

OJIBWE INAAJIMOWIN

September 2007

"The story as it's told."

Volume 9 • Number 9

Successful 41st Annual Iskigamizigan Powwow

**By Sharon James, Mille Lacs
Powwow Committee Member**

The Mille Lacs Band of Ojibwe's 41st Annual Traditional Powwow was held on August 17-19. The event drew 915 dancers this year and approximately 3,000 people in attendance per day. Saturday the rain was light enough to continue with the afternoon and evening grand entries, however the rain did get heavier after grand entry on Sunday.

The powwow committee would like to thank all the contributors and the Mille Lacs Band employees, who are a major factor in making our annual powwow a success. Chi mii gwetch!

Royalty

- Sr. Brave: Lucas Long-Goetz
- Jr. Brave: Darius Barnes
- Sr. Princess: Olivia Killspotted
- Jr. Princess: Trina Fast Horse

General raffle

- Prize 1 - ATV: Elizabeth Towle
- Prize 2 - 52 weeks of bingo: Elizabeth Towle
- Prize 3 - patio set with grill: Nathan Shore
- Prize 4 - 2 mopeds with helmets: Rick Boyd
- Prize 5 - quilt: Demitre Wind
- Prize 6 - quilt: Kegan Mueller

Parade

- * 1st place: Ladies Auxilliary

- 2nd place: Leech Lake Princess
- 3rd place: Garrison Fire Department
- Best department float: Community Development

Rez car

- 1st place: Lesley Day
- 2nd place: Quint Anthony
- 3rd place: Sharon Pendegayosh

Horseshoe tournament

- 1st place: Joel Shaugobay & Jeremy Smith
- 2nd place: Clayton Benjamin & Judy Virnig
- 3rd place: Mike Davis & Terrance Sam
- Most ringers 1st Place: Clayton Benjamin
- Most ringers 2nd Place: Travis Smith

Contributor list

The Mille Lacs Band would like to thank the following for their generous contributions to the success of this year's powwow:

- Anderson Brothers
- Bernick's Distributing
- Crow Wing County Sheriff's Department
- Garrison Disposal
- Goff & Howard, Inc
- Grand National Golf Club
- Grand Rapids Fire Center
- Practical Benefits

- Brad Kalk, Kalk Construction
- David Granger, Double D Construction
- Barb Benjamin-Robertson
- Carmen Weous-Behnkie
- Dan Oehrlein
- Dean Staples
- Gilda Burr
- Shawna Sam
- Tina Merrill
- Walter Bauer family
- Powwow committee volunteers

- Amik Smallwood & the immersion camp staff
 - Candy Cupboard
 - Chief Executive Office
 - Community Development
 - Corporate Commission
 - Cultural Harvest Program
 - Department of Natural Resources
 - District I Representative
 - Elder Services
 - Grand Casino Hinckley
 - Grand Casino Mille Lacs Area Relations & Grounds Department
 - Housing Authority
 - Ne-la-Shing Clinic
 - Public Works
 - Tribal Police Department
 - The Workforce Center
- We have attempted to list everyone, but if we have missed anyone, we apologize.



Photo courtesy of the Mille Lacs Messenger

Hundreds of dancers attended the 41st Annual Mille Lacs Band Powwow. This gentleman participates in the the inter-tribals, in which all dancers can take part.



Photo courtesy of the Mille Lacs Messenger

Junior brave contests were held during the Mille Lacs Powwow, in which youth contestants were judged on dancing and a speech they had to give before the crowd.



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Game On



Chad Germann

The following article appeared in the September 2007, issue of Minnesota Business. It is being reprinted with their permission.

This entrepreneur rolled the dice when he left a seemingly secure teaching track for the advertising business, but the bet seems to be paying off big.

"What's your Grand Casino story?" Before coming up with that ad campaign tagline Chad Germann thought his story would involve education, not entrepreneurship. After all, his dad told him having summers off among other things was a pretty good deal. With a pair of BA's in hand, a Master's in language and literature on the way, and a Ph.D. in his future, Germann did spend three fateful summers interning in the marketing department of Grand Casino. There some light bulbs started going off though he did have some help finding the "on" switch.

"My tribe identifies members who have potential – like me – and then they go out and put together a program for you," said Germann, a member of the Mille Lacs Band of Ojibwe. "I said I would like to start an ad

agency to provide a better product for the ad dollars the casino is spending. My mentor said I could do that and more. So while I was the advertising manager at the casino I was also preparing to jump out and start my first business."

That business became Red Circle Agency, one of the world's only Native American-owned advertising agencies. Founded in 2001, Red Circle specializes exclusively in American Indian Gaming marketing and they work with a dozen casinos all around the country.

Now, here's the upstart part. The Potawatomi Community of Wisconsin, operators of some very successful casinos in Milwaukee and other places, recently said they wanted to create a partnership with Germann and the Potawatomi Business Development Corporation to create a new full-service, minority-owned advertising firm. The new agency, Howl Fire, with offices in Minneapolis and Milwaukee, will support the PBDC family of companies and target Fortune 1000 business to business assignments.

"Obviously, we are not going to get the mass media account for a Target or a Best Buy, but our goal is to identify large companies that have dollars set aside to work with Native American-owned businesses or minority-owned businesses and go after specific projects," said a laid back, but very confident Germann in his hip downtown office environs. "I think the squad we're putting together is suited for getting those small pieces done. We'll get in the side door, prove our worth and competence, and then grow with the business."

Updates from Ne-la-Shing Clinic

Extended hours

Effective September 10, 2007, the clinics in all three districts have extended their hours.

- Ne-la-Shing Clinic: 8:20 a.m.-4:20 p.m. – Clinic appointments (Excludes MLHS providers and Podiatrist)
- Aazhoomog: 9 a.m.-4 p.m. (Excludes Diabetes Clinic)
- East Lake: 9 a.m.-4 p.m. (Excludes Diabetes Clinic)

Immunization clinics

Immunization clinics will be held September 10-14, all day at

the upper and lower schools. It is mandatory to immunize your children by September 28 in order to not interrupt school attendance.

Benefit coordinator

Every Monday from 10 a.m.-2 p.m. the benefit coordinator will be available at the Ne-la-Shing Clinic to assist patients with health insurance applications.

If you have any questions, please contact Vanessa Weyaus at 320/532-4163.

League of Minnesota Human Rights Commissions to Focus Annual Conference on American Indian Issues

Recent incidents involving disrespect shown toward American Indians prompted the League of Minnesota Human Rights Commissions to focus its annual conference on American Indian rights and human relations challenges. The League will host its 36th annual conference – titled "Human Rights, Civil Rights, Treaty Rights: Minnesota Challenges" – on Saturday, September 29, from 8:30 a.m. to 4:30 p.m. at the Grand Casino Mille Lacs Events & Convention Center.

The League's annual conference will be an opportunity for people to learn about human rights concerns in Minnesota and how the League is working to address these challenges. Speakers will discuss topics such as American Indians' role in the civil rights movement, racial disparity in education, the anti-Indian movement in the United States, and race and racism implications in federal Indian policy.

"The League was prompted to focus this year's conference on American Indian issues after learning of the incidents in the Mille Lacs area," said Evelyn Staus, League of Minnesota Human Rights Commissions President. "We are aiming to bring awareness to the challenges American Indians face everyday."

The keynote speaker will be Morris Dees, co-founder and Chief Trial Counsel of the Southern Poverty Law Center, a nonprofit civil rights organization that works to sue hate groups and educate people on tolerance. Along with Dees, U.S. Representative Keith Ellison plans to speak at the event if his schedule allows. Civil rights activist and

Chairman of the Northwest Indian Fisheries Commission Billy Frank, Jr. and Travis McAdam from the Montana Human Rights Network will also speak.

Other speakers will include:

- Mille Lacs Band Chief Executive Melanie Benjamin
- Commissioner Velma Korbel of the Minnesota Department of Human Rights
- Larry Clark, League of Minnesota Human Rights Commissions Board Member
- Jackie Fraedrich, League of Minnesota Human Rights Commissions Board Member
- Marion Helland, League of Minnesota Human Rights Commissions Board Member
- Mary Jo Brooks Hunter, Tribal Appellate Judge for the Winnebago Tribe of Nebraska
- Tadd Johnson, Special Counsel for Government Affairs for the Mille Lacs Band
- Ralonda Mason, St. Cloud Legal Services Attorney
- Irene Opsahl, Minneapolis Legal Aid Society Attorney

The League of Minnesota Human Rights Commissions is a coalition of public human rights commissions in communities throughout Minnesota; however, the League itself is a private organization.

For more information about the conference or to register, e-mail Evelyn Staus at estaus@mm.com or Marion Helland at marionhelland@comcast.net. Or, call either of them at 763/535-1051 or visit www.hrusa.org/league. Registration for the event is \$100.

Band Member Teaches About Health Care through Personal Stories



Arne Vainio

To help people better understand health care, Band member Arne Vainio, a doctor on the Fond du Lac Reservation, is sharing his personal stories in a series of articles that will run in *News From Indian Country*.

"My goal is to address complicated medical issues in a way that makes sense, and to empower people to take part in their own health care," said Arne. "This will include what I see as a physician and how that relates to and touches me. Even though I'm a physician, my story is not all that different from stories I see every day. My family history is the family history of Native families everywhere."

Below is an excerpt from Arne's first article:

Sometimes teaching comes when you aren't looking for it or even have the time to think about it. This past month, one of my partners was off and I was seeing one of her patients in her absence. I was behind and rushed (as usual) when I stepped into the exam room and introduced myself. I had gone over his records enough to know he had metastatic (spreading) cancer.

I expected to see a man desperately holding out for a cure and a miracle. Instead, I met a smiling man who welcomed me into the room. His eyes were bright and clear; his smile was sincere and real. In spite of that, he was pale, gaunt, and clearly sick.

He had no illusions about his cancer and his prognosis. I went through his records again in the room and found a CT scan report

from six months ago. The report stated "interval worsening" since his last study, with spread of cancer to multiple areas of his liver, into his abdominal wall muscles, and into the mesenteric area (where the intestines attach inside). His cancer was a GIST (gastrointestinal stromal tumor), which is a rare cancer. It can either be benign (not bad) or malignant (very bad).

Unfortunately, his was a very bad cancer and spreading rapidly.

He accepted this without complaint. Through all of this, he was smiling.

There was a social worker with Sylvester. I asked her, "is he always like this?"

"Short of breath?"

"No. Is he always this positive?"

"Always."

I knew as soon as I met him that Sylvester had a gift. Not many could look death in the eye with his grace and dignity. I asked him if he would consent to go to the medical school with me, and if I could set up a day so medical students could meet him and learn from him – not just from a cancer standpoint, but from a spiritual standpoint and a lesson in the beauty of life. He agreed immediately.

I had talked with the social worker the week after my only visit with Sylvester. She told me that on the drive home he was so excited to be going to the medical school. "I'm going to teach doctors! I always worried that I would be forgotten, but now I get to have people remember who I was."

As I write this, Sylvester is in the hospital and is not expected to survive the night. I wanted to thank him for teaching me the beauty of life and making me realize the things we take for granted won't always be there. I wanted him to know that he will be remembered. Always.

Sylvester LaDuke. February 14, 1942 - April 9, 2007.

Thank you, Sylvester.

To view Arne's entire article, visit <http://indiancountrynews.net> and click on the food and health section.

Nay Ah Shing Updates

Best year yet at Nay Ah Shing

By Eric North, Nay Ah Shing Schools Principal

Students boarded buses and were welcomed back by teachers at Nay Ah Shing Schools for a successful first day of classes. Academics, cultural programs, and after-school activities are some of the reasons why students attend our great school.

"We were glad to see so many students returning to our school," said Jason Long, Nay Ah Shing High School Physical Education Teacher.

With a new math curriculum and an improved reading and English program, Nay Ah Shing Schools will continue to provide superior academic services to our students. Staffs at both schools are ready for the best year yet and are looking forward to working with students. If you would like to register your child, please contact us at 320/532-4695.

Students start year off running... and swimming... and biking



Nay Ah Shing students participate in the first annual Maiingan Triathlon. From left to right: Assistant Coach Jason Long, Courtney Boyd, LaShelle Boyd, Coach Michelle Reed, and Randy Sam.

A 100-yard swim, 12-mile bike ride, and 1.5-mile run helped Nay Ah Shing students get a head start on the school year as they participated in the first annual Maiingan Triathlon in August.

"They have been training really hard, four days a week, four hours a day, and sometimes in 90-degree weather," said Michelle Reed, who coached the students with Jason Long.

Many students trained throughout the summer and three successfully completed their goal of finishing their first triathlon. Randy Sam finished with a time of 1:27:58, Courtney Boyd had a time of 1:19:34, and LaShelle Boyd set a personal record time of 1:14:34. All three finished to cheers and shouts of "Wawiib, wawiib," as they crossed the finish line. They were all winners in the eyes of their family and friends.

Training for parents and families at Nay Ah Shing

By Mary Simon, Nay Ah Shing Schools Dean of Students

Nay Ah Shing is hosting training sessions in special education for parents, guardians and families. All families from the local and surrounding areas are welcome and transportation is provided to and from Nay Ah Shing Schools.

The workshops will be offered through the Parent Advocacy Coalition for Educational Rights (PACER) Center, specifically through the American Indian Parent Network. The training sessions will begin with dinner at 5 p.m. and will end at approximately 8 p.m. Child care will be provided in the school library by the Nay Ah Shing Student Council and Nay Ah Shing American Indian Business Leaders chapters.

The first training was held on Tuesday, September 11. Presenters Michelle Ulfers, parent advocate and trainer, and Lucy Favorite, advocate and American Indian Project Coordinator, discussed parent rights and procedural safeguards/due process. Due process procedures refer to the rights and procedural safeguards afforded to parents and students with disabilities under state and federal law. Parents of students with disabilities must be provided the opportunity to be involved in all aspects of developing, planning, acquiring and implementing special education and related services.

The next scheduled training date and topic is on Tuesday, October 9 – Positive behavioral intervention/managing difficult behavior.

If you have questions or need transportation and/or child care to attend the trainings, please call Eric North at 320/532-4695, ext. 2104 or me at 320/532-4695, ext. 2126.

Ask Melanie

By Chief Executive Melanie Benjamin

Why aren't bonus payments received on the first day of each month?

Several Band members have asked me why they don't receive their bonus payments on the first day of the month. Many people have bills that are due on the first of each month, such as rent, mortgage payments, and automobile payments. If it were their choice, they would prefer to receive their bonus payments on the first of the month in order to apply this money toward their bills.

The Band's schedule for bonus payments is the responsibility of the Office of Management and Budget (OMB), which is in the Legislative Branch of government. OMB issues bonus payments and is also responsible for issuing Mille Lacs Band of Ojibwe government payroll each Friday.

The first day of the month could fall on any day of the week, including a weekend, depending on the month. According to OMB, they need to make sure that bonus payments are not issued on a Friday payroll

day. OMB processes bonus payments on the first Thursday of each month so as not to conflict with the weekends or the Band's weekly Friday payroll processing schedule, as well as to provide consistency for Band members receiving monthly payments. Checks can be physically picked up on the first Thursday. Those not picked up are mailed via certified mail on Fridays. Direct deposit is also available free of charge.

Many creditors will allow you to change the date your payment is due if you call and ask. I would encourage Band members who depend on their bonus payments to help with bills to contact their creditors and see if a due date change is possible. I also encourage you to watch the calendar for the first Thursday of each month, and plan your finances around that schedule.

Do you have a question?

If you have a question that you would like me to answer, please fax it to 320/532-4209 or mail it to:

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

Lowering High Blood Cholesterol Important for Good Health

By Rob Thompson, Safety/Risk Manager

September is recognized as National Cholesterol Education Awareness Month. The goal of this observance is to increase the awareness and understanding about high blood cholesterol as a risk factor for coronary heart disease and about the benefits of lowering cholesterol.

The National Heart, Lung and Blood Institute launched the National Cholesterol Education Program in 1985 to educate the public on reducing illness and death from coronary heart disease by lowering cholesterol. Since the start of this educational program, strides have been made in the reduction of high blood cholesterol in the U.S. This progress has been evidenced by several national surveys. One of the latest surveys showed that the percentage of the public that has had their blood cholesterol checked increased from 35% to 80%. This means that 80 to 100 million Americans who were

once unaware of their blood cholesterol level now know their level.

Today, the program continues aiming to reduce coronary heart disease among the public. To reach this goal, the program has established objectives for patients and the public:

- Increase awareness that high blood cholesterol can cause coronary heart disease
- Educate people about the importance of a good diet, especially in lowering high blood cholesterol
- Increase the number of people who have had their blood cholesterol levels checked
- Encourage people with high blood cholesterol to seek medical advice

Please direct any questions concerning blood cholesterol and coronary heart related issues to the Mille Lacs Band Public Health Department at 320/532-7776 or any Band clinic health care provider.

Safe ATV Riding Means Knowing the Laws

All-terrain vehicle (ATV) riding is an enjoyable recreational activity, but it is important to obey the laws at all times. It is especially crucial for parents to teach their children the laws, so that they are safe and respectful of the environment. Beginning this year, it is now law for all ATV drivers and passengers under the age of 18 to wear a helmet – an important safety measure that riders of all ages should follow. If children are riding without a helmet or disregarding the laws, they will be stopped by tribal police. These laws are in place not to penalize our children, but to protect them from harm. Please help protect your child by making sure they know the laws and are following them.

The following are other laws for youth ATV drivers and passengers:

- Under 10 years old – can only operate ATVs on private land with permission from the owner
- Ages 10 and 11 – may operate an ATV on public lands and frozen waters as long as they are accompanied by a parent or guardian
- Ages 12 through 15 – allowed to operate an ATV on public lands and frozen waters with a legal adult, as long as they have a safety certificate (available through the Minnesota Department of Natural Resources)
- Under the age of 16 – must have permission from a parent or guardian to drive an ATV
- Ages 16 and 17 – allowed to drive unaccompanied on public lands and frozen waters, as long as they have a safety certificate
- Under the age of 18 – not allowed to carry a passenger
- Under the age of 18 – must wear a seatbelt if one is provided by the ATV manufacturer

Know where you can ride

ATV operators should look for signs that designate or prohibit where ATVs can be driven. Sometimes temporary or seasonal signs may be posted on closed trails, so make sure to pay attention to all signs.

ATV riders are allowed to drive on:

- Private land – must have the landowners' permission
- Frozen public waters – the waters must have legal access and not be restricted by state law or local ordinances

- Public land and trails – must be designated to allow ATVs
- For more information on ATV trails and maps, visit www.findthetrails.com.

Mille Lacs Band noise ordinance

The Band has a Public Nuisance Ordinance in place to help control loud noises in communities and to ensure that people feel safe and secure in their neighborhoods. Tribal police officers have the authority to enforce the ordinance on all Band lands, including loud noises resulting from ATV riding at night. It is important for parents to teach their children about the noise ordinance and to make sure any ATV drivers are respectful of neighbors. (Band Statute Title 24, Chapter 1, Subchapter III, Section 302.)

Other general ATV laws

- All ATV drivers must stop if they are signaled by a law enforcement officer.
- Drivers must not operate an ATV under the influence of drugs or alcohol.
- ATVs may not be driven on property in which the owners have told riders verbally, in writing, or by posted signs not to trespass on their land.
- ATV riders must not drive recklessly, cause damage to the environment, or destroy property.
- All ATVs must be registered – including those used only on private property – unless the ATV is more than 25 years old. To register your ATV, call the Motor Vehicle Licenses Department at 320/532-7498.
- Counties and towns may also have additional ATV regulations, so make sure to check these before riding.

Student Loan Problems

By East Central Legal Services

If you can't pay your loan

As soon as you know that you will not be able to make a payment, call your lender. Ask for a forbearance or deferment of your payments. This means that you are asking for a short period of time that you will not have to make payments. In some cases, you have a right to stop making payments for a time to let you find a job. You may also get a deferment if you are in school or are temporarily disabled.

Long-term solutions

If you have a job, but do not earn enough to make full payments, talk to your lender. You may be able to consolidate or refinance your loans. Consolidate means putting two or more loans together and paying them with one payment. Refinancing means taking out a new loan to pay off one or more old loans. Doing either option may lower your monthly payments.

Repayment plans

If the lender will not refinance the loan, you can try asking for a different repayment plan. Ask for an income contingent repayment plan. In this kind of plan, the monthly payment cannot exceed 20% of your disposable income. After 25 years of monthly

payments, any debt that is left would be discharged. Some lenders will agree to this, because they would rather have a small regular payment than no payment at all. Make sure your payment plan is something you can follow through on, do not miss any of your payments. Remember that you need the lender's agreement to make smaller payments; otherwise they may sue you.

If you would like more information concerning student loans or if you are having trouble paying a student loan, please call East Central Legal Services at 800/622-7772. East Central Legal Services is also available for walk-in appointments at the following sites:

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

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

Events at the Mille Lacs Indian Museum

Medallion and buckle beading workshop

Participants will learn beading techniques to create their own creative bead works to take home. This two-day workshop will be on Saturday, October 6, from 12-4 p.m. and from 10 a.m.-2 p.m. on Sunday, October 7. The cost is \$50 for the public, \$45 for Minnesota Historical Society

members, and \$30 for Mille Lacs Band members. There is also a \$10 supply fee.

Veteran services

Every Tuesday at the museum, Veteran services personnel are present to offer free help to veterans with benefits or medical issues and questions. Call Kenny Weyaus Sr. at 320/309-6925 for more information.

Prescription Refill Reminder

By Ne-la-Shing Clinic Staff

The Ne-la-Shing pharmacy and clinic staff want to remind patients to please read your prescriptions carefully. When refill requests are called into the clinic, a medical provider reviews your chart in order to insure that appropriate follow-up care is being done. Adequate follow-up, including appropriate lab assessment is a necessary component in managing our

patients' health in a safe and optimal manner.

If you receive a request regarding the need for follow-up, please make an appointment in a timely fashion so that your medications can be continued without any disruption. The clinic also encourages you to call with any questions or concerns you may have after receiving a written notification stating the need for follow-up.

Boxing Commission Updates

The Contender star wins August boxing bout at Grand Casino Hinckley



(left) Anthony Bonsante went head-to-head with (right) Kendall Gould at Grand Casino Hinckley on August 24.

Boxing fans witnessed exciting competitions and knockouts during the Boxing Commission's August 24 bout at Grand Casino Hinckley. Anthony Bonsante, a professional boxer from St. Paul who appeared on NBC's reality show, *The Contender*, went head-to-head against Kendall Gould, a professional boxer from Wisconsin. The two went eight rounds, when Bonsante was declared the winner on points.

Another main event featured Raphael "The Silencer" Butler, who knocked out his competitor, heavyweight boxer Clarence Goins. Other results included:

- Travis Walker from Florida won on a technical knockout against Douglas Robertson from Texas.
- James Taylor from Minneapolis beat Harley Kilfian after four rounds.
- Van Goodman of Minneapolis won on a technical knockout against Jake Betz from Wisconsin.

Upcoming kickboxing event

Championship titles will be on the line during the September 29, pro-am kickboxing event at Grand Casino Hinckley at 7 p.m. Current U.S. Kickboxing Champion Heath Fonest from North Branch will compete against Stacey Gosden from England for the International Kickboxing Federation (IKF) world super lightweight kickboxing championship.

The IKF junior amateur light middleweight Minnesota state title will be vied for between amateur kickboxers Chuck Anderson and Scott Legus. Kickboxers Jordan Allan and Jon Lewis will compete for the Mille Lacs Band warrior championship title. Also on the card will be T.J. Gibson and Kirk Youngblut, who will compete for the Minnesota heavyweight amateur kickboxing title.

Tickets are \$25, \$35 and \$55 and are on sale now. To purchase tickets, visit the Grand Casino Mille Lacs or Grand Casino Hinckley box offices, call Ticketmaster at 651/989-5151, contact any Ticketmaster outlet, or visit grandcasinomn.com.

Warriors Fitness & Fight Promotions will host and the Band's Boxing Commission will regulate the event. For more information, contact Bobby Anderson at 320/384-7409.

October mixed martial arts event

Warriors Fitness & Fight Promotions will host a mixed martial arts event on October 18 at 7:30 p.m. at the Grand Casino Hinckley Events & Convention Center. Brock Larson, a top mixed martial arts fighter from Brainerd, will serve as a special guest referee.

Tickets are \$20 and \$35 and will be available for sale on the day of the event. For more information, call Bobby Anderson at 320/384-7409.

Traditional Ceremonial Dance Schedule

- September 14-15, Vince and Dale at East Lake
- October 5-6, Merlin and Mick at Mille Lacs
- October 12-13, Tim and Tommy at East Lake
- October 19-20, Dave and Skip at Lake Lena
- October 26-27, Lee and Larry at Lake Lena
- November 2-3, Ralph and Andy at Mille Lacs
- November 9-10, Raining and Ole at Mille Lacs
- November 16-17, Joe and Reggie at Mille Lacs
- November 23-24, Joyce and Lynda at Mille Lacs
- November 30-December 1, Melvin and Perry at Mille Lacs

Band Member Development Department Updates

By Berni Johnson, Corporate Director of Band Member Development

Band members attend Steps to Economic and Personal Success class

On August 13-15, six band member Associates attended the Steps to Economic and Personal Success (STEPS) workshop held at Grand Casino Hinckley. The Associates were Wendy Benjamin, Donovan Dunkley, George LaFave, Jr., Lorelei LaFave, Eric Mueller, and Jeremy Sutton. The participants said they learned about affirmations and goal setting, interviewing skills, the importance of self-talk, balancing life and work, and being positive. On a scale of one (low) to six (high) for applying this information to their work environment, the average class rating was 5.3.

STEPS is offered up to four times per year – twice at Grand Casino Mille Lacs and twice at Grand Casino Hinckley – and is open to current Band member Associates (including casino, small business, corporate, or Job Exploration Training Program Associates) or those interested in working at the Corporate Commission or at corporate-owned businesses.

Recognition events for Band member casino Associates

Band Member Development (BMD) planning committees, led by BMD Associate Directors, have been working on preparing special recognition events for Band members employed at the casinos. BMD has been in operation for five years and these events are our way of giving Band member casino Associates a special night to relax, enjoy good food, and socialize with other Associates. Band member casino Associates have been invited to attend a recognition event:

- Grand Casino Mille Lacs – Tuesday, October 2, at 5 p.m.
- Grand Casino Hinckley – Tuesday, October 9, at 5:30 p.m.

The events will take place at the casinos' convention centers.

Chi mii gwetch to Loretta Hansen and the Hinckley team of Delsie Day, Reine Garbow, Tenase McClay, and Melanie Quaderer; and to Carol Shaw and the Mille Lacs team of Darlene Day, Lisa Murphy, Joe Nayquonabe, Erik Parsons, Krista Roache, Stacey Sanchez, and Brandon Wade.

We look forward to seeing you there!

Mille Lacs Band Participates in Regional Pandemic Flu Drill

By Monte Fronk, Emergency Management Coordinator

More than 100 participants representing 14 counties and two tribal governments – including the Mille Lacs Band – took part in a Central Minnesota pandemic flu exercise at Breezy Point Resort on August 23 and 24. This was the first regional pandemic flu drill of its kind held in any of the four public health regions in Minnesota. Gathering this large number of people for a group discussion on responding to a potential pandemic flu was a major accomplishment.

In our two-day exercise, we learned about and used a multi-agency coordination (MAC) system, which helps local law enforcement agencies, hospitals, emergency personnel, and other key players respond quickly to emergency situations. If a community has a large-scale emergency, community leaders could contact the MAC system, which would then alert other communities about their need for assistance. The MAC provides a central communications system so that emergency workers have more time to address a situation. This is the first time that our region is utilizing a MAC system, which is a component of the National Incident Management system. Indian Health Services typically acts as the MAC liaison for tribes.

On the first day of the event, all counties and tribes participated in a tabletop exercise to practice a sequence

of simulated pandemic events. We observed how a virus would unfold from an initial outbreak to a worldwide pandemic. Then we discussed our response once the pandemic hit the U.S. Each table of participants was given questions to answer, such as "how much equipment do you have?" and "what is your chain of command?", in order to better prepare for an emergency situation. This exercise was very beneficial, especially as we met members of other agencies throughout Central Minnesota. On the second day, participants chose to attend one of three discussions – crisis communications, personal protective equipment training, or how to set up and use a decontamination tent.

At the Band's next Tribal Emergency Response Committee (TERC) meeting, we plan to share the information we learned at the drill with committee members who were unable to attend the event. We will also update the Band's emergency management plan based on what was learned at the exercise.

Mille Lacs Band TERC members who attended the exercise included Special Counsel on Government Affairs/Public Information Officer Tadd Johnson, Director of Public Safety Sid Lucas, Commissioner of Health and Human Services Sam Moose, Tribal Police Chief Dwight Reed, Corporate Director of Security and Surveillance Brad Roache, and Safety/Risk Manager Rob Thompson.

Mille Lacs Band Deer Hunting Regulations

The 2007 off-reservation treaty deer hunting season begins September 7 and ends December 31.

Please be familiar with the following regulations:

- All hunters are required to have a hunting permit. (Carry your Mille Lacs Band ID and an off-reservation natural resources harvesting permit.)
- Deer hunters are required to have carcass tags.
- Hunters who wish to hunt antlerless deer are required to have an antlerless deer permit, valid for up to two weeks.
- Hunters born on or after January 1, 1977, may not hunt while possessing a firearm, bow and arrow, or crossbow unless the Band member has been issued a certificate of

accomplishment under a Band hunter education and firearm safety course.

- No Band member under 12 years of age may hunt while possessing a firearm, bow and arrow, or crossbow unless authorized by the Band's Department of Natural Resources.
- No Band member under 14 years of age may hunt while possessing a firearm, bow and arrow, or crossbow unless he or she is accompanied by a parent, guardian, or other adult Band member designated by a parent or guardian.
- No parent, guardian or Band member shall authorize or knowingly permit or encourage a Band member under 14 years of age to violate this section.

Chief Executive Calendar

To keep Band members informed about what Chief Executive Melanie Benjamin has been working on, here is a look back at just a few of the items from her recent schedule:

- Attended Shinobe Jam
- Attended the 41st Annual Mille Lacs Powwow
- Attended compromise hearings with Band Assembly
- Held listening circles in District II and urban area
- Met with Band members on various issues
- Held Elder Advisory Board meeting
- Attended compromise/share holders meeting
- Hosted and attended Elder trip to Milwaukee

- Gave welcome remarks at the Native American Law Enforcement Summit at Grand Casino Hinckley
- * Hosted, attended and gave welcome remarks at the National Self-governance Planning Conference in Hinckley, Minn.
- * Traveled to Washington D.C. for meetings with BIA and meetings on Capitol Hill
- Attended meeting of the Minnesota Chippewa Tribe's Housing Subcommittee
- Held a round table discussion with Band member contractors

Public Health Update

Meet the new Diabetes Team Coordinator



Sue Swanson, a registered nurse and certified diabetes educator, has long had an interest in diabetes education. After working with the Mille Lacs Health System for 10 years, she wanted to spend more time on patient education. Sue has worked with the Band's clinics for six years, and in 2005, joined the Diabetes Team as an educator to help people with diabetes manage their disease and to teach others about preventing diabetes with good diet and exercise.

"I feel rewarded when I see better outcomes in our patients' health," said Sue. "Education is very important to getting the message out about diabetes prevention."

In June, Sue became the new Diabetes Team Coordinator and is responsible for developing diabetes classes, organizing work-site diabetes screenings for Band members and employees, and continuing to educate people about the disease. She also helps organize other screenings, including those for children and home visits.

"The Band has a strong diabetes program that is recognized by the American Diabetes Association for its educational efforts," said Sue. "We are continually working hard to maintain our high level of service to our patients, keep up on the latest medical information, and expand our program. I am proud to be a part of this great team."

"Friend to Friend" Party

By Marlene Poukka, Community Health Educator

The Mille Lacs Band of Ojibwe Public Health Department and Health & Human Services

Department have partnered with the American Cancer Society to promote education regarding early detection measures through cervical and mammogram screenings.

Breast and cervical cancer are preventable diseases that are high among American Indian females in Minnesota. Through annual screenings, education, and early detection, the risk of these cancers can be decreased.

The program will include licensed medical professionals who will share with the audience the importance of early detection screenings, and how to access medical screenings.

The Minnesota Department of Health SAGE Screening Program is a statewide comprehensive breast and cervical cancer screening program whose primary objective is to increase the proportion of age-appropriate women who are screened for breast and cervical cancer. Women 40 and older who qualify will be able to receive a \$20 gift card from the SAGE Program when they have completed the screening. Tribal members automatically qualify for the program.

Lunch will be available for participants, as well as several gift drawings. You do not have to pre-register to participate in the "Friend to Friend" Party. Please feel free to join us and bring a friend.

"Friend to Friend" will be held at the following locations:

- District I Community Center on October 16
- District II ALU on October 15
- District III Community Center on October 22.

For more information, please contact me at 320/532-7812 or 800/709-6445, ext. 7812.

Diabetes Team update

You're invited to a diabetes class.

- When: Tuesday, October 9
- Time: 9 a.m.-4 p.m.
- Location: District I Community Center

Join the Diabetes Team in learning about managing diabetes and overall good health. Lunch will be provided. Space is limited, so sign up now – call Lorna Garbow at 320/532-4163, ext. 7852.

Increased Non-Smoking Areas: A Step in the Right Direction

By Sam Moose, Mille Lacs Band Commissioner of Health and Human Services

This month at Grand Casino Mille Lacs and Grand Casino Hinckley, Band members will notice several new non-smoking areas. The Corporate Commission made this decision for the health of casino visitors as a whole, but the change is also significant to Band members and the Band government.

There are many health benefits that go along with reducing people's exposure to second-hand smoke. At the Band's clinics and at health care facilities everywhere, children and adults are diagnosed with cancer, respiratory infections, asthma, and other health problems due to second-hand smoke exposure. Anything we can do to alleviate this problem is good news for Band members and our children. This includes

limiting exposure to second-hand smoke in our casinos' restaurants, convention centers, and hotel lobbies – where families should feel safe when eating and gathering for events. Smoking is already prohibited inside Band facilities, near the front entrances of buildings, and in Band-owned vehicles.

Of course, we must continue to remember tobacco's important ceremonial purposes. This will not change. But, traditional tobacco use and good health can coexist.

On behalf of the Department of Health and Human Services, kudos to the Corporate Commission and Sarah Oquist for increasing the number of non-smoking areas at the casinos. This is good news for Band members, the Band's efforts to promote healthy living and prevention, and everyone who visits Grand Casino Mille Lacs and Grand Casino Hinckley.

Recipe of the Month

Sugar-free brownies

Whether you're avoiding using processed sugar because of diabetes, weight issues, or general health reasons, there are many recipes for desserts that are not overloaded with sugar. Recipes often use a variety of ingredients – including artificial sweeteners, applesauce, bananas, and brown rice syrup – to substitute for regular or brown sugar. Try these delicious sugar-free brownies.

Ingredients

- 1/2 cup margarine
- 1/4 cup unsweetened cocoa powder
- 2 eggs
- 1 cup granular sucralose sweetener (e.g. Splenda™)
- 3/4 cup all-purpose flour
- 1/8 teaspoon salt
- 1/4 cup skim milk
- 1/2 cup chopped walnuts (optional)
- 1 (1.4 ounce) package sugar-free chocolate fudge instant pudding
- 1 cup skim milk

Directions

1. Preheat oven to 350° F. Grease and flour an 8 x 8 inch pan.

2. Melt margarine and cocoa together in a small saucepan over medium heat, stirring occasionally until smooth. Remove from heat and set aside to cool.

3. Beat eggs in a large bowl until frothy. Stir in the sucralose sweetener. Combine the flour and salt; stir into the egg mixture, then mix in the cocoa and margarine. Finally, stir in 1 cup of milk and walnuts (if desired). Pour into the prepared pan.

4. Bake for 25 to 30 minutes in the preheated oven until a toothpick inserted into the center comes out clean.

5. To make frosting, mix together the sugar-free chocolate pudding mix and 1 cup skim milk using an electric mixer. Mix for about two minutes or until thick. Spread over cooled brownies before cutting into squares.

Nutrition information

Servings per recipe: 25
 Nutrition amount per serving
 Calories: 79
 Total fat: 5.7 g
 Cholesterol: 17 mg
 Sodium: 70 mg
 Total carbs: 7.1 g
 Dietary fiber: 0.6 g
 Protein: 1.9 g

**Band Member Businesses
Call Today!**

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**Curt
Kalk**

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**Appaloosa Breeding,
Boarding & Sales**
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Skinaway**

**Southwing Shops
Grand Casino Hinckley
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Native American Lighting, Art & Crafts**

**Hillman, MN
Jackie McRae
320-277-3540**

**Horse Boarding
Services**

Jackie McRae



**Badgun
Enterprises**

**Gilda Burr
Onamia, MN
320-532-0961
(lawn care services)**

**Support your fellow
Band Members
visit today!**

Mille Lacs Band Of Ojibwe Tribal Government Monthly Financial Report

April 2007

	Approved Budget for FY 2007	Actual Expenditures through 4/30/07	% of Budget Expended
Administration (1)*	13,366,954	5,815,884	43.5%
Workforce*	8,888,239	2,730,599	30.7%
Judicial	947,319	441,127	46.6%
Law Enforcement*	3,668,053	1,670,861	45.6%
Education*	15,991,390	8,561,281	53.5%
Health and Human Services*	21,971,594	11,548,909	52.6%
Natural Resources*	5,042,447	3,102,100	61.5%
Community Development*	45,138,724	14,752,791	32.7%
Gaming Authority	4,314,052	2,109,275	48.9%
Bonus Distribution	33,919,140	23,220,766	68.5%
Total Expenditures	\$153,247,912	\$73,953,593	48.3%

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 2006 fiscal year.

Tune in to KKIN & KBK

Every month we publish the dates and times of upcoming Mille Lacs Band radio appearances. The KKIN radio appearances have a Q & A format, meaning people can call in and ask questions. Band members are encouraged to listen and call in to 218/927-2100. The KBK appearances feature a Band representative talking with the host. Listed below are the dates and times of the September and October appearances.

KKIN radio – 94.3 FM
September 20, 8:30 a.m.
Don Wedll and Eric North
Topic: Nay Ah Shing Schools

October 18, 8:30 a.m.
Don Wedll and Curt Kalk
Topic: Hunting

KBK radio – 95.5 FM
September 18, 7:30 a.m.
Rose Noonday
Topic: Childhood memories

October 16, 7:30 a.m.
Kenny Weyaus
Topic: Coming home

Business Management Training Class to Begin Soon

Are you interested in owning your own business or would like to know more about owning a business? Come join the fall 2007 Business Management Training Class. Class will begin on Monday, September 17. The 10-week class will be held every Monday from 5:30-8:30 p.m. in Hinckley. Band members who are thinking of becoming a business owner or who wish to receive additional training to operate their existing businesses are welcome to attend. For more information or to register, please call Sharon James at 320/532-8817.

Free Hearing Evaluations

Ne-la-Shing Clinic

When: Friday, October 12
To schedule an appointment, call 320/532-4163.
Walk-ins are welcome, we will do our best to serve you.

Twin Cities locations

Where: Hearmore Hearing offices in St. Paul and Osseo
When: Monday-Friday
To schedule an appointment, please call the St. Paul office at 651/771-4019 or the Osseo office at 763/391-7433.
Please check your insurance policy to find out if you are eligible for \$1,000 toward the purchase of hearing aids.

Tribal Noteboard

Happy September birthday to:

Papa Tony Pike, on September 3 from Baby Stina • **Grandma Deloris**, on September 3 with love from your little pumpkin Christina • **Tyson Sam**, 17, on September 14 with love from mom, sister, brother, grandpa, and Auntie Gladys and family • **Jonathan Sam**, 14, on September 14 with love from mom, sister, brother, grandpa, and Auntie Gladys and family • **Lynnae Potter**, on September 12 with love from Aunt Lenore, Tyson, Eva, Jon, and Auntie Gladys and family • **William Potter II**, on September 13 with love from Auntie Lenore and family • **Zachary Kegg**, 14, on September 15 with love from mom, Aunt Lenore, Tyson, Eva, and Jon • **Collin Smith**, September 24 with love from Lenore and kids • **Clayton Sr.**, on September 25 from Chi-Lenore and kids • **Daniel St. John**, 3, on September 24 with love from daddy • **Christopher**, 26, on September 20 from Mom, Rochelle, Brandon, Pablo, Jameson, Cordell, Lil' Chris, Nicole, Gramma A.A., Karen, Tracy, Jacob, Shelby, Jarvis, Aiva, Jamie, Sharon, Ravin, and Wallace • **Sandy**, 46, on September 20 with love from Pablo, Brandon, Rochelle, Cordell, Jimmy, Little Wolf • **Destanie Anderson**, 11, on September 3 with love from Shy, Jordan, Gramma Gina, mom, papa, Gramma Nazz, and Dallas • **Chazzy**, 24, on September 1 with love from Chazzy Jr. and Valerie • **B Dawg**, on September 14 with love from Chazzy Jr., Chazzy, and Val • **Charles C**, September 1 from Sarah, Samantha, Judy, Rodney, Nana, Moogs, T-T and everyone else • **Tracy**, on September 29 with love from Aiva Lea, Jacob, Shelby, Jarvis, Jamie, Corey, Nicole, Chris, mom, Gramma A.A., Sharon, Ravin, Wally, Val, Kev, Pie, Baby Kevin, Jameson, Cordell, and Lil' Chris • **Brad Eric**, September 17 from Nicole, Jameson, Cordell, Chris Jr., Chris Sr., Auntie Karen, Tracy, Sharon, Gramma A.A., Ravin, Jacob, Shelby, Jarvis, Aiva, Jamie, Val, Kev, Pie, and Baby Kevin • **Dad**, on September 3

from Pie and Baby Kevin • **Georgia Bearheart**, on September 6 from McKellen, Kayana Bearheart, Momma and Papa Scott, Pat, Letha, Terrell, Miranda, Kaitlyn, Bugger, Sherraine, Mary Jane, Ms. Ale', Carla, Kim, Darcie, Eldayshun, Day-Dayz, Todd, and Barbara Jo • **Todd Big Bear**, 11 on September 9, with love from mom, Day-Dayz, grandma, grandpa, Pat, Letha, Terrell, Miranda, Kaitlyn, Georgia, Kayana, McKellen, Bugger, Ale, Carla, and Kimmy • **Sage B**, on September 3 with love from Kelly, Darc, Todd, Eldayshun, Georgia, Kayana, McKellen and Kimba • **Roger Garbow Sr.**, on September 5 from Bev, Juni, Roy and Jillian • **Aubrey Benjamin, Tierra Day, LaDarius Loving and Allyssa Welsh**, with love from Gramma Gladys, Papa Ron, and the whole family • **Collin**, 18, on September 25 with love from mom, dad, Roland, Desi, Lydell, Kayla, Camille, Lance, Terrell, Tierra, LaDarius, Candy, Clay, Clay Jr., Aubrey, Roxanne, Auntie Bev, Rog, Juni, Roy, and Hill • **Kyle Welsh**, 13, on September 4 with love from Grampa Ron, Gramma Gladys, Roland, Collin, Auntie Desie, Kayla, Lydell, Auntie Camille, Lance, Terrell, Tierra LaDarius, Auntie Candy, Clay, Clay Jr., Aubrey, Roxanne, Auntie Bev, Rog, Juni, Roy, and Jill • **Clayton Benjamin**, on September 25 with love from Candy, Clay Jr., Aubrey, Roxanne, all your in-laws, and Garbow/Smith family • **Uncle Roger-BN**, 52, on September 5 from Roland, Collin, Desi, Kayla, Lydell, Camille, Lance, Terrell, LaDarius, Candy, Clay, Clay Jr., Aubrey, and Roxanne • **Taiann Bearheart**, 3, on September 28 with love from Grandma Bearheart • **Ian**, 9, on September 29 with love from Grandma Bearheart • **Miranda Jay**, 3 on September 13 with love from daddy, Letha, Terrell, Kaitlyn, Aungie Georgia, Kayana, McKellen, Auntie Kim, Grandma Molly, and Papa Scott • **Jeffrey A. Sam**, 25, on September 27 from Lesley, Bubbie, Tre'von and Quincey • **Amber Villebrun**, 11, on September 9 from Lesley, Bubbie, Tre'von and Quincey.

Happy September birthday to Mille Lacs Band Elders!

Hazel Ailport
Joe Anderson Jr.
Viola Buck
James Clark
Joseph Crown Jr.
Roger Dorr
Catherine Erickson
Shirley Evans-Garcia
Violet Ewert
Lorena Gahbow
Joseph Garbow
Mary Garbow
Carol Hernandez
Kathleen Johnson
Carol Mojica
Elmer Nayquonabe
Joseph Nayquonabe
Carol Sam
Darlene Sam
Joseph Sam
Janice StandingCloud
Charles Sutton
Irvin Sutton
Leroy Thomas
Russell Thomas
Leonard Weyaus
Richard Weyaus
Micheal Wind

Congratulations

Congratulations to **Trina Fast Horse** for making Mille Lacs Band Junior Princess for 2007-2008. Trina is the daughter of Mike Fast Horse and Pauline Sam. *Congrats from Cilla, Desie, Joe, mom, brother Bear, Jason and all your relatives.*



Photo courtesy of Debbie Mitchell

Congratulations **Sean Racelo and Amber Karst**. The happy couple was married on August 24, 2007 in Pierz, Minnesota. Sean's parents are Debbie Mitchell and Jade Racelo of Garrison, MN. Amber's parents are Jackie and Scott Cook of Louisiana and Richard and Jan Karst of Pierz, MN. The happy couple plan on making Brainerd their home.

Martin Jennings Named to Blandin Foundation Board of Trustees



Rick Anderson

Corporate Commission employee Martin Jennings was chosen to serve a four-year term on the Blandin Foundation Board of Trustees, located in Grand Rapids. The foundation aims to strengthen rural Minnesota communities and provides grants and public policy and leadership programs. Martin will begin his term on the Blandin Foundation Board in January 2008.

Martin works as the Director of Development for the Corporate Commission.

Flood Relief Addressed During Special Session

At press, Governor Tim Pawlenty had called a special legislative session to start on September 11 to primarily address flood relief for southeastern Minnesota. Governor Pawlenty and lawmakers decided on an agenda for a one-day special session in which lawmakers are expected to pass a disaster relief bill. The bonding bill would provide about \$150 million to \$160 million to assist communities in southeastern Minnesota that were hit with flash floods in August. The proposed legislation would also allocate some funds toward the I-35W bridge collapse; however, a comprehensive transportation bill will not be discussed during the special session.

In Minnesota, the Governor may call the Legislature into a special session, but the Legislature decides when it adjourns. Because of this, the Governor and legislators usually agree on an agenda prior to a special session.

Circle of Health Update

By Circle of Health Staff

Our office is moving

The Circle of Health office is moving to the Chiminising Community Center. The move is expected to be complete by mid-September. The address for reimbursements and claims can be sent to 2605 Chiminising Drive, Isle, MN 56342. The Circle of Health office can be reached at 800/491-6106, or by calling the Chiminising Community Center at 877/676-1102. The Circle of Health Board previously sent a letter with proposed changes, this move follows the plan to decrease costs to the program that are currently incurred at the Onamia location.

Proposed changes

The Circle of Health Office would like to encourage Band members to continue to contact our office with comments and suggestions regarding the June 15, 2007, letter outlining proposed changes to Circle of Health. At this point, an effective date has not been selected or a final determination of what non-Band member services may or may not be covered by the Circle of Health program. It is the input of Band members that will determine the outcome, but decisions must be made by the end of the year. You can email your concerns to michellep@millelacsojibwe.nsn.us or call 800/491-6106.

Benefit Coordinator schedule

Dawn Chosa will be at each district clinic for community outreach from 10 a.m.-2 p.m. Beginning Monday, September 10, she will be at the Ne-la-Shing Clinic every Monday in the eye clinic area. In addition to the clinic locations, she will be available at the urban office and the Chiminising Community Center. Please contact the Circle of Health office for more information. Based on Band member needs, more dates will be added to her outreach calendar.

Provider statement

When you receive a statement from a health care provider, it is always a good idea to contact them at the number provided and verify that they have your Circle of Health information for billing.

If you receive another statement, and you know that the provider has the Circle of Health information, call our office to get the status of the claim. It takes 60-90 days before our office is even billed and may be longer if your primary insurance has the payment on hold or is waiting for information regarding that particular service. Our office cannot make any payments off of a statement, but rather receives a form from the provider's billing office and a copy of your explanation of benefits.

If you are handing in statements to our office with no notes or follow-up, it takes the claims processors even longer to request information from either you or the provider. Unfortunately, some bills could end up in collections due to lack of information provided. No matter how long you have been a patient at a clinic or dentist, always show your Circle of Health card at every visit.

Explanation of benefits

This is a helpful tip: when reviewing your copy of the Explanation of Benefits and if there is no payment made by your primary insurance, this is an uncovered service. Circle of Health does not pay for uncovered services, only co-pays and deductibles on covered services. If you are unsure if a service is covered or not, ask the provider to check on your coverage before any services are performed. This is extremely important with dental services. There are very strict guidelines and conditions for coverage of x-rays, extractions, oral surgery, crowns, and other major restorative procedures.

Reimbursements

On a final note, please allow reimbursement claims a two- to six-week grace period from the date of submission to process. If you still haven't received a reimbursement or denial after six weeks, contact Michele Palomaki, Circle of Health Director; David Boyd, Claims Processor for A-L; or Roberta Lemieux, Claims Processor for M-Z, at 320/532-5358.

Moccasin Telegraph

Passing down Ojibwe traditions



By Lana Burdette, Mille Lacs Band member

The following article appeared in the September 20, 2006, issue of the Mille Lacs Messenger. It is being reprinted with their permission.

My grandparents, Tom and Mary Shingobe, taught me some Ojibwe traditions when I was younger. My grandpa taught me the two-step and my grandma taught me how to make frybread. My parents, Sylvester and Myra Shingobe, also encouraged me to learn the traditions, and my dad told stories about his family growing up on the Mille Lacs Reservation. Unfortunately, I wasn't very interested in my heritage when I was young and I didn't resume practicing the traditions until years later.

Although I don't live on the reservation, I think it is important to carry on the Ojibwe traditions wherever we are. I have managed to stay connected to the culture even though I live in the South. I am originally from Minnesota, but I transferred to Georgia while working for a local trucking company. My husband Richard, whom I was dating at the time, worked for the same company and was also transferred. We moved South with big dreams and high goals that we were determined to reach. It's been a rough ride at times for my husband and me, but now we are both in careers we enjoy. Today, I work as a user interface designer for Bennett International Group, a trucking company in McDonough, Georgia. In my job, I design

software and teach people how to use the software. We recently moved into a home that is large enough for our three children – Jordan, 12, Kirsten, 11, and Kylie, 7 – and us.

After my second child, Kirsten, was born, I realized that I wanted to learn more about my heritage and pass down the traditions to my kids. If I didn't learn and teach them Ojibwe ways, then I would be contributing to the death of our culture. I sent away for a tutorial on how to do beadwork and I taught myself how to make things like earrings, which I give out as gifts. I also carry tobacco with me and I have been learning the Ojibwe language with my kids.

I started learning the Ojibwe language in the mid-1990s through books, tapes, and a course over the phone. I contacted Norman Clark on the reservation, who worked with Ojibwe Mekana, an organization that produced Ojibwe language books and tapes. He was very helpful to me in getting started with learning the language, especially since I don't live close to the reservation. Now, I continue to study on my own, usually once in the morning and once in the evening, along with teaching my kids the language. My kids also listen to the tapes, and I help translate the dialogue for them. To help the kids comprehend the words, I incorporate the language into everyday conversation. For example, I will say in Ojibwe "come eat," "come here," or ask "do you want to go?" so that they will hear the language being used. My kids answer back in Ojibwe because our only rule is that they must answer in Ojibwe if they are asked in Ojibwe. My son Jordan is also learning French in school, so it can be a challenge for him learning multiple languages. Sometimes, I ask him a question in Ojibwe and he'll respond in French, but overall they are learning Ojibwe very well.

Calendar of Events

September 2007

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<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>If you would like an event included in the community calendar, please contact Kelly Sam at 651/292-8062 or write to Kelly at 255 E. Kellogg Blvd. Suite 102 St. Paul, MN 55101</p>	<p>Commissioners On Call</p> <p>A Mille Lacs Band commissioner is available every weekend to help Band members handle emergencies. If you have an emergency, please contact the commissioner on call at 877/239-2444. The emergency phone is answered from 5 p.m. Friday- 8 a.m. Monday.</p>	<p>District IIA Meeting Chiminising Community Center 5:30 p.m. Contact: Marvin Bruneau, 218/768-3311</p> <p>District III Meeting GCH Hotel Ballroom 5:30 p.m. Contact: Monica Benjamin, 320/384-6240</p> <p>East Central Legal Services 12-4:30 p.m. Tamia Cramer, 800/622-7772</p>	<p>Urban Area Community Meeting All Nations Indian Church, 5:30 p.m. Contact: Pat or Barb, 612/872-1424</p> <p>District II Meeting East Lake Community Center 5:30 p.m. Contact: Mary Sue Bohanon, 218/768-3311</p> <p>All District Elder Meeting 11:30 a.m. Contact: Nora Benjamin, 320/532-4181</p>	<p>14</p> <p>Ladies of the Grand Ole Opry* GCML 7:30 p.m. nightly</p>	<p>15</p> <p>Commissioner on Call Sarah Oquist, Commissioner of Corporate Affairs 877/239-2444</p>
<p>16</p> <p>Liza Minnelli* GCH 5 p.m.</p> <p>Commissioner on Call Sarah Oquist, Commissioner of Corporate Affairs 877/239-2444</p>	<p>17</p>	<p>18</p>	<p>19</p>	<p>20</p>	<p>21</p>	<p>22</p> <p>Bill Engvall* GCML 6:30 p.m. & 9 p.m.</p> <p>Commissioner on Call Sam Moose, Commissioner of Health & Human Services 877/239-2444</p>
<p>Commissioner on Call Sam Moose 877/239-2444</p> <p>23</p>	<p>District I Community Meeting District I Community Center 5:30 p.m. Contact: Becky Sam, 320/532-7423</p> <p>24</p>	<p>25</p>	<p>26</p> <p>East Central Legal Services 12-4:30 p.m. Tamia Cramer, 800/622-7772</p>	<p>27</p>	<p>28</p>	<p>29</p> <p>36th Annual Human Rights Commission Conference 8:30 a.m.-4:30 p.m. GCML</p> <p>Commissioner on Call Joycelyn Shingobe, Commissioner of Education 877/239-2444</p>
<p>Commissioner on Call Joycelyn Shingobe 877/239-2444</p> <p>30</p>						

October 2007

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>1</p>	<p>2</p>	<p>3</p> <p>East Central Legal Services 12-4:30 p.m. Tamia Cramer, 800/622-7772</p>	<p>4</p>	<p>5</p>	<p>6</p> <p>John Anderson and Keith Anderson* GCML 4 p.m. & 7 p.m.</p> <p>Commissioner on Call Curt Kalk, Commissioner of Natural Resources 877/239-2444</p>
<p>7</p> <p>Commissioner on Call Curt Kalk, Commissioner of Natural Resources 877/239-2444</p>	<p>All offices closed for Mille Lacs Day</p> <p>8</p> <p>AMVETS Meeting GCML 6 p.m. Contact: Ken Weyaus, 320/309-6925</p> <p>Pine Grove Leadership Academy Meeting Aazhoomog School 6:30 p.m. Contact: Skip Churchill, 320/384-6970</p>	<p>9</p>	<p>10</p> <p>East Central Legal Services 12-4:30 p.m. Tamia Cramer, 800/622-7772</p>	<p>11</p>	<p>12</p>	<p>13</p> <p>The Lettermen* GCH 4 p.m.</p> <p>Commissioner on Call R.J. Brunkow, Solicitor General 877/239-2444</p>
<p>14</p> <p>Commissioner on Call R.J. Brunkow, Solicitor General 877/239-2444</p>	<p>Onamia Indian Education Parent Committee Meeting Onamia School District Office Conference Room 12 p.m.</p>					

What was your Favorite Family Vacation?

John Mojica



"My favorite family vacation was taking my 5-year-old son to Paul Bunyan Land in Brainerd. We went on all the fun rides. The weather was nice, and my son was amazed that big Paul Bunyan knew his name."

Greg Davis



"My favorite vacation time is attending the Cass Lake powwow with family every year."

Elizabeth Towle



"My favorite vacation was just recently. My Grandmother Carol Towle, myself, and my boyfriend, Andy, went to Las Vegas for my 21st birthday."

All photos courtesy of Rick Anderson.

Nancy Wood



"My favorite family vacation was when our family drove up to Canada. While camping out, a bear climbed into one of our tents. We still have pictures of it happening."

Louise Davis



"My favorite vacation was when our family drove through Canada, then to Yellowstone State Park. We rented a pop-up camper and camped out."

Lenore Potter



"My favorite family vacation was when my family drove to Green Bay, Wisconsin to visit relatives."

41st Annual Iskigamizigan Powwow



Photo courtesy of the Mille Lacs Messenger

Dancers dressed in brightly colored regalia take part in a variety of dances during the Mille Lacs Band Powwow, including the women's traditional dance shown above.

Report Abuse or Neglect

It's confidential – and the right thing to do

By Sam Moose, Mille Lacs Band Commissioner of Health and Human Services

At a recent District I community meeting, I was asked how Band members can report abuse or neglect. This is such an important topic that I decided to address it in the Band's newspaper.

The decision to report suspected abuse or neglect can sometimes be difficult. You may feel that you are breaking up a family or interfering in a situation that is none of your business. But reporting potential cases of abuse or neglect is always the right thing to do. Making sure that our friends, relatives and neighbors are safe in their own homes is everyone's business.

Taking care of the children in our neighborhoods is also part of our traditional responsibilities in the Ojibwe culture. Our ancestors addressed cases of abuse and neglect in a community setting. While the times have changed, we still should address these concerns as a community.

Confidentiality concern

Many people who want to report suspected abuse or neglect are concerned that their identity will be revealed to the individual(s) who are accused. This is an understandable concern, but you should know that confidentiality is written into both Band statute and state law on this subject. This means that law enforcement and social services personnel are bound by law to not reveal the identity of the person who reports a suspected case of abuse or neglect.

How to make a report

Reports of abuse or neglect should be made directly to tribal social services and the county where the accused individual(s) reside. In accordance with Public Law 280, the counties of residence are authorized to investigate such matters.

To make a report in one of the Mille Lacs Reservation counties, call:

- Mille Lacs Band Family Services: 320/532-7764
- Mille Lacs County: 320/983-8208 (family services) or 320/983-8250 (sheriff's department)
- Aitkin County: 218/927-7200 (social services) or 218/927-7435 (sheriff's department)
- Pine County: 320/245-3055 (human services) or 320/629-3930 (sheriff's department)

If you are reporting an emergency situation, call 911. When giving your report, some counties may require you to give your name and address for the legal record and enough information for an investigation to proceed.

What happens next

After you have reported the potential abuse or neglect, a screening process will take place. Depending on the findings of this process, the outcome may include a family assessment in which children remain in the home while a contract is made for correcting problem areas, or children may be removed from the home. Each situation is different. However, no matter what happens, the name of the person who reports their concerns remains confidential.

Protecting children and families

In Minnesota in 2006, nearly 7,000 children were abused and neglected, 48 children suffered life-threatening injuries, and 19 children died from maltreatment. If reporting neglect or abuse can save just one person from becoming a statistic like this, the call is well worth it.

If you want more information on this topic, please call Ted Waukey, Lead Social Worker for the Band's Indian Child Welfare Services Program, at 320/532-7762.