. Then, ever so casually, he produced a small rock. Clamped onto the rock was another resident of Mille Lacs – a zebra mussel about the size of a quarter. It was found at the access earlier that morning.

Tribal netting and zebra mussels are hot topics this time of year on the lake that is regarded as the premier walleye fishery in the state and also is listed as an infested waters – reportedly with, among other invasives, a booming zebra mussels population.

Kalk and Mike Taylor, chief conservation officer for the Mille Lacs Band DNR, say the tribe – one of eight netting and spearing this spring – goes to great lengths to make sure zebra mussels aren't transported via the tribal nets.

The same goes for the typical annual netting concerns. For years there have been reports of misconduct on the part of the netters – reports of dumped fish

carcasses and carelessness with – and ultimately lost – nets. And while Kalk and Taylor admit there are occasional wrongdoings, a rigid checks-and-balances system is in place so that every pound is accounted for in the band's pursuit of its allowable safe harvest of walleyes and northern pike, which always draws attention on the big lake.

The Mille Lacs Band doesn't take this responsibility lightly, Kalk said. Mostly, he said, it's a matter of respect – right down to the handling of the nets.

"Some tribes lay their nets on the ground. But here we're taught that these nets feed us and to respect the net," Kalk said as he cleaned his gill net. "We take them from the tub into another tub. We never let them touch the ground."

Then there's that stringent checks-and-balances system.

"When they pull their nets, a conservation officer is always present," Taylor said. "The size, weight and sex of the fish are checked. So it (the take toward the tribe's quota) is right down to the 10th of a pound."

Even getting a net in the water involves a process.

"You have to contact the license office prior to 11:30 a.m. the previous day and declare a landing, a time you'll pull the nets and the net I.D. number," said Taylor, who has worked enforcement in some capacity here since the mid-1990s. "You can set the net (that evening) or you have until 8 p.m. that day to cancel the set. And we have to be present before they pull the net. Then they pick out the fish and give them to a Great Lakes team (at each access) to creel."

Besides allowing the tribe to keep exact tabs on its take, the record-keeping system also aids Taylor and company in their investigation of any related offenses. For example, if, say, a pile of northern pike carcasses is illegally dumped, Taylor said he

can go back to those creel records to help find the culprits.

"You're going to have wrongdoers, but it's easy to go back to the creel sheets and do some investigating," Kalk said.

Taylor said that, each year, he writes about a half-dozen tickets, mostly for minor infractions.

"People try to get away with things," Kalk said. "That's why we have the checks and balances."

"We have to be (law abiding). You have to know the rules before you go. That you didn't know doesn't fly here."

Several years ago, some nets were lost when they slipped between lingering sheets of ice that shifted unexpectedly in the wind.

"If they lose a net, they don't get another permit until they find the net," Kalk said of the 100-foot-long by 4-foot-tall nets. "They have to get out and find the net."

Most every year in May, non-tribal anglers voice their concern about a possible conflict between netting and the state fishing opener. But Kalk said, "We stop netting when the season opener starts for public safety. We don't want to have a bunch of nets out there and have them get caught in a prop. That ruins a guy's weekend."

Walleyes netted Wednesday morning were typical in size. Taylor said the mesh is 1-3/4 inches to target the smaller fish.

"They're consistently under 20 inches and the average is 1.8 pounds (per fish)," said Taylor, who like most law enforcement with the Mille Lacs Band is not a member of the tribe.

Unlike, say, commercial tribal fishing on Upper and Lower Red Lake, Mille Lacs Band netters keep their fish, Kalk said. Most, including Kalk, donate their take to the tribal elders. And while the going was slow Wednesday morning, the result was four gallon containers full of fillets for the elders.

"They're filleted and donated to the elders. They're for the elders' food bank," Kalk said. "By doing that we make sure to provide them with the traditional foods. We have a lot of elders. It's always a treat (for them)."

Kalk, 50, who said he has lived on the Mille Lacs Reservation since he was a child, has been on the job for about a year-and-a-half. He said netting is the busiest and most visible season for the band, with wild ricing and deer hunting also included in the mix.

"With netting, the bounty is a walleye," Kalk said of the popularity of netting over ricing and deer hunting. "The intent here is sustenance. We want to implement it into our diets and live healthy."

Through Tuesday, the tribe had harvested 13,221 pounds of walleye and 4,184.8 pounds of pike, meaning it still has a ways to go to reach its quota of 28,428 and 8,250, respectively. It's not completely out of the ordinary for the tribe to fall short of its quota.

"We don't deal with hunting and fishing but for three months. The other nine months it's environmental issues that we're dealing with like any other natural resources department," Kalk said.

Such as zebra mussels.

"It's like a sleeping giant out there with zebra mussels," Kalk said. "That's been the most significant change with the environment (since he started on the job). Even with Eurasian milfoil, it's not nearly the same thing. We're not trying to keep it out. We're trying to contain it. It's had the most dramatic effect on the lake than anything else (in the last year-and-a-half)."

According to tribe regulations, "All nets and associated fishing gear ... must be dried for at least 10 days or frozen for at least two days before being used in

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