

OJIBWE INAAJIMOWIN

October 2008

"The story as it's told."

Volume 10 • Number 10

Herbert Weyaus Sr. Appointed Interim Mille Lacs Band Chief Executive

Melanie Benjamin removed from office

Following a joint session of Mille Lacs Band of Ojibwe elected officials on October 8, Melanie Benjamin was removed as Chief Executive. Herbert Weyaus Sr. was appointed to serve as the Band's interim Chief Executive; Sandra Blake was appointed to serve as the interim Secretary/Treasurer.

"A change in leadership is always difficult for a community," Herb said. "I hope we can come together during this time to move the Band forward in a positive direction."

Background on leadership change

Approximately 18 months ago, the Band initiated an internal investigation regarding construction contracts on the Mille Lacs Reservation. Two months later, when there was reason to believe that fraud had occurred in relation to a federal grant project, the Band notified the federal government of possible wrongdoing. The federal government then initiated its

own investigation – with the full cooperation of the Mille Lacs Band.

Based on the findings of the Band's investigation, some Mille Lacs Band members generated a petition that compelled the Band's elected officials to hold a hearing giving the accused individual – Melanie Benjamin – an opportunity to respond to charges of ethics violations against her.

This petition was constructed, signed and verified in accordance with the Minnesota Chippewa Tribe (MCT) Constitution. It contained 361 verified signatures and was submitted to the Mille Lacs Band Assembly on September 29. The MCT Constitution requires signatures from at least 20% of the Band's eligible voters, or a minimum of 241 signers.

This petition and the joint hearing of Mille Lacs Band elected officials prompted the vote that was taken by the Band Assembly to remove Melanie from office. Melanie, who was first elected Chief Executive in 2000 and began her third term in July 2008, chose not to respond to the allegations contained in the petition during the joint session.

Removal process followed

The Band Assembly followed the MCT Constitution to the letter of the law in its joint session and vote on October 8.

This Constitution details the process for removing an elected official of the tribe's member bands, including the Mille Lacs Band. Although Mille Lacs Band Statutes also outline the removal process, case law has repeatedly upheld that a government's Constitution overrides any other court or legislative action.

A decision of the Band's District Court upheld the Band Assembly's right to hold its meeting and vote on October 8. The Chief Justice of the Band's Court of Appeals later issued a "stay," or postponement of action. However, the stay was issued without holding a Court of Appeals hearing. Because there was no hearing, there was no opportunity for arguments to be heard on the stay. For that reason, the Band Assembly considers the stay to be improperly issued and invalid.

The issue of validity will be heard before a special magistrate from outside of the Band government, possibly on Monday, October 13 (as of press

time). He will rule on the legality of the issue.

Interim leadership

Herb has served since 1998 as the Mille Lacs Band's Secretary/Treasurer and Speaker of the Band Assembly. He is a resident of District I of the Mille Lacs Reservation. Interim Secretary/Treasurer Sandra Blake was elected Mille Lacs Band District I Representative earlier this year; she previously served in this post from 2000-2004. An interim District I Representative will be appointed in the near future.

Election forthcoming

In compliance with the MCT Constitution, the Band has 141 days to hold an election for a new Chief Executive.

"The Band will have to work diligently during this time to meet various deadlines for candidate filings, verifications, public notifications, primary and general elections, and more," explained Rjay Brunkow, Solicitor General for the Mille Lacs Band.

The *Ojibwe Inaajimowin* will continue to provide updates on the Band's special election to fill the Chief Executive position.



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Minisinaakwaang Leadership Academy's Track and Field Day



Photo courtesy of Patricia Shaw

(From left to right) Blaze Dess, Misty Tiessen, Molly Bohanon, Emily McKenzie, and Scott Matrious start strong in the 50-meter race during track and field day on September 19.



Photo courtesy of Patricia Shaw

Theresa Weous holds up her award with pride for participating in the events during track and field day.

Band Members Perform at Fine Line Café



Photo courtesy of Bill Premo

Mille Lacs Band members Cole (right) and Bryce Premo (left) performed at the Fine Line Café in Minneapolis on September 17. The brothers – sons of Mille Lacs Band Elder Bill Premo – make up the band Six Shot Love. Both attend the University of Minnesota, where Cole is a senior and Bryce is a freshman.

Tribal Police Hold Community Picnic



Photo courtesy of Susan Klapel

Kids enjoyed the inflatables at the annual tribal police picnic in District I.

By Susan Klapel, Crime Prevention Officer

On September 13, the Mille Lacs Band Tribal Police Department hosted a community picnic at the District I Powwow Grounds. Even in the torrential rain, we had a great time. We hold the picnic annually to share our time with the community in a situation that is not of emergency status.

The officers cooked brats and burgers on the grill, and the kids had a fantastic time on the inflatable games despite the rain. A raffle was held to raise money to purchase holiday gifts that supplement the gifts that the Community Recreation and Sports Program

gives to the community youth. We have been fortunate to raise enough money to provide gifts in all districts, including the urban area. We have also raised enough money to purchase hats and mittens that are passed out in all the districts.

Chi mii gwetch to all the community members for sticking it out in the cold rain and spending your Saturday with us. I would also like to extend a big thanks to Jackie Pike for donating your time and making the food line go smoothly. The Department of Public Safety and the Department of Motor Vehicles were also fantastic co-sponsors for this event. Thanks again.

Youth Hunt to be Held at St. Croix State Park

The Minnesota Department of Natural Resources (DNR) will host a youth hunt at St. Croix State Park in Hinckley on October 25 and 26. Hunters between the ages of 12 and 16 will be eligible to participate as long as they have their firearms safety certificate and a tribal hunting license. Please note that youth who will turn 12 years old by December 31 are eligible to participate.

Youth hunters must be accompanied by an adult, who may not hunt. Participants may enter the park starting at 6 a.m.

The registration deadline is October 23. Space is limited, so sign up early. To register or for any questions, call 320/532-7451.

Upcoming adult hunt

An adult hunt will be held at St. Croix State Park on November 15-18 for people ages 16 and older. This event is designated as an earn-a-buck hunt, which means that hunters must tag an antlerless deer in order to tag a buck.

Hunters may enter the park starting at 5 a.m. Only hunters selected for the special adult hunt will be allowed in St. Croix State Park on these days.

The registration deadline for the adult hunt is November 14. To register or for more information, contact Kevin Stobb, Lead License Agent, at 320/532-7896.

The Mille Lacs Band's DNR will help regulate these events.

Good Habits Yield Good Health

Mille Lacs Band member Dr. Arne Vainio, who works on the Fond du Lac Reservation, is sharing his personal experiences in a series of articles in News From Indian Country. Below is an excerpt from Arne's ninth article:

Every patient I see brings to mind issues to address, some serious, some less so. In every visit, I hope to be helpful, to try to guide health decisions, and to give choices that are worth making.

Can I help someone who chronically weighs over 250 pounds and has back and knee pain? I see this on a regular basis. I try to highlight the fact that the cartilage in our knees, hips and back does the same job as the springs in a pickup truck. If you overload the truck all the time, the springs wear out. You can get new springs or a new truck, but it turns out to be much harder with living tissue. As a people, we need to lose weight. That goes for me, too. I have been able to lose 17 pounds through the Diabetes Prevention Program at our clinic on the Fond du Lac Reservation.

Can I help people with diabetes who never check their sugars or watch their diets? Uncontrolled diabetes causes damage to nerves and blood vessels; this is the reason for foot ulcers, kidney problems, and eye problems. High sugars attract bacteria and make our immune systems not work as well. This is a setup for foot infections and eventual amputations. I watched my mother go through several amputations and a kidney transplant. She was strong and had a fighting spirit equal to any I've seen, but in the end it wasn't enough. Checking sugars and watching your diet is a drag and a burden, but the alternative is much, much worse.

What about someone with known heart or lung disease and an ongoing smoking habit? Cigarettes have been called coffin nails, cancer sticks, and other names for a reason. Every cigarette does damage to already damaged tissue.

Our lungs are full of little air sacs called alveoli. These are microscopic, but are clustered like a sponge or hollow grapes. Each alveolus has blood vessels surrounding it. The veins around an alveolus give off carbon dioxide for us to breathe out and the arteries around the alveolus pick up oxygen to carry to the rest of the body. If you were able to take those alveoli

and lay them out flat, they would have a total surface area about the size of a tennis court. Smoking breaks down those alveoli until they're big open holes with almost no surface area. You can never get the alveoli back, but you can prevent further damage. Preventing our kids from smoking in the first place is the best answer. Remember, they want to be just like you. If you can't quit for you, do it for them.

What about alcohol? It's been said that a daily glass of wine or a glass of beer is good for your heart. So it would follow that a lot of them would be better, right? Not even close.

Alcohol in larger doses is a direct central nervous system depressant and is a direct poison to the heart and bone marrow. Alcohol affects a protein that takes fat out of the liver. This causes the liver to get full of fat. With continued alcohol use, the liver starts to die off and becomes hard and scarred. This is called cirrhosis of the liver, and this damage is not repairable. What happens if you lose 10 percent of your liver function? In reality, nothing. What about another 10 percent? Again, nothing. Ten more? Nothing. In fact, we can lose about 70 percent of our liver function and still be ok. But once you get beyond that, not much can be done to avoid an unpleasant death.

What about drugs? Meth? Cocaine? Prescription narcotic drug abuse? Again, I see this all too often. The health issues list is longer, but this is all I had space for in a single article.

How do we stop this?

By working together. Clinic wellness and diabetes prevention programs, dieticians, exercise trainers, and chemical dependency counseling are a good start. In addition, we need to get our traditional ways back; we need to honor the sacrifices of our ancestors. We need to protect and teach our children how to survive in a world full of perils our ancestors never even dreamed of. Ask Elders about their childhood and what their parents taught them. We're losing our Elders every day, and their knowledge is irreplaceable. It's getting late, but it's not too late yet.

To view Arne's entire article, visit www.indiancountrynews.com and click on the food and health section.

Commissioner Christine Costello: Working for and Listening to Band Members



By Toya Stewart

Christine Costello can easily talk about what she does in her role as Commissioner of Administration, but she would rather discuss why her job matters.

"Finding opportunities for Band members, listening to their stories, and knowing I'm a part of the Mille Lacs Band history is what's most important to me," said Christine, whose job it is to oversee the day-to-day operations of the government.

"My job is really about listening to people and not judging them."

One of the most gratifying experiences she recalls is when she was trying to help an Elder resolve a problem. It took repeated phone calls before the two connected.

Afterwards, "He thanked me for my determination to reach him and for helping him."

It's that same kind of determination that has helped Christine both personally and professionally.

Several years ago, Christine and her family relied on food stamps and medical assistance to survive. Over time she came to the realization that she "was determined not to live on welfare."

She began by taking classes at Cambridge Community College where she earned her Associate of Arts degree in 1996. She also received a business micro-computer certificate from Pine Technical College in 1991.

In 1992, Christine landed a job as a Payroll Clerk Assistant for Grand Casino Hinckley. She then became an Administrative Assistant for the Director of Human Resources in Hinckley. After that she worked as Reservation Manager for Grand Casino Hinckley RV Resort.

"My goal back then was to be the Vice President of Human Resources," said Christine.

After a while she decided she wanted to make a move and left Grand Casino Hinckley to work for the Band. She started out as a Youth Worker and then became a Program Administrator for District III.

When the Assistant Commissioner's job became available, she applied for and got the job. That was in 2000 and since then she has also served as Commissioner of Community Development before moving into her current post. Christine's term ends next June.

Though she likes her job, Christine has a strong desire to lead the Band's Temporary Assistance for Needy Families program (TANF). She is hopeful that her next move will be to fill the vacant role as the Executive Director of that program.

Currently, she oversees the Band's Self Governance, Human Resources, Information Systems, and Workforce operations.

When the decision was made to operate a workforce office for all Minnesota Chippewa Tribe tribal members in the metro area she was instrumental in negotiating for the TANF grant.

"We negotiated with the state to receive a grant for TANF and were one of the first tribes to open an urban office," she said. "I was proud of myself that day."

"The state people were having challenges and we know our people and their needs," said Christine. "We needed a plan that was more understanding of our culture."

If she assumes the Executive Director's role, she said her goal is to rewrite the TANF plan because its foundation is weak.

"When your five years comes and goes, you may not be ready for work and then you have nothing, because those are the rules" she said referring to length of time a person is eligible for assistance.

"We can't expect people to be successful if the foundation is weak," she said. "People have health problems, mental and physical issues, and substance abuse problems. Because TANF can be flexible in how we deliver the services, we can address those weak foundations."

Another reason Christine would like to move into another role is because she wants to spend more time with her children, particularly her 13-year-old daughter. Her husband, Scherwin, died in the spring after a two-year battle with cancer. The couple were together for 33 years and have six children and five grandchildren.

"It was just when school started that I realized I'm a single parent," she said. "Since going through Midewin last year and his death this spring I have thought about how I will need to live going forward. I am happy to have the opportunities to work for my tribe."

Loretta Hansen Strives to Help Others as New Band Member Development Corporate Director



Rick Anderson

Mille Lacs Band member Loretta Hansen has a great appreciation for the programs and services the Band provides, both from a professional and personal perspective. It is this appreciation that motivated her to join the Band Member Development (BMD) Department six years ago. Today, she serves as the new BMD Corporate Director.

In 1999, Loretta and her family lost all of their possessions when a tornado destroyed their home in Oklahoma. She helped with cleanup efforts in the area for six weeks before moving with her six children to Minneapolis, where they lived in various homeless shelters. She then contacted the Mille Lacs Band's Urban Office for assistance.

"We went through a lot, but before I could blink, the Mille Lacs Band helped us get back up on our feet," said Loretta. "We soon had a roof over our heads, were enrolled in Circle of Health, and received donated beds, a washer and dryer, and other items."

Loretta decided to move her family to the Mille Lacs Reservation, where she started working as an assistant teacher for the Band's Head Start program and later as a clinic receptionist. In 2000, she joined Grand Casino Hinckley and specifically worked on an associate incentive program.

Then in 2002, the Mille Lacs Band's Corporate Commission created the BMD Department to help Band members enhance their professional skills and knowledge for job success and career advancement. Having experienced the Band's support first-hand, Loretta was interested in working for the new program as a way to give back to others.

"One reason why I wanted to work for the Band Member Development Department was to show an appreciation for the support I received by helping other Band members."

She served as the BMD Associate Director for Grand Casino Hinckley until May 2008, when she was named the department's Corporate Director. In her new position, Loretta oversees the department and its three other associates. She said she wants to meet more Band member employees to get their input on the BMD Department's work, and to make sure Band members know who she is and how she can help support their careers. She has also planned for department representatives to attend district community meetings as one way to get more BMD information out to Band members – one of her goals.

Connecting with Band youth is another area Loretta plans to focus on, especially as they may become future associates. She wants to give youth opportunities to job shadow associates to get a hands-on look at possible positions with the Band.

"We want to help Band members obtain and maintain employment that allows them to do work that they enjoy, and to give them the resources they need to be successful," said Loretta.

Band Member Development Department Holds Training Class

By Loretta Hansen, Corporate Director of the Band Member Development Department

The Band Member Development (BMD) Department sponsored a "Steps to Economic & Personal Success (STEPS): A Guide to Self-Sufficiency" class for Mille Lacs Band member associates. Fifteen associates attended the class held from September 29 through October 1.

The STEPS class showed participants how to increase their ability to make things happen by:

- Improving their opinions of themselves
- Increasing their confidence
- Using their critical thinking skills to create a new, successful life
- Completing a self-assessment
- Gathering data to create a concrete plan for the future

Following the STEPS class, a certified facilitation training was held for Associates interested in learning how to facilitate future STEPS classes. The Pacific Institute, owner of the STEPS curriculum, certified ten facilitators after a three-day training held October 1-3.

BMD will offer the STEPS class quarterly, alternating between the casino properties. It is available to all Mille Lacs Band members who work at the Corporate Commission or any of its businesses, including Grand Casino Mille Lacs and Grand Casino Hinckley. The class will also be offered to Band members involved in any of the current BMD programs who are in the process of becoming employed with the Mille Lacs Band.

Program Manager

BMD is seeking a Program Manager to administer all programs, services and classes designed to provide Band members opportunities within the businesses owned and operated by the Corporate Commission. This is a newly created position; the Program Manager will work in the Corporate Commission building.

Interested candidates should send a resumé and cover letter to:

Corporate Commission of the Mille Lacs Band

ATTN: Human Resources
700 Grand Avenue
Onamia, MN 56359

If you have questions about the position, please contact me at 320/532-8843.

Thanks to our summer intern

This summer, Erik Parsons interned with BMD. He was involved in various projects and job shadowed Associate Director of BMD – Mille Lacs Carol Shaw. Erik has now accepted a position with the Mille Lacs Band government. We want to thank Erik for his help this summer and wish him the best in his new position.

"Meet and Eat" with Commissioner of Corporate Affairs

The first of many scheduled "Meet and Eat" events with Commissioner of Corporate Affairs Sarah Oquist was held at Grand Casino Hinckley on August 15. Due to the size of the group, it was split up into two separate lunches. Commissioner Oquist has the goal of meeting all the Mille Lacs Band member Associates at the casinos and small businesses. This was a great start with 10 Band members representing various casino departments, the Corporate Commission, and small businesses.

Those who attended included Nicole Wilberg, Human Resources Representative; Roberta Martin, Human Resources Representative; Teresa Liebgott, Player Development Manager; Salena LaGuard, Associate Director of BMD – Hinckley; Paul Maurice, Maintenance Engineer; Guy Davis, Golf Grounds; Marcy Maurice, Director of Slots Special Projects; Jack Thomas, Grand Auto RV Lube Technician; Melanie Quaderer, Mail Clerk/Human Resources Representative; and Melanie Garbow, Grand Auto RV Lube Cashier/Administrative Assistant.

The Commissioner's office, in collaboration with BMD, is looking to schedule a "Meet and Eat" at Grand Casino Mille Lacs in the near future.

Public Health Department Receives Grant for Doula Project

By Public Health Department staff

The Mille Lacs Band Public Health Department recently received a federal grant to support the Band's community-based doula project. A doula is a community member trained to help women before, during and after childbirth. Community doulas help expectant mothers create individualized birth plans; provide them with physical, emotional and cultural support throughout labor and delivery; and support the mother and new baby as they bond.

This is an excellent opportunity for our mothers and babies to be as healthy as they can be. We believe that all mothers should have the opportunity to feel supported during childbirth and have good labor experiences, all while connecting with Ojibwe cultural traditions related to birth.

Research has shown that women who have a community-based doula supporting them through childbirth have experienced lower rates of C-sections, shorter labors, and less need for pain medications.

With the support of the Public Health Department, several Band employees and community members have already completed the training and are working towards their certification. With this funding, we have been given another excellent opportunity to invite more dedicated Band members to be trained as doulas, so that we can begin offering this much-needed service to our community.

If you would like to be part of this dedicated team or if you would like more information, please contact Lisa Blahosky at 320/532-7459.

Public Health staff presentations highlight importance of early cancer screenings

Marlene Poukka, Community Health Educator; Kari

DiGiovanni, registered nurse; and other Public Health staff collaborated with the American Cancer Society and Marjorie Johnson to present a series of educational workshops to women in the community on the importance of early cancer screening. Stephanie Grady, Patty Hook, and other health care providers assisted with the events held in the District I Community Center and the Lake Lena Community Center. Chi mii gwetch to Stephanie, Patty and Kari for their words of wisdom.

Schedule your mammogram

The Shakopee Mdewakanton Sioux Community is providing services to the Mille Lacs Band community through the use of its Mobile Mammography Unit to provide easier access to mammograms. The Mobile Mammography Unit will be in the community on the following dates:

- Tuesday, October 28: 9 a.m. to 3 p.m. behind the Ne-la-Shing Clinic in District I
- Wednesday, October 29: 9 a.m. to 3 p.m. by the District II ALU
- Thursday, October 30: 9 a.m. to 3 p.m. behind the Aazhoomog Clinic

A light luncheon will be provided to all participants. To schedule your appointment, call the clinic in your area or call Marlene Poukka at 800/709-6445, ext. 7812.

Great American Smokeout

Are you thinking about quitting smoking, but not sure if you're ready to take the plunge? The Great American Smokeout may be for you. This year, the Great American Smokeout is on November 20. On this day, millions of smokers say "no thanks" to cigarettes for 24 hours. Make November 20 the day to "butt out."

Ne-la-Shing Clinic Welcomes New Staff

New Health Director

Dr. Salina Rizvi became the Mille Lacs Band's Health Director in August. Some of her duties include overseeing physicians at the Band's three clinics, serving as a liaison between the physicians and Commissioner Moose, and helping ensure compliance with policies and procedures.

Dr. Rizvi looks forward to continued growth at the Band's clinics to help prevent patients from needing to drive long distances for health care whenever possible. She is an OB/GYN by training.

Originally from Pakistan, Dr. Rizvi says she is enjoying the Ojibwe culture at Mille Lacs. Her husband has been the Band's Dental Director for nearly two years.

Health Compliance Officer

Ann-Marie Landin, who is originally from the Lac du Flambeau Reservation in Wisconsin, started as the Band's Health Compliance Officer in August.

She focuses on quality assurance and quality improvements efforts for the Band's clinics, Public Health Department, and other areas of health and human services. She also works to assure that accreditation standards and guidelines are consistently met.

Ann-Marie, who previously worked for the Institute for Clinical Systems Improvement in Bloomington, is excited to be working in an atmosphere that brings her closer to her Ojibwe heritage.

Learn Valuable Winter Safety Tips

By Workforce Center Staff

As the leaves turn colors and temperatures drop, we know that winter is right around the corner, complete with cold weather, snow, and icy roads. The workforce center is offering a class to help you brush up on your winter safety tips, such as what to do if your vehicle stalls.

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

- November 5 – Lake Lena Community Center
- November 13 – Mille Lacs Band Workforce Center

- November 18 – East Lake Education Modular (next to the community center)

To register, please call 800/922-4457 or contact: Lynnette Golden, Lead Instructor/Trainer, at 320/532-7811 or lynnette@millelacsojibwe.nsn.us

Theresa Romard, Instructor/Trainer, at 320/532-7867 or theresar@millelacsojibwe.nsn.us

Participants who register at least a week in advance will receive a free winter car kit.

Shinobe Jam has Great Turnout

Shinobe Jam was held on Friday, September 26, at the Mille Lacs powwow grounds. Below are the winners of the \$10 raffle:

- 2008 Ford Focus – Joe Nayquonabe Sr.
- Old squad car – Gloria St. John
- Old squad car – Erik Parsons
- Old squad car – Clayton Benjamin

- Old squad car – Jennifer Mitchell
- \$1,000 Visa gift card – Jeremy Smith

Jack Thomas won a five-foot wood carved eagle from the \$1 raffle. Two used snowmobiles were given away, along with multiple \$100 and \$50 Visa gift cards.

Recognize Domestic Violence Awareness Month

**By Rob Thompson,
Safety/Risk Manager**

October is National Domestic Violence Awareness Month and an opportunity to show our dedication to ending domestic violence. We have no room in our society for domestic violence, which can destroy lives, and we have a duty to help prevent it.

A home should be a stable place where we feel loved and comforted, but domestic violence can destroy this foundation. In 2006, President Bush reauthorized the Violence Against Women Act. Since he announced the Family Justice Center Initiative in 2003, many Family Justice Centers have opened across the nation. These centers provide legal advice, counseling, support, and other services to domestic violence victims and their families. In addition, work continues with community organizations to provide training and funding to help victims heal.

The National Coalition Against Domestic Violence has partnered with the Wireless Foundation through the "Call to Protect" program, which was created to provide free cell phones to domestic violence victims who face emergency situations. This partnership to collect deactivated cell phones for these victims has helped save many lives.

In addition to phones being distributed for emergency use, proceeds from the sale of unused phones help fund agencies that work to end domestic violence. Additional information about the cell phone donation program can be found by visiting the

National Coalition Against Domestic Violence Web site at www.ncadv.org.

Most of the information contained in this article came from the WhiteHouse.gov Web site.

Join the 7th Annual Man March

By Women's Project Staff

This month provides an excellent opportunity for the Mille Lacs Band of Ojibwe to help support ending domestic violence. It is also an opportunity to support victims of domestic violence and educate the public on the prevalence of this epidemic.

The Mille Lacs Band of Ojibwe Women's Project invites you to attend our seventh annual "Man March for Family Peace" on October 23 at 5:30 p.m. We will march from the government center to the District I Community Center, where we will have a feast, guest speakers, and door prize drawings.

We will honor our sisters who have died as a result of domestic violence. We will also honor survivors of domestic violence and the women who still live with violence in their homes. Our program believes it is very important to have men involved in our work to end the cycle of domestic violence and to start the healing process.

If you have any questions concerning the "Man March" or National Domestic Awareness Month, please contact Cindy Olin at 218/768-4412. We appreciate your support and hope to see you on October 23.

Legal Rights

By East Central Legal Services

Order for Protection

Because October is National Domestic Abuse Awareness Month, we are reminded that everyone needs a little help now and then.

What is an Order for Protection?

An Order for Protection (OFP) is a court order to stop family violence (domestic abuse). An OFP is not a criminal case. It takes place in family court. The court can order ways to keep the abuser away from you and your home or order the abuser to get counseling or treatment. It can also order child support or custody.

What is family violence?

Family violence is when someone is hurting you physically or threatening you with immediate physical harm. This includes sexual violence and terroristic threats. Examples are hitting, throwing things at you, pushing, saying things like "I'll kill you," waving a weapon at you, killing your pets, or forcing you to have sex. Not letting you call 911 for help is also family violence.

Do I have to get an OFP to stop the abuse?

No. Even without an OFP, it is illegal for anyone to hurt, rape, or threaten you. It is also against the law for someone to stop you from calling 911 for help. But an OFP can make it easier to protect yourself. It tells the abuser that more threats or abuse will lead to arrest, criminal charges, and maybe jail or a fine. OFPs make it easier for the police to arrest the abuser.

How do I get an OFP?

- Go to the courthouse or call the domestic abuse office at the courthouse.
- Fill out the forms (Petition and Affidavit). A court clerk or an advocate will help you file papers telling the court what happened, and what you want.

- You do not have to pay a filing fee.
- You do not need a lawyer to start the case.
- If you need immediate protection from danger, ask for an "ex parte" order. "Ex parte" means without telling the person on the other side of the case. The order is signed the same day you apply, before the abuser is served. An ex parte order protects you until there is a hearing.
- In most cases, you will have a hearing within 14 days. It will be within 7 days if you got an ex parte order.
- In some cases, you can get an OFP without having a court hearing.
- If there is a court hearing, call Legal Services to find out if you should have a lawyer. Remember to keep a copy of the OFP with you at all times.

More information

If you or someone you know would like more information regarding an Order for Protection please call East Central Legal Services at 800/622-7772. East Central Legal Services is also available to conduct community presentations on this and other topics. We are available for intakes at the following places and time:

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

2008 Voter Information

Candidates Running for Office

FEDERAL

President/ Vice President

- John McCain/Sarah Palin – R
- Barack Obama/Joe Biden – DFL

U.S. Senator

- Dean Barkley – I
- Norm Coleman (i) – R
- Al Franken – DFL

U.S. House District 4

- Ed Matthews – R
- Betty McCollum (i) – DFL

U.S. House District 5

- Keith Ellison (i) – DFL
- Bill McGaughey – I
- Barb Davis White – R

U.S. House District 8

- Michael Cummins – R
- Jim Oberstar (i) – DFL

STATE

State Senate District 16

- Lisa Fobbe – DFL
- Alison Krueger – R

State House District 3B

- Carolyn Mcelfatrick – R
- Loren Solberg (i) – DFL

State House District 8A

- Tim Hafvenstein – R
- Bill Hilty (i) – DFL

State House District 8B

- Tim Faust (i) – DFL
- Judy Soderstrom – R

State House District 16A

- Sondra Erickson (i) – R
- Gail Kulick Jackson – DFL

LOCAL

Mille Lacs County

District 1

- Jack Edmonds (i)

District 3

- Philip Eggen
- Phil Peterson (i)

District 5

- Frank Courteau (i)
- Richard Dukowitz

Pine County

District 3

- Steven Chaffee
- Roger Nelson (i)

Aitkin County

District 2

- Dale Lueck (i)
- Laurie Westerlund

District 4

- Brian Napstad (i)
- David Schaaf

SCHOOL BOARD

Isle

- Tracy Blood
- Tura Eye
- Randy Gudim
- Dawn Tinjum
- Roger Tramm

Onamia

- Dean Benson
- William Hill III
- David Osterman
- Jamie Root-Larsen
- Mary Sam

McGregor

- Larry Doten
- Roy Hietalati
- Larry Kramer
- Michael Kruse
- Eric Kulju
- Lynette Maas
- Robert Marritt Sr.
- Julie Orbeck
- Rhonda Shaw
- Bill Warner

(i) = incumbent

Hear From the Candidates

Mark your calendars for an upcoming Mille Lacs Band-sponsored candidate forum: **October 29 at 6 p.m. at the District I Community Center.**

The following candidates have been invited to speak:

District 16 State Senator

- Lisa Fobbe
- Alison Krueger

District 16A State Representative

- Sondra Erickson
- Gail Kulick Jackson

Mille Lacs County Commissioner – District 5

- Frank Courteau
- Richard Dukowitz

The forum will be facilitated by the League of Women Voters of Minnesota. Light snacks will be provided. For more information, contact Elizabeth Towle at 320/630-2487.

Join Us for an Election Day Breakfast

The Mille Lacs Band is hosting Election Day breakfasts to celebrate the right to vote. Breakfast feasts will be held in each district community center from 8:30-10 a.m. on November 4. We hope you join in celebrating with us on Election Day.

For more information, contact:

- Mary Sam, 320/630-6708
- Elizabeth Towle, 320/630-2487

Golf Tournament Helps Get Out the Vote

By Elizabeth Towle

Native Vote Alliance of Minnesota (NVAM) held its first annual golf tournament and second annual "Get Out the Native Vote" campaign fundraiser on September 24, sponsored by the Fond du Lac Band of Lake Superior Chippewa.

The event had a great turnout of golfers, tribal leaders, and tribal council members from the 11 federally recognized tribes in Minnesota. The funds raised will help the tribes increase voter turnout among their members.

Veterans faced voting difficulties

Chief Executive Melanie Benjamin attended the kickoff event and talked about the importance of our votes. She also told a story about Indian

vets not being intimidated during the primaries this past month. After being turned away at the polls because the head election judge didn't recognize their tribal IDs as valid identification, they returned with a staff person from the Chief Executive's office and a few more vets. They were allowed to vote after a call from the Secretary of State's Office. Scenarios like this one are the reason why NVAM was created.

By exercising our right to vote, American Indians play an important part in the election process. So, folks, let's remember to do our part as America's first citizens and let our voice be heard. VOTE NOVEMBER 4, 2008!

Your Vote Is Important

Can one vote really make a difference? You may not think so, but history has shown that in a number of elections, decisions have been determined by so few votes that recounts were needed. For example, in the 2006 Minnesota House of Representatives race in District 16A, candidate Gail Kulick Jackson (DFL) lost to Representative Sondra Erickson (R) by only a 2% margin (or only 459 votes out of 17,045 votes cast). And in 2004, Tim Faust (DFL), who is now a state representative, lost to then-Representative Judy Soderstrom (R) by about 70 votes in District 8B.

There are some very big races to be decided this November 4. Along with electing a new President and Vice President, Minnesotans will elect the following officials:

Federal

- One U.S. Senator
- Eight U.S. Representatives

State

- All 134 State Representatives
- State Supreme Court Justices
- Court of Appeals Judges
- District Court Judges

Local

In some communities, school board members, city council members, and other local offices are up for election. To determine if your local government will have offices on the ballot, visit your city or county's Web site. To find your local government Web site, visit www.state.mn.us and click on "government."

See page 7 for a list of candidates running for select local, state and federal offices. Following are other resources to help you learn which candidates will be on your ballot:

- Minnesota Secretary of State's Office, www.sos.state.mn.us, 651/215-1440 (metro), 877/600-VOTE (Greater Minnesota)

- The League of Women Voters of Minnesota, www.lwvmn.org, 651/224-5445

Every vote counts, so make sure you either head to the polls on Election Day or vote by absentee ballot in advance.

Voting eligibility

You can register to vote if you meet the following requirements:

- Are a U.S. citizen
- Are at least 18 years old on Election Day
- Have resided in Minnesota for at least 20 days preceding Election Day
- Have any felony conviction record completed or discharged
- Are not under a court-ordered guardianship in which a court has revoked your voting rights
- Have not been found legally incompetent by a court

Registering to vote and finding your polling location

In Minnesota, you can register to vote on Election Day if you have not already pre-registered. You can register by using the following types of photo identification that provides a valid address in the precinct where you are voting:

- Mille Lacs Band ID
- Minnesota driver's license
- Passport
- Military ID
- Minnesota ID card
- Minnesota university or technical college ID (if your school has provided a student housing list to election officials)

If you do not have a photo ID with a current address, you can vote by bringing in a utility bill (gas, electric, telephone, water services, cell phone, etc.) that is due within 30 days and has your current address.

You can also vote by having a registered voter from your precinct confirm your address with a signed oath.

For more registration information and polling location

information, visit the Minnesota Secretary of State's Office Web site at www.sos.state.mn.us or contact your county election office. Following are a few telephone numbers for county election offices:

- Aitkin: 218/927-7354
- Crow Wing: 218/824-1045
- Hennepin: 612/348-5151
- Kanabec: 320/679-6430
- Mille Lacs: 320/983-8310
- Pine: 320/591-1670
- Ramsey: 651/266-2171

You can also visit your district community center, where there will be maps available that will help you determine where you vote.

Rides to the polls

Polls are open from 7 a.m. to 8 p.m. on Election Day (note that some townships open at 10 a.m.). If you need a ride to the polls, the Mille Lacs Band will provide transportation in each reservation district and the urban area. Contact the following Band employees to arrange a ride:

- Mary Sam at 320/630-6708
- Elizabeth Towle at 320/630-2487

Some Aitkin County precincts have mail-in ballots

As mentioned in last month's *Inaajimowin*, some Aitkin County residents (such as those in Spalding Township) will need to vote by mail. In these cases, the county will mail out ballots to all registered voters to fill out and return. Residents in these precincts who are not pre-registered to vote (which needed to be done by October 14), can still register and vote on Election Day by going to the Aitkin County Courthouse in Aitkin. For more information, visit www.co.aitkin.mn.us or call 218/927-7354.

Absentee voting

If you are unable to get to the polls on November 4, you can still vote. The easiest way to vote

by absentee ballot is to go to your county auditor's office or city or township clerk's office before Election Day.

If you cannot go in person, you can fill out an absentee ballot application (found at www.sos.mn.us) and mail, e-mail or fax it to your county auditor. Then, your ballot will be sent to you when it is ready for you to fill in and return. Please note that your ballot must reach your county or local election office by Election Day to be counted.

Get-out-the-vote efforts

The Mille Lacs Band has been active in helping to get out the vote, often working with the Native Vote Alliance of Minnesota to hold election judge trainings, voter engagement trainings, and other voter-related activities.

While Minnesota led the country in voter turnout in the last Presidential election – 77% of eligible voters headed to the polls – the Band and other organizations are working to help increase the turnout even more this year. The Mille Lacs Band is particularly aiming to increase voter turnout among Band members by 50%.

Recently, the Band partnered with TakeAction Minnesota (an organization dedicated to uniting the power of progressive organizations and individuals behind a vision of racial, social and economic justice) to help get out the vote. In early October, three Mille Lacs Band members were hired by TakeAction Minnesota to help door knock, pass out non-partisan voting information, and help people register to vote. They will also help provide rides to the polls for Band members on Election Day.

Voter hotline

The Mille Lacs Band will have a voter hotline available to assist Band members who experience any problems with registering or voting. If you encounter any difficulties, please call 320/630-2487 for assistance.

The Evolution of Voting Rights

1866

Congress passes the Civil Rights Act of 1866, which grants citizenship to all native-born Americans, but does not give them the right to vote.

1870

Congress passes the 15th Amendment to the U.S. Constitution, banning states from limiting voting based on race.

1877

The Dawes General Allotment Act is passed, which gives citizenship only to American Indians who give up their tribal affiliations.

1890

Congress passes the Indian Naturalization Act, which grants citizenship to American Indians if they complete an application process.

1917

The Minnesota Supreme Court rules in *Opsahl v. Johnson* that American Indians do not have the right to vote, because they are not part of "civilized" society, meaning they live on reservations and do not pursue the customs of white Americans.

Election Word Find

I B M Y V O I C E M A T T E R S G J N K
 N N V R L T S R E H C T A W L L O P O P
 D O D S W A L B T A R C O M E D V R I O
 E L L I B Y T I L I T U P L K N O E T L
 P C R Y A O U R F U T U R E B N T C C L
 E S S D H N A T I V E V O T E R E I E V
 N N U E L E C T I O N J U D G E M N T O
 D O I G F D I I O T C E L E S S R C O T
 E I D X W E V O T E W E A N I I E T R E
 N T E L J R I G M I T B O R G R F C P R
 T N V S G E C E G O Z I E H E B D A N E
 S E L U R T D W V R T E T G B T I U O N
 I V O S E S U I U C T T N E O S O C I G
 E N V N E I T Y E N O E L S T V T U T A
 G O N E N G Y L U V L I V H H C O S C G
 N C I S P E E L O L E O G B A I H R E E
 A H T N A R O T A V T I K C L I P O L M
 H K E O R V E H E E R H G E R T Y A E E
 C E G C T A C G N A C I L B U P E R C N
 F L E X Y O U R M U S C L E E P O H N T

- Believe
- Challenger
- Change
- Civic Duty
- Consensus
- Conventions
- Democrat
- Get Involved
- Elections
- Election Judge
- Election Protection
- Flex Your Muscle
- Go Vote
- Green Party
- Independent
- Indian Citizenship Act
- I Vote
- Laws
- My Voice Matters
- Native Vote
- Our Future
- Photo ID
- Poll Watchers
- Precinct Caucus
- Register
- Republican
- Right to Vote
- Utility Bill
- Volunteerism
- Voter Engagement

Democratic National Convention-Goers Bring Back Get-out-the-Vote Message

"The energy was unbelievable!"

That is how Jamie Edwards, Mille Lacs Band Government Affairs Coordinator/State, described his experience of attending the Democratic National Convention (DNC) in Denver, Colorado, in August. He and Chief Executive Melanie Benjamin were part of the largest contingent of American Indians from Minnesota to ever attend the convention as delegates; Mille Lacs Band Governmental Affairs Administrative Assistant Elizabeth Towle also attended the convention.

Throughout the four-day convention, they attended numerous caucuses (such as the Native American Caucus), met with state and national political leaders, and witnessed Presidential candidate Barack Obama's nomination acceptance

speech, among many other speeches.

"Our days were full of meetings and other events. It was a once-in-a-lifetime opportunity to be part of such an historic event," said Jamie, who was a first-time national delegate. "I was honored to be a part of the Minnesota delegation and felt energy and excitement throughout the convention."

As delegates, Melanie and Jamie helped adopt the Democratic Party's platform and officially nominated the Vice Presidential and Presidential candidates. They were among the 88 convention delegates and 12 alternates from Minnesota.

Elizabeth, who was a delegate to the 2008 Minnesota state Democratic-Farmer-Labor (DFL) Party convention and a first-time attendee to a national

convention, noted that there were many young convention-goers at the DNC and that the youngest delegate was a 17-year-old from Minnesota.

"I was excited to see a lot of young people serving as delegates or attending with their parents who were participating in the convention," said Elizabeth. "Hopefully, they will be inspired to go back to their communities and encourage others to get involved," said Elizabeth.

Getting out the vote

Besides Elizabeth's involvement in party activities, she is involved in nonpartisan efforts to get out the vote. She is the secretary for the Native Vote Alliance of Minnesota and has helped organize get-out-the-vote activities on the Mille Lacs Reservation, including Election Day events (see page 7). She

recommends that anyone interested in politics and participating in party conventions should get involved at the local level.

"Start attending your local party meetings, and don't be intimidated by the process," said Elizabeth. "Once you get involved, you will learn how it works. And the most important way to get involved is to vote on Election Day."

Jamie also encourages people to vote. He said his experience at the DNC made him realize the work that is still needed to get people registered to vote and to the polls on Election Day.

"Those who show up and participate and make their voices known are the ones who influence the outcome of an election," said Jamie. "We need to make sure we are all exercising our right to vote."

The Evolution of Voting Rights (continued)

1920	1924	1964	1965	1971	1993
Congress passes the 19th Amendment to the U.S. Constitution, granting women the right to vote.	The Indian Citizenship Act grants citizenship and the right to vote to all American Indians.	The Civil Rights Act of 1964 makes it illegal to discriminate on the basis of race, gender, national origin, or religion in public places, voting, workplaces, or schools.	Congress passes the Voting Rights Act, which prohibits states from using discriminatory voting practices.	The 26th Amendment to the U.S. Constitution is passed, giving 18-year-olds the right to vote. (The previous minimum voting age was 21.)	The National Voter Registration Act is passed, which makes registration more uniform and accessible, particularly for minority voters.

Community Q&A

As Election Day approaches, we asked four Band members a series of questions about issues and voting. Here is what they said.

David Sam



Loretta Hansen



Amanda Meyer



Bea Mitchell



What issues are of most concern to you when you go to the polls on November 4?

David Sam: "The economy and Iraq."

Amanda Meyer: "The candidates' stances on appropriate health care for all citizens; education, including access to higher education; truth in teaching, especially regarding minorities; better (fair) tax cuts for the working poor (e.g. child care credit, earned income credit); and financing and researching renewable energy sources."

Loretta Hansen: "The issues I am most concerned about are health care, education, and the environment. I think the money we are spending on outside concerns, such as the war in Iraq, could be better spent on improving domestic problems."

Bea Mitchell: "Who would be a good support of Indian issues and concerns. When I do vote, I vote for the best candidate and what I know about them, which is very little."



If you were elected to the Minnesota Legislature, what would be your top priority?

David Sam: "Education and taxes."

Amanda Meyer: "I would like to listen to the people more. We vote people in to certain offices to be our voice. I see some people making decisions that they think will benefit us, but in reality it doesn't. (e.g., getting rid of the hidden agenda)."

Loretta Hansen: "I think the top priority would be health care. The expense of it is so outrageous, and so many people are not covered. My 20-year-old son, who is working but not being offered health care through his work, makes too much to get covered by the state but not enough when he has simple illnesses, and sometimes he has trouble affording prescriptions. We should make coverage available to everyone."

Bea Mitchell: "If I could I would ask to help the low income people and not the rich who benefit from tax breaks and potential bailouts."



What do you rely on most to help you make your voting decisions (TV ads, direct mail literature, Internet research, newspapers, family, other)?

David Sam: "I watch the news on the tube (CNN), and I listen to radio as I drive (WJYY). Occasionally, I peruse the newspaper (*Star Tribune*), and sometimes I discuss issues with my wife and friends."

Amanda Meyer: "Internet, newspapers, debates, and TV interviews."

Loretta Hansen: "I rely mostly on where the candidates stand on issues and like to hear it from them directly. If I don't know too much about an incumbent, I will research their voting record. I don't listen to television ads at all – mostly they are offensive and they just bad mouth the other candidate rather than really talk about issues. The media can really make things slant how they want to."

Bea Mitchell: "Mostly newspapers about important issues."

Obtaining the Right to Vote

The year 1776: The Declaration of Independence – stating, "All men are created equal" and demanding government to represent the people's interests – is adopted.

But in order to cast a vote in the early United States, the person needed to be white (except in a few Northern states), male (except in New Jersey, where women voted until 1807), and a landowner (nearly everywhere). In some areas, these rules left up to 85% of the adult population out of the political process.

Not until 1920 did American women win the right to vote. Another four years passed before American Indians were granted this right. As Election Day approaches, it is a good time to reflect on the challenges some groups have faced in obtaining the right to vote.

The native vote and its impact on elections

By Toya Stewart

Too often too many people take the right to vote for granted. They don't register or participate in politics because they may think their vote and their voice doesn't count.

Yet what they don't realize, say voter advocates, is that they're passing up an opportunity to get involved in changing policy, changing laws, and in effect, changing the world they live in.

"Indian Country can prove that we make a difference, and in some places we can swing an election," said Jacqueline Johnson, Executive Director of the National Congress of American Indians.

"We've got to show our political power," she added. "We have to get candidates talking about our issues and then follow up to make sure our issues are addressed."

American Indians gained citizenship in the United States when President Calvin Coolidge signed the Indian Citizenship Act into law 84 years ago. It gave citizenship and the right to vote to all American Indians born in the U.S.

Though the law was signed June 2, 1924, it wasn't always looked upon favorably by some American Indians who thought it might be a ploy to assimilate them and suspected it was a step in taking away tribal sovereignty, said David Chang, an Assistant Professor in the

History Department at the University of Minnesota.

"It wasn't about empowering the Indian," said David. "It came about after World War I, because so many Indians had served that it was thought that they deserved the right to vote."

However, in spite of the Act, many American Indians were effectively banned from voting until 1948 and discriminated against until the 1960s, David said.

Some of the legal obstacles that were included in barring the American Indian vote were that:

- Indians were under federal guardianship and not independent and competent for voting.
- Indians living on reservation lands were not residents of the state because they were residents of the reservation. (In 1881, the Supreme Court declared that all Indians living on reservations were residents of their states.)
- Indians were not taxpayers and should not be able to help determine revenue decisions through voting.
- Indians were not civilized, and by participating in tribal communities and politics, it precluded their right to participate in other elections.

The right to vote for some other groups came sooner, such as for African American males, who were given the right in 1870 with the 15th amendment, and for women, who got the right in 1920 with the passage of the 19th amendment. Still, it was not until the Voting Rights Act of 1965 that all groups were fully franchised as voters.

The Voting Rights Act prohibits any voting law or practice that results in discrimination based on race, color or language.

Come Election Day on November 4, American Indian voters could influence the outcome of the Presidential election in states with high American Indian populations, said Jacqueline. They can also impact state and local elections, too, she added.

That's why the candidates running for various offices have spent a considerable amount of time visiting reservations and actively seeking the native vote, according to Jacqueline.

"Minnesota is one of 20 states they say Indian voters will make a difference," she said. "Even though the margins are thin, we make a difference."

Save Lives, Improve Health

By **Toya Stewart**

Say goodbye to smoking

Though it wasn't easy, Marlene Poukka had a compelling reason to quit smoking.

James, Marlene's five-year-old great grandson, lives with Marlene and suffers from asthma.

"I started smoking when I was 14. I tried quitting periodically, but it was a struggle," said Marlene. "I finally quit five years ago because smoking is a trigger for my grandson's asthma."

At first Marlene banned smoking in her home, but that wasn't enough. James would still suffer asthma attacks from the effects of second-hand smoke because Marlene would smoke when she visited the casino.

"I stopped all together then, and I limited my trips to the casino," said Marlene. "It helps both of us. It's great for him, and it's great for me."

"I don't huff and puff anymore. I can breathe easier. I can smell, and I can taste food better than before," she said.

As a community health educator for the Band, Marlene would love to see other Band members quit smoking, too. She oversees the smoking cessation program that offers classes and other support tools for those trying to quit.

"Nicotine is very, very powerful," said Marlene. "It's very addictive, and a person who smokes is fighting a very powerful drug."

According to researchers from the American Indian Community Tobacco Project, American Indians tend to misuse tobacco earlier and at higher rates than other racial and ethnic groups.

The also suffer more severe health consequences from the

effects of commercial tobacco use, said Kris Rhodes, a Senior Coordinator for the American Indian Community Tobacco Programs at the University of Minnesota.

"Sixty-two percent of American Indians who live in the urban area are smokers," said Kris, who is a member of the Bad River Band. "The health-related diseases, such as lung cancer, are higher in American Indians than in other groups, and we see more health problems."

According to a 2003 report from the Minnesota Department of Health, four of the five leading causes of death among American Indians in Minnesota are related to tobacco misuse, including cancer, diabetes, chronic lung disease, and coronary heart disease.

Besides being socially acceptable, both Marlene and Kris say the evidence for why American Indians have high smoking rates is unknown. Though, low levels of education and higher levels of poverty could play a role, Marlene said.

Still, both women are hopeful that their work will help others in the American Indian community see the benefits of quitting for themselves and their families.

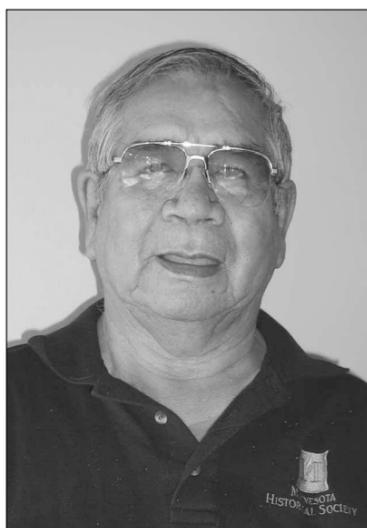
"My advice is to continue to use tobacco in a traditional manner," said Marlene, who is growing tobacco at her home. "Tobacco is one of our first medicines, and it doesn't have all of the additives we see in commercial tobacco, which has 250 chemicals to make it taste better, last longer, burn and smell better."

"Honor tobacco's original purpose," Kris added. "Too many Indians are dying from smoking related causes."

For more information about the American Indian Community Tobacco Project visit www.aictp.umn.edu.

Do you want to quit smoking? Call Marlene at 320/532-7812 for personal assistance. Or, call ClearWay Minnesota at 888/354-7526.

Moccasin Telegraph



Coming Home

By **Kenny Weyaus Sr., Mille Lacs Band Elder**

The following article appeared in the May 9, 2007, issue of the Mille Lacs Messenger. It is being reprinted with their permission.

I live right here on the Mille Lacs Reservation. I've been here mostly all my life.

I lived off the reservation for about 10 years, in Minneapolis. Back in the 1970s, there were hardly any jobs around here, so when I was 30, I went to the cities to find employment. In Minneapolis, I became an apprentice and then a full-fledged carpenter.

But I got tired of the rat race! I got tired of fighting the traffic. It's a lot more peaceful out here.

Then in the 80s, there were more jobs in this area, more opportunities. So I moved back to the reservation and started working for the Band.

And I've been here ever since.

I did a lot of carpentry at first, building houses mainly for the Band. After that, in the summer of '87, I applied at the Mille Lacs Indian Museum and worked for them all the way to 2003 when I retired. I've been retired for four years now. But not really, because I work helping the other veterans, and we're always busy.

Today, living on the reservation is almost the same as living anywhere else. We've got sewers, paved roads, our own schools, law enforcement, our own water tower. It's like any other town – we're finally catching up with the rest of the world.

That's a lot different from what I remember growing up. Back then, nobody on the

reservation had a new car, just old ones. Because if you were going down the road, you would lose your muffler – the roads were all made of mud. It wasn't worth buying a new car.

People would ask, "Do you have running water?" Yup! We used to have a pump that we had to run back and forth to in order to fetch water. That was our "running" water.

There used to be a three-room schoolhouse; that's where I went to school. Before that, there was a two-room school, and my brother went there. It was all Indian kids, but the teachers were non-Indians then.

Before then, even longer ago, I know our people in East Lake and Lake Lena used to have powwows together, even though it probably took a couple days to travel. They had horses and wagons, and everybody would get together and ride that wagon to Lake Lena for the powwow. Back then, they used to get together for about a month – no overnight or weekend trips.

Today, museum visitors' jaws drop when they realize how rough it was back then. The way some people look at it today, it was hard living.

But that was just the life. You had to get the maple sap and let it boil down eight hours. You had to wash clothes by hand. When our grandparents lived here, everything they needed was here. They had sap, fish, deer, the wildlife, all the natural things they needed to live off the land.

A lot of stuff is easier today, but you still need eight hours to boil down the sap.

The reservation exists not just as a community but also as a part of history. When you read about how Indians were put on reservations, Indians did have a say. This is our land. We were put here, and that's just like anybody coming from Europe or some other place and settling here.

This is home to me. It's home to Band members even if they leave here. If they move to California, they still say, "My home is in Minnesota." That's why it's important not just for us, but for our kids growing up even 100 years from now, to say this is our home, our reservation.

Circle of Health Update

By Circle of Health Staff

Medicare Part D open enrollment

The Medicare prescription plan open enrollment period is November 15 through December 31, 2008. The plans begin on January 1, 2009. Our office will assist Elder Medical Social Worker Kim Benjamin-Rivers with enrolling Band members.

New private insurance policy

Thank you to all Band members who have already called our office. The Minnesota Comprehensive Health Association or MCHA/Medica plans are also considered private policies. Band members on this comprehensive plan should have received a letter at the end of September.

The Circle of Health Policy states: effective October 1, 2007, these policies are covered for a maximum of 12 months. This includes both quarterly payments made on behalf of the Band member or reimbursement directly to the Band member. Any Band member on a private policy since October 1, 2007, should have recently received a letter. Please contact your claims processor.

E-mail list

If you are a Band member who would like to receive Circle of Health information updates via email, please call our office to be added to the list or e-mail michellep@millelacsojibwe.nsn.us.

Reimbursement

On a final note, please allow claims for reimbursement a two- to six-week grace period from the date of submission. If you still haven't received reimbursement or denial after six weeks, contact your claims processor: David Boyd A-L, Roberta Lemieux M-Z, or Michele Palomaki, Director at 320/676-8576 or 800/491-6106.

Mille Lacs Band Of Ojibwe Tribal Government Monthly Financial Report

August 2008

	Approved Budget for FY 2008	Actual Expenditures through 8/31/08	% of Budget Expended
Administration (1)*	13,135,406	9,961,451	75.8%
Workforce*	10,507,798	4,448,680	42.3%
Judicial	1,085,086	820,180	75.6%
Law Enforcement*	3,707,433	2,951,093	79.6%
Education*	16,232,071	12,823,917	79.0%
Health and Human Services*	24,783,781	18,246,176	73.6%
Natural Resources*	4,717,161	4,221,926	89.5%
Community Development*	39,166,562	16,807,283	42.9%
Gaming Authority	4,441,857	3,692,169	83.1%
Bonus Distribution	38,185,553	33,938,992	88.9%
Total Expenditures	\$155,962,708	\$107,911,867	69.2%

Financial Notes:

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

* These departments include continuing appropriations from the 2007 fiscal year.

Nay Ah Shing to Hold Fun Fall Activities

October 20-25 is Spirit Week at Nay Ah Shing Schools. Following are events that will be held during the week:

Monday, October 20

- Junior high and high school home volleyball games vs. Academy at 5 p.m.
- Chili supper hosted by the American Indian Business Leaders (AIBL) chapters

Tuesday, October 21

- AIBL Indian taco sale starting at 4 p.m.

Wednesday, October 22

- Girls volleyball vs. tribal police during 7th period
- Inflatable carnival in the upper school gym from 6-9 p.m.
- Concessions provided by Fast Cop members

Thursday, October 23

- High school volleyball game (parents night) vs. Circle at 3 p.m.

Friday, October 24

- Powwow lock-in from 6-9 p.m.

Saturday, October 25

- First Nations volleyball tournament at Bug School

Red Ribbon Week

Red Ribbon Week will be held at Nay Ah Shing from October 27 to November 1. The National Family Partnership started the Red Ribbon Campaign as a way to help children, families and communities take a stand against substance abuse. Nay Ah Shing Schools and the Mille Lacs Band's Tribal Police, DNR, and Public Safety Department will host a variety of activities for youth to help them make positive choices on ways to spend their time free from drugs and alcohol.

Following are activities to be held during Red Ribbon Week:

Monday, October 27

- Special guest speakers at morning Circle
- Flag football vs. staff from 3:30-5 p.m.

Tuesday, October 28

- Carnival during phy-ed class times

- Octoberfest school dance from 6-8 p.m.
- Jail-n-bail game with Fast Cop members at 6 p.m.

Wednesday, October 29

- Special staff meeting with guest speaker Minneapolis Police Sergeant Bill Blake

Thursday, October 30

- AIBL highway cleanup from 4-6 p.m.
- DNR hayride and bonfire from 6-8 p.m.

Friday, October 31

- Nay Ah Shing fall fun run at 10:45 a.m.
- Valleyscare field trip

Saturday, November 1

- Horse camp, trail ride, and barbecue at Changing Gaits Ranch in Brook Park, MN
- Prize drawing – 10 Nay Ah Shing students in grades 5-12 will win a prize (Students are entered into drawing based on participation in activities, attendance, and behavior in school)
Other activities and events may also be added.

Tribal Noteboard

Happy October birthday to:

Jason, on October 6 with love from Michelle, Lynn, Wesley, Jordan, Joshua and Maggie • **Maggie**, on October 7 with love from Michelle, Lynn, Jason, Joshua and Jordan • **Auntie Ruth**, on October 28 from Michelle, Lynn, Jason, Joshua, Jordan and Wesley • **Brooklynn Smith**, 4, on October 13 from mom, dad, Derek and Rihanna • **Amelio Merrill**, 6, on October 12 from Susie, Derek, Baby Derek, Rihanna, and Brooklynn • **Junior**, 5, on October 23 with love from mom, Kamryn, Amare and Daityn • **Daityn**, 8, on October 25 with love from mom, Junior, Kamryn and Amare • **Kirstie Davis-Deyhle**, on October 13 from Auntie Neemah, Jerod, Laila, Antwuan, Justin Jr., Christopher, Ricki, Cheyauna Rei, Keith, Rezlle, Gramma Frances, Cheyenne, Jeremy, Beth, Bubby, Sahen, Big Bro, and Sparkling Wiggles • **Harold Davis**, on October 18 from the crew on Henry Davis Drive • **Eric Anthony**, 1, on October 25 with love from Auntie Val, Uncle Kevin, Pie, Baby Kevin, Papa Brad, Auntie Karen, Gram AA, Tracy, Shelby, Jarvis, Jake, Jamie, Aiva, Mark, Sharon, Wally, Ravin, Nicole, Chris, Jimmy, Cordell, and Baby Chris • **Grandma Val**, on October 6 with love from Cedric, Cedar, Caiarah, Cyliss, George and Vanessa • **Uncle Ricky**, on October 1 from Cedric, Cedar, Caiarah, Cyliss, George, Vanessa and Reuben • **ValaReya**, 18, on October 25 with love from Auntie Vannie, George, Reuben, Cedric, Cedar, Caiarah, and Cyliss • **Amelia**, 5, on October 13 with love from Auntie Vannie, George, Reuben, Cedric, Cedar, Caiarah, and Cyliss • **Keiauna Sam**, 8, on October 17 with love from mom, B-boy, Dames, Ada, Gramz, Alizay, Melissa, Skinny, Juana, Jennifer, Talana, Maranda, and boys • **Ada Beaulieu**, on October 27 from mom, Dames, Grams, Kiki, B-boy, Melissa, Juana, Alizay, Talana, Maranda, and boys • **Terrell Sam**, 9, on October 17 with love from mom, Lance, Tierra, LaDarius, Gramma

Gladys, Papa Ronnie, Collin, Roland, Desi, Lydell, McKayla, Tayaunna, Candy, Clay, Clay Jr., Aubrey, Roxanne, Auntie Bev, Uncle Rog, Juni, Roy, and Jill • **Evan Potter**, on October 3 from Auntie Gladys and family, Lenore, Bill, Tyson, Eva, Jon, Susan, Beth, and Dad • **Ruthy Spook Sam**, on October 28 from the GH and Turkey • **Freddie**, on October 17 from Lenore, Bill, Tyson, Eva, Jon, Clara, and Emma.

Happy October birthday to Mille Lacs Band Elders!

Vivian Bruce
Archie Cash
Albert Churchill Jr.
Joycelyn Drumbeater
Jack Dunkley
Lillian Garbow
Nancy Gisch
Helena Graikowski
Lucy Hansen
Margaret Harwood
Marene Hedstrom
Delores Hegland
William Hemming
Charles Houle Jr.
Dennis Jackson
Herman Keg
Martin Kegg Jr.
Doreen Knutson
Joan Littlewolf
Emma Mason
Lawrence Matrious
Marcella Maurice
Betty Mondeng
Brenda Moose
Evelyn Murphy
Aurelius Nickaboine
Bernice Pawaush
Melvin Pawaush
Charlie Roach
Dorothy Sam
Fred Sam Jr.
Merle Skinaway
Beverly Smith
Charlene Smith
Gloria St. John
Montgomery Staples
Jay Star
Darlene Warren
Nancy Zeleznik

Thank you

A heartfelt thank you goes out to **Melanie Benjamin** and **Nora Benjamin**. Thank you for

all your hard work during the Elder trips. Our Elders are fortunate to have this program. *Thank you from the "newly" Elder, Sherry Nielsen.*

Birth announcements

Congratulations to Ricki Boswell on the birth of your new baby girl. **Cheyauna Rei Boswell** was born on September 1. She weighed 6 lbs., 7 oz., and was 19.5 inches long. We all wish you the best, and we are proud of you. *With love from mom, Jerod, Laila, Antwuan, Justin Jr., Gramma Frances, Christopher, Keith, Cheyenne, Bubby, Gramma Mitzi, Sahen Lee, Big Bro, and the rest of your family.*

Congratulations to Sara Misquadace and Douglas Lopez on the birth of their baby girl. **Isabella Jade Lopez** was born on August 15. She weighed 6 lbs. and 14 oz. *Congratulations from Mom and Darren.*

Congratulations

Congratulations to **Laila Mitchell** who will be starting Head Start. We are so proud of you Laila that you can legally get on the bus without running away. *With love from momma, Neemah, and Daddy Jerod.*

Congratulations to **Jay and Joni Boyd** for celebrating their anniversary. *Congratulations from your sister and her family on Henry Davis Drive.*

In memory

In loving memory of you **Granny** on October 3. You would have been 94 years old. *With love from Michelle, Lynn, Jason, Wesley, Joshua and Jordan.*

Remembering **Tuggo**. It will be five years on October 13 since you went with the Great Spirit. Time passes so quickly it seems like you were here yesterday enjoying our morning coffee and our family gatherings. We still think of you everyday and miss you very much. We love and talk about you and think of the silly things you said to us and the crazy things you did. You are gone but not forgotten. *Your loving family, Bea, your children, grandchildren, and great-grandchildren.*

In loving memory of **Auntie Virginia**. It has been two years since you left home, we think about you and talk about the laughs you shared while you were here. You will always be remembered in our hearts and we will always miss your smile that you brought to us. *With love from your family on Henry Davis Drive.*

In loving memory of **Shaun Jackson**. You were taken from us at a young age. We all miss you and wonder what could have been if you were still here with us. All the would of and could of, that could have made a difference to all of our lives. We miss you and think about you all the time. You are in the hands of the Great Spirit now and we know you're smiling down on us and you're happy. *With love from the Boswell Family.*

Donation needed

The District I and District III Assisted Living Units are looking for a donation of two fishhouses. They would like the fishhouses to be about 8' x 10' to be used for smoke shacks. Please contact Rhonda Hamann-Lease, District I Nurse Manager, at 320/532-7802 if you have any questions. Thank you.

Place your announcements here

If you would like to announce your birthday or other events in the Band newspaper, please contact Kelly Sam.

Phone 651/292-8062
Fax 651/292-8091
kellys@goffhoward.com
Goff & Howard, Inc.
255 East Kellogg Blvd.
Suite 102
St. Paul, MN 55101

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

Calendar of Events

October 2008

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>*To Purchase Tickets</p> <p>Visit a Grand Casino box office, call TicketMaster at 612/989-5151, or visit www.ticketmaster.com</p>		<p>District III Community Meeting GCH Ballroom 5:30 p.m. Contact: Monica Benjamin, 320/384-1424</p> <p>District IIA Community Meeting Chiminising Community Center 5:30 p.m. Contact: Lesley Sam, 320/532-7422</p>			<p>Trisha Yearwood* GCML 7:30 p.m. each night</p>
19	20	<p>District II Leadership Academy School Board Meeting 4 p.m. Contact: Dawn Aubid, 218/768-3477</p>	22	<p>All Elder Community Meeting 11:30 a.m. Contact: Nora Benjamin, 320/532-7494</p> <p>District II Community Mtg. East Lake Community Center 5:30 p.m. Contact: Jenny Waugh, 218/768-3311</p>	24	25
26	<p>District I Community Meeting District I Community Center 5:30 p.m. Contact: Judy Virnig, 320/532-7423</p>	28	<p>Candidate Forum District I Community Center 6 p.m. (See page 7 for more details)</p>	<p>Urban Area Community Meeting All Nations Indian Church 5:30 p.m. Contact: Barb Benjamin-Robertson, 612/872-1424</p>	31	

November 2008



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	<p>Election Day Polls open from 7 a.m.-8 p.m.</p>	5	6	7	8
9	<p>AMVETS Meeting GCML, 6 p.m. Contact: Ken Weyaus, 320/309-6925</p> <p>Pine Grove Leadership Academy Meeting 6:30 p.m. Contact: Skip Churchill, 320/384-6970</p> <p>Onamia Indian Education Parent Committee Meeting Rolf Olsen Center 12 p.m. Contact: David Sam, 320/532-4901</p>	<p>All offices closed for American Warrior's Day</p>	12	13	14	15



1st Annual Business Fair a Success



The Corporate Commission's Small Business Development Program (SBDP) held its first annual Native American Business Fair on September 15 at Grand Casino Hinckley. The business fair was one of the goals set by Chief Executive Melanie Benjamin in her 2008 State of the Band Address, and it was a wonderful success. This event is expected to grow and reach more Native American entrepreneurs each year.

This year the business fair was attended by 50 people. It showcased existing Native American businesses and introduced up-and-coming Native American entrepreneurs to the business world. Twenty Band members attended, and six existing Band member-owned businesses participated as vendors.

Attendees heard from business development experts on starting a business, marketing, financing, and cash management. Business fair attendees were also trained in the art of networking, which included practicing how to make the most of a business luncheon, how to approach a vendor booth, and how to operate your own vendor booth.

One of the many highlights of the event included two Native American business owners who shared their business experiences and stories. **Carole Higgins**, a Mille Lacs Band member and owner of Carole's Grand Salon, Inc. for more than 10 years, shared tips on customer service and the importance of satisfying your customers. **Ken Bellanger**, a White Earth Band member and owner of Northland Native American Products for more than 18 years, shared his experience on how to maintain your cultural values and keep them in balance while walking the business path. In closing, Ken stated, "I am looking forward to seeing more of you in business; you are the future of our community, our families, and our people."

Another highlight of the event was the fabulous door prizes. The top prizes and prize winners included:

- WCCO Radio advertising package valued at \$4,000 – Carole Higgins, Carole's Grand Salon, Inc.
- \$500 cash – Valerie Harrington, Mille Lacs Band member
- \$200 cash – Erik Parsons, Mille Lacs Band member
- \$100 cash – Mitchell Matrious, Mille Lacs Band member

The final highlight was the announcement of SBDP establishing an annual Entrepreneur of the Year award with the 2008 award being presented to Robert Dorr, owner of DECO, Inc. in Baxter, Minnesota.

Robert, a Mille Lacs Band member, was chosen based on his excellent track record as a business owner. He started out as an employee in the electrical field, where he gained industry experience. He then established and operated his own electrical business for approximately 12 years. Robert has grown his business, expanded into general contracting, become 8(a) and HubZone certified, added security services, and become a national multi-million dollar success.

SBDP Coordinator Sharon James presented the award and said, "Robert's tenacity, utilization of his strengths, and acknowledging weaknesses by hiring appropriate staff to handle necessary day-to-day business responsibilities helped him achieve his success."

She also explained that Robert understood the importance of proper cash management, how to market himself and his business, what information he needed to make good business decisions, and when to move on from a situation that is not working.

"Robert is a great role model for our Native American community and for other Native American entrepreneurs," said Sharon.

The Corporate Commission would like to thank the generous sponsors of this event. The Eagle Sponsor – WCCO Radio – along with Grand Casino Mille Lacs, Grand Casino Hinckley, KKIN Radio, KBK Radio, the Minnesota Vikings, Slot Tickets, Inc., and Roma of Minnesota.

Get in line for 2009! If you wish to participate in the 2nd Annual Native American Business Fair in the spring, please call the Small Business Development Program at 320/532-8850. You will be placed on the mailing list and sent 2009 information when it is available.

Business Management Training Class

Currently the business management training class is being held in Hinckley with 14 students. The next class will be held in District I starting on January 5, 2009. The class is held one night a week for 10 weeks from 5:30-8:30 p.m., excluding Band holidays. This class will give you a detailed overview of what it means to own and operate a business and will also walk you through the development of a business plan. Not only is this class required before being eligible to apply for SBDP financing, but it provides a wealth of information for anyone thinking of starting a business. For more information or to register for a class, call SBDP at 320/532-8817.

District II classes are scheduled as needed so if you are interested in starting a business, give the SBDP a call and register.

Wanted:

Band Member Interested in Owning a Salon

The Corporate Commission's SBDP is looking for a Band member who is interested in being the manager trainee for an on-the-job training project with a beauty salon.

The trainee will have the opportunity to complete a three-phase training process while working part-time at the salon. Upon successful completion of the training, the trainee will then be eligible to apply for financing to purchase the salon. Being a licensed cosmetologist or salon manager is not necessary for this trainee position. If interested in the trainee position, please contact Sharon James for more information at 320/532-8817.

The first on-the-job training has been a major success in working with and training a Band member on the various management techniques needed to operate a business. Billie Jo Sarcia, Band member and future owner of the Candy Cupboard, has completed her training phase and is now working through the financing process to purchase the business. The Candy Cupboard provides unique and nostalgic candy and chocolates and is located in the Grand Casino Mille Lacs Hotel lobby.

New Band Member Entrepreneur

Brian Matrious, a Mille Lacs Band member and well-known and accomplished artist, has established Little Thunder Trail Arts, in which he produces gift cards depicting some of his artwork. Brian is located in Hinckley and has established a significant distribution channel for his gift cards throughout Wisconsin and Canada, with expansion plans for Minnesota and other states. Watch for Brian's gift card package at a casino gift shop near you.



Business Opportunities

Brian's new business is just one example of the potential home-based businesses many Band members can establish. We are looking for more Band members who have a skill they would like to make available to others, such as sewing, cleaning, organizing, child care, or working with plants.

If you have a skill that you would like to establish into a for-profit home-based business, please call SBDP at 320/532-8850.

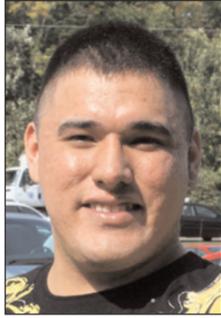
What was Your Favorite Halloween Costume?

Joni Boyd



"My favorite costume was when I dressed up as a spooky demon dressed in a black hooded coat."

Maxwell Blake



"My favorite costume was when I dressed up in a pimp outfit."

Steve Premo



"My favorite costume was when I dressed up as the devil."

Tony Pike



"My favorite costume was when I dressed up like G.I. Joe."

Mike Davis



"My favorite costume was when I dressed up like Spider-man."

Christine Costello



"My favorite costume was when I dressed up as Kevin Moose."

Photos courtesy of Rick Anderson

Mille Lacs Band Recognized for Casino Recycling Programs



Photo courtesy of Jim Lincoln

On September 30, the Mille Lacs Band was recognized by the National Partnership for Environmental Priorities for recycling efforts at Grand Casino Hinckley. Scott Hansen, Mille Lacs Band Environmental Programs Manager (far left), and Jim Lincoln, Grand Casino Hinckley Vice President of Facilities (second from the left), accepted the award on behalf of the Band.

Last year, Grand Casino Hinckley recycled an estimated five pounds of mercury found in fluorescent light tubes, televisions, compact fluorescent light bulbs (CFLs), slot machine and computer screens, and other electronics. The casino has also started a recycling program to collect used CFLs from associates who use them in their homes.

Because of these efforts, the Mille Lacs Band of Ojibwe was recently awarded partnership in the National Partnership for Environmental Priorities (NPEP). The NPEP is a part of the U.S. Environmental Protection Agency's National Waste Minimization Project and encourages public and private organizations to help prevent

harmful chemicals from entering landfills.

Grand Casino Hinckley's Vice President of Facilities Jim Lincoln leads the casino's recycling programs, many of which have been in place for years. For example, the casino recycled more than 460 tons of food waste, 92 tons of cardboard, 20 tons of fryer grease (which can be used for biodiesel), and 330 batteries in 2007.

"Our great recycling programs are just one of the ways we are helping to do our part to protect the environment," said Jim. "We are proud to be a member of the National Partnership for Environmental Priorities and look forward to enhancing our recycling efforts even more this year."

Celebrate Thanksgiving With Us! Corporate Commission of the Mille Lacs Band of Ojibwe Indians Invites You

9th Annual Thanksgiving Feast for all Mille Lacs Band members
Thursday, November 20, 2008
Seating starts at 5 p.m.
Welcome at 5:30 p.m.
Dinner at 6 p.m.
Entertainment at 7 p.m.
Grand Casino Mille Lacs Events & Convention Center

All attendees 18 years of age or older who R.S.V.P. by November 9 will be entered in a door prize raffle. Please call 800/746-9805 or 320/532-8800. Seating is on a first-come, first-served basis.