

OJIBWE INAAJIMOWIN

September 2008

"The story as it's told."

Volume 10 • Number 9

NVAM to Kick Off 2008 Get-Out-the-Native-Vote Campaign

The Native Vote Alliance of Minnesota (NVAM) will kick off its 2008 Get-Out-the-Native-Vote Campaign and host its first annual golf outing on **September 24** at the Black Bear Golf Club House. The golf outing, sponsored by the Fond du Lac Band of Lake Superior Chippewa, will begin at 8 a.m., followed by the kick-off celebration at 2 p.m. Proceeds from the events will benefit NVAM, a nonpartisan, nonprofit organization dedicated to empowering and mobilizing American Indian voters in the state.

Through the support of Minnesota's tribal governments, NVAM has launched several get-out-the-Native-vote campaigns since the organization started in 2004. Several tribes – including the Fond du Lac Band, Mille Lacs Band of Ojibwe, Red Lake Nation, and

White Earth Band – are helping support the organization's 2008 efforts by holding get-out-the-vote activities and sponsoring billboards with voter messages.

NVAM also works collaboratively with other nonpartisan, nonprofit organizations to help mobilize voters in tribal communities. The Minnesota Civic Engagement Table awarded NVAM a \$10,000 grant to increase voter engagement activities in tribal communities statewide. TakeAction Minnesota Education Committee is also providing financial support to NVAM's campaign.

For information about the NVAM golf outing and kick-off events, please visit www.nativevotemn.org or contact Elizabeth Towle at 320/384-4648.

Mark Your Calendars For Upcoming Election Season Events

Mille Lacs Band- sponsored candidate forum

- **October 29** – District I Community Center, 6 p.m. Candidates running for Minnesota House Districts 16A and 16B, Senate District 16, and Mille Lacs County Board will be invited to speak. This forum will be facilitated by the League of Women Voters of Minnesota. Contact Elizabeth Towle at 320/384-4648 for more information.

Area community voter engagement events

Candidate forum

- **October 13** – Rolf Olsen Center, Onamia (on Main Street), 6:30-9 p.m. This forum will focus on education and health care only. Candidates running for Minnesota

House Districts 16A and 16B, Senate District 16, and Onamia School Board will be invited to speak.

The event is sponsored by Onamia Y.E.S. and Mille Lacs Health System staff. Please contact Jenny Holbert at 320/532-3126 for more information.

"Voting Rights as a Human Rights Issue – 1920 Women's Right to Vote" event

- **October 23** – Grand Makwa Theater, 4 p.m.

This event is sponsored by the Mille Lacs Area Human Rights Commission. The program will include a free showing of *Iron-Jawed Angels*, a film about the suffragist movement, and a discussion on voting rights.

Please contact Cindy Rudolph at 320/532-4177 for more information.

Remember to Register to Vote

In Minnesota, the deadline to pre-register to vote before Election Day is **October 14**. Registering by this date will mean that your name is listed on the roster at your polling site. You can also register to vote on the day of the election - November 4.

For registration information, visit the Minnesota Secretary of State's Office Web site at www.sos.mn.us, call the office at

877/600-8683, or contact your county election office.

Absentee voting

If you cannot get to the polls on November 4, you can still vote.

The simplest way to vote by absentee ballot is to do so in person at your county auditor's office or city or township clerk's office before Election Day. You

can also mail in your absentee ballot. For more information, visit www.sos.mn.us.

Some Aitkin County voters will vote by mail

Please note that some voters in certain Aitkin County precincts will vote by mail. This means that the county will mail

out ballots to registered voters for them to fill out and return.

Residents in these precincts who are not pre-registered to vote by November 4 can still register the day of the election and vote by going to the Aitkin County Courthouse in Aitkin. For more information, visit www.co.aitkin.mn.us or call 218/927-7354.



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The Mille Lacs Band of Ojibwe 42nd Annual Traditional Powwow was very well attended

There was a total of 914 dancers, 33 vendors, more than 300 campsites, and a total of 16 drums with some of the top drums in the region: Little Otter, Badger Singers, Raining Thunder, Smokey Hill, and Leech Lake Nation. We have grown to more than 10,000 spectators and participants throughout the weekend.



Chi Mii gwetch to our Sponsors

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Walmart, Brainerd, MN
Industries Incorporated, Mora, MN
Anderson Brothers, Onamia, MN
Mille Lacs Band of Ojibwe Employees, Departments & Powwow Committee

2008-2009 Royalty
Emmanuel Whiteman, Sr. Brave
Darius Barnes, Jr. Brave
Winona Crazy Thunder, Sr. Princess
Candace Killspotted, Jr. Princess

Raffle Winners
1st Mary Bedausky
2nd Johnathan L. Benjamin
3rd Lana Oswaldson
4th Lauren Davis

Float Contest
1st Bug School
2nd Amvets Ladies Auxiliary
3rd Garrison Fire Rescue
Department Float: Community Development

Rez Car Contest
1st Randy Sam
2nd Natalie Weyaus
3rd Steven Greenfeather

Adult Horseshoes
1st Mike Davis & Travis Smith
2nd Tevor Larson & Jeremy Smith
3rd Russell Shabaish & Clayton Benjamin
Most Ringers: Jeremy Smith

Youth Horseshoes
1st Sage Hard Heart
2nd Randy Sam Jr.
3rd Miranda Benjamin

Moccasin Game
1st Ernie Boyd, Cheyenne Davis, Randell Nickaboine
2nd Larry Wade, Alfonso Macias-Pulido, Richard Davis
3rd Mike Jacobson, Nick Crosby, Chris Salazar
4th Elmer Nayquanabe, Don Wedll, Perry Benjamin

We are looking for Mille Lacs Band members and Band employees who are interested in helping organize this fun, safe and social community event while managing the powwow resources provided by the Mille Lacs Band. If you are interested in volunteering for the 2009 Powwow Committee, please call the Powwow Committee Secretary for more info at 320-532-8817.

2008 Public Safety Scholarship Award



Photo courtesy of Sid Lucas

Band member Ryan Pendegayosh received the 2008 Public Safety Scholarship Award.

Mille Lacs Band member Ryan Pendegayosh was selected as the newest recipient of the 2008 Public Safety Scholarship Award for \$1,000. Ryan satisfied all the requirements of the scholarship program, which included his enrollment in law enforcement studies at Central Lakes College in Brainerd. Ryan is currently seeking his associate in applied science degree and has future plans to attend law enforcement skills training at Central Lakes College. Ultimately, Ryan has expressed a sincere desire to work within his own community.

Ryan graduated from Isle High School in 1986 and has always had aspirations of pursuing a career in law enforcement. He began college in 1988, but his plans of attaining his associate of arts degree were put on hold due to finances. However, Ryan later took advantage of the tuition reimbursement program through Grand Casino Mille Lacs, where he has been employed since 1991. Ryan eventually received his associate of arts degree in 2007 and is now registered to complete his criminal justice classes this fall.

In addition, Ryan received recommendations from one of his law enforcement instructors at Central Lakes College and from the general manager of Grand Casino Mille Lacs.

Ryan plans to supplement his school finances with this award by upgrading his computer, paying for books, or paying for his high transportation costs. Ryan attributes his success over the years to the support he has received from his family and the Mille Lacs Band of Ojibwe.

On behalf of the Mille Lacs Band, we wish Ryan the best of luck.

Band Members Form Initiative to Address Violence On the Reservation

By Jeremy Matthew Schaaf



Rick Anderson

Mille Lacs Band members Rachel Shaugobay and Jeremy Matthew Schaaf present information about an initiative to prevent violence on the Mille Lacs Reservation during the District I community meeting held on August 25.

Several Mille Lacs Band members have formed an initiative called Dakonan Anishinaabe Inaadiziwin (Take Hold of Your Anishinaabe Way of Life) to address violence on the Mille Lacs Reservation. Following is information about the initiative from Mille Lacs Band member Jeremy Matthew Schaaf, who presented at the District I community meeting in August.

Our initiative is to introduce a four-step process at meetings with community members and Elders to approach the violent cycle the Band faces when people intentionally cause harm to Anishinaabe people or their property. The goal is to create effective solutions to begin the healing process from the abuse the reservation too often witnesses.

We are sharing community members' concerned voices for the issues facing our community with our elected officials, with whom we will work to determine strategies to end this cycle of violence. We ask our proud people to take responsibility and take hold of our Anishinaabe way of life.

This initiative was formed by Band members Rachel Shaugobay, Christine Kegg, Rose Wind, Candace Shaugobay, Maria Kegg, Rosella Eagle, Maggie Kegg, and other community Band members and Band Elders who voiced their opinions, along with the help of Skip and Babette Sandman.

Exclusions Made in Response to Crimes on Reservation

In August, the Mille Lacs Band Tribal Court approved the exclusion of four Band members; one more exclusion is pending. These exclusions came in response to petitions submitted to the Tribal Court following community meetings to discuss violence – and specifically gang activity – on the Mille Lacs Reservation.

“The excluded Band members have a long history of lawlessness,” said Band Solicitor General Rjay Brunkow. “Our community is using its system of laws to send a powerful, unified message that we will not tolerate violence.”

Each of the excluded Band members received a five-year minimum exclusion. During this period, these individuals will not be allowed to enter any location within the 1855 boundaries of the Mille Lacs Reservation. Any violations will result in trespassing charges in Mille Lacs County and contempt of court charges in Mille Lacs Band Tribal Court.

“This means that they would be subject to both tribal and state prosecution,” Rjay said.

At the conclusion of five years, each individual will be eligible for reinstatement and Band rights and privileges only after proving that (1) they had no criminal convictions during those five years, and (2) they had a complete work history during those same years.

“The excluded individuals are well-known by tribal police officers,” said Mille Lacs Band Police Chief Dwight Reed. “We hope that their absence from the reservation will curb violence and reassure the community.”

What is exclusion?

Exclusion is the same as banishment; Band statute uses the term “exclusion.”

People who are excluded are NOT disenrolled from their membership in the Mille Lacs Band. Other than that, each exclusion can be

different. It can mean the potential loss of any or all rights and benefits of Band membership during the exclusion period, such as no access to Band programs and services, exclusion from Band property and events, and no bonus payments. Some exclusions are permanent, while others last only a few days.

“Exclusion is a traditional Ojibwe form of punishment,” said Don Wedll, Mille Lacs Band Long-Range Planner. “It is generally reserved for people who have committed serious criminal acts – particularly on a repeated basis.”

Some of the crimes that warrant exclusion include assault, murder, rape, arson, burglary, natural resource crimes, drug sales or trafficking, and a host of others. Gang activity will also not be tolerated.

“The Mille Lacs Band has a very limited ability to enforce laws related to felonies, which makes exclusion an effective and meaningful way for the Band to punish criminals and prevent future crime activities,” Rjay explained.

Exclusions can be overturned through the Band’s judicial process. For instance, if an excluded Band member shows remorse and a genuine change of behavior and attitude over an extended period of time, if a group of Band Elders is willing to sponsor this person’s journey through the Band’s circle process, AND if this person successfully completes the circle process, the exclusion could potentially be overturned.

“Exclusions have always been made with the hope that the excluded Band members will use the time to change their ways and become productive members of society,” Don said.

Exclusions are rare in the Mille Lacs Band today. Before the August 2008 exclusions, the Band’s last exclusions came in 2003, when four individuals were excluded for five days.

Ask Melanie

By Chief Executive Melanie Benjamin

I stopped by the office and you weren’t there. Where are you when you are gone?

Many times I’m attending meetings in other offices or out in the community. Long-distance travel is also a major requirement of carrying out the responsibilities of Chief Executive. I have staff assigned to deal with the federal, state and local governments on a variety of issues. But just like you, when something urgent comes up, we don’t want to talk to staff. We want to go right to the decision makers. My presence is often necessary in order to get those high-level meetings. The Band achieves the fastest progress with other governments when I intervene with these meetings. This usually requires leaving the reservation.

I understand that Band members want to see me when they stop by the office, but my primary responsibility to the Band, as stated in Band law, is to conduct government relations, which is solely the job of the Chief Executive. This means that I am the only elected official who is required to travel as part of the job. We have commissioners who are responsible for running the programs, and Band members should always go to them first when they have problems or issues that need resolving.

When I travel, it is always for the purpose of serving the interests of Band members. For instance, my involvement with different boards and organizations that focus on housing has resulted in

\$800,000 in supportive housing funds for the Band. These are funds that we would not have received if I remained in my office and didn’t attend these housing meetings. I wish that our grants and contracts would just be dropped off at the government center, but that’s not how it works.

Last week I attended a board meeting of the Federal Home Loan Bank of Des Moines, where I served as the tribal representative for the purpose of advocating for more housing money for Indian families. This week I am hosting a trip for Elders to Missouri. These trips are valuable opportunities to receive input from Elders about Band programs and priorities. As always, I will have very competent commissioners and staff to manage Band business on the reservation when I am absent. I am constantly in touch with them and directing Band affairs, even when I am on the road.

I’ve recently begun regular e-mails to Band government staff to better communicate my activities and schedule. I will keep copies of those e-mails at the front desk for any Band members interested in receiving them, or you can call my office at 320/532-7486 if you would like to be put on a weekly mailing list. Mii gwetch.

Do you have a question?

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

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

First-Time Homebuyer Education Class

Interested in buying a home? The Minnesota Chippewa Tribe (MCT) Finance Corporation is offering a class for first-time homebuyers on Saturday, October 18, from 8:30 a.m.-4:30 p.m. The MCT Finance Corporation requires

buyers to take this class before they qualify for an MCT loan.

Please contact Cindy Beaulieu at 218/335-8583, ext. 150, or cbeaulieu@mnchippewatribe.org to reserve your spot in this class.

History and Economic Lessons Impress Chamber Presidents



Bob Schlichte, Director of Strategic Relationships for Grand Casino Mille Lacs and Hinckley (left), and Tadd Johnson, Special Counsel for Government Affairs for the Mille Lacs Band (right) gave a presentation at the chamber of commerce presidents' meeting about the Band and its businesses.

By Toya Stewart

Chamber of Commerce presidents from across the Twin Cities area gathered recently to learn more about the Band, its history, and how it conducts business.

The two-day meeting was held at Grand Casino Mille Lacs and included 15 chamber presidents representing dozens of cities in the metro area.

"The chamber presidents were educated on what Grand Casino and the Mille Lacs Band of Ojibwe has meant to the economy and the economic development in the area," said Bob Schlichte, Director of Strategic Relationships for Grand Casino Mille Lacs and Hinckley.

During the gathering, the group toured the Mille Lacs Reservation's schools, clinics, and government center, and the water treatment plant.

Tadd Johnson, Special Counsel for Government Affairs for the Mille Lacs Band, told the leaders about Indian history, sovereignty, treaties, assimilation, the Indian Civil Rights Act, and the Indian Self Determination Act. Tadd also explained how the Indian Gaming Regulatory Act works.

"Indian gaming in the United States is a \$26 billion industry," said Tadd, encouraging the chamber presidents to learn more about how the act works and why it matters that Indians have gaming as a revenue source.

Bob, who has been working on setting up the meeting with chamber presidents for nearly four years, said he was pleased that some common myths were dispelled – particularly the one that claims all American Indians in Minnesota are millionaires.

"We let the chamber people know that not everyone is the same," he said. "And we let them know what the Mille Lacs Band has done in the community.

The group also heard that the Band is the 10th largest employer in Minnesota.

Mille Lacs Band Long-Range Planner Don Wedell provided the group with insight about the history of the Mille Lacs Band of Ojibwe and described the importance of the 1863 Treaty.

He also explained how the Band government operates and how its operating procedures have changed to include legislative, executive and judicial branches – mirroring the federal government.

"President Regan had an Indian policy and suggested a separation of powers," Don told the group.

Kathleen Poate, President of the I-94 West Chamber of Commerce, said she attended the event to learn more about the Band and how it does business. "The best way to understand is to come and talk to people," she said. "It's an area I knew nothing about."

Now Kathleen and other chamber presidents say they are equipped to share what they've learned with others. "We are all interested in economic development, and it seems as if the casino has had a positive effect on the community," she said.

The meeting had a great impact, according to Bob, who said the next step is to continue growing and forming relationships with the chambers of commerce.

The Mille Lacs Band of Ojibwe belongs to more than 50 chambers of commerce throughout the state.

Band Member Lands Dream Job Shortly After College Graduation



By Toya Stewart

Although Syngen Kanassatega was in full job-seeking mode, he took time off earlier this summer to visit Chief Executive Melanie Benjamin to congratulate her on a successful re-election. Much to his surprise, he walked away with a job.

"It was a lucky break for me," said Syngen, who is a Band member. "I was looking for work in Minneapolis when she offered me the job."

He assumed the role of Deputy Assistant to the Chief Executive in mid-July. His job is to serve as the right-hand man to Melanie. He represents her when she's not available and helps individual Band members with their concerns. Syngen is also responsible for the financial management of the Chief Executive's Office, advising the Chief Executive on policy, and maintaining clear communication between the Chief Executive and the Commissioners.

Though it's only been two months, Syngen, 22, has hit the ground running. Besides learning how the Band government operates and who does what, he has taken a trip with the Elders and has helped resolved issues related to housing and energy assistance for Band members. Each day he spends a few hours interacting with Band members.

"My job is to make sound quality decisions," he said. "I want to make sure that the Chief's office is providing services efficiently and effectively."

So far the toughest part of his job has been to learn which government official, commissioner or department handles the issues that have been presented to him. To that end, Syngen said he is looking for ways to improve services. He would like to track the types of calls that come into the Chief's office, categorize them, and then learn how to best help Band members with their needs. Eventually he would like to help serve as one of Melanie's policy advisors and "to be influential in some of Melanie's decision-making."

Syngen believes that his degree in public policy, along with his internships with the American Bar Association and the United States Department of Agriculture have helped prepare him for his new role. "As I go along with this job I'll get more experience and gain additional skills."

Syngen received his Bachelor of Arts degree in Public Policy from Hamilton College in upstate New York.

"I look forward to growing more comfortable with my role and becoming more effective at my job. More immediately, I'm looking forward to coordinating a couple of the innovative projects that we will unveil at the next State of the Band event that hopefully all Band members can be really excited to use."

While living in Minneapolis as a youth, he traveled to the reservation to visit family members or attend ceremonial gatherings on a regular basis. When he left for college, those visits became infrequent. Now Syngen is living in Onamia with his grandfather and said he is happy to be living and working in District I.

"My dream is to help the Band," he said. "I lived on the reservation until I was eight and then we moved to Minneapolis. I hope to be able to get to know as many Band members as I can, and I want them to know they can count on me to help them."

Angella Roby Reflects on Achievements Over Last Five Years



By Toya Stewart

Angella Roby can cite a long list of the successes she's been a part of since she began working for the Mille Lacs Band government five years ago.

Instead, the Commissioner of Finance would rather talk about how pleased she is that the work that her office does benefits Band members and employees along the way.

"We in OMB see ourselves as a customer service center for Band members and employees," said Angella.

From offering direct deposit for paychecks and per capita payments to the completion of three financial audits during her first 18 months on the job, she has helped the Band make significant strides in the Office of Management and Budget (OMB).

"We have converted our software to Windows and started processing the payroll and per capita payments in-house," said Angella. "We process over 700 paychecks weekly and over 1,700 per capita checks monthly."

"By moving the payroll and per capita processing in-house, it has saved the Band a huge amount of money and has also created another job," she said.

Because OMB brought the per capita processing in-house, the Band can offer flexible per capita payment schedules from which Band members can choose.

Currently she is exploring the idea of offering debit cards for per capita payments, and states, "it's very preliminary, but is something to definitely consider."

Some of her other accomplishments include starting a monthly newsletter, *OMB Smoke Signals*, for Band employees that keeps them abreast of updates and changes in OMB processes. She oversaw the overall Band government's biennium budgeting process twice now, and she has recently

revised the travel policies to save the Band money.

"The slumping economy is affecting every industry at this point," Angella said. "We need to make sure we stay within the Band's net revenue allocation plan. That's always my goal."

This month marks Angella's fifth year as the Commissioner of Finance. Unlike the other commissioners, she works in the legislative branch. She was nominated for appointment by Herb Weyaus, Secretary/Treasurer of the Band Assembly, and then ratified by the Chief Executive.

Before coming to work for the Band, Angella worked as a Certified Public Accountant (CPA). Often she worked 70-hour weeks – which meant she was away from her family for long stretches at a time – and it took a toll on her.

When she learned that the Commissioner of Finance position was vacant, she was eager to apply. She knew she could be an asset to the Band with her many years of government audit and accounting experience, and the position would allow her to have more time with her family.

While there have been challenges along the way, such as maintaining budgets for more than 100 different departments and finding ways to cut costs and save money in a struggling economy, the rewards of the position have been greater, said Angella.

Angella is also proud of the minor trust training seminars that she started her first year on the job. "It's for all Mille Lacs Band juniors and seniors that will soon become eligible to receive their minor trust payments. The seminars cover topics such as saving, investing, insurance, credit and careers."

Angella assists about 50 Band members, including Elders, each year who are dealing with income tax issues. While it's not a part of her job, she believes that her prior years of tax experience is beneficial to those who need her help.

Angella received her bachelor's degree in accounting from the University of Minnesota-Duluth before becoming a CPA in 2002. She has been married for 17 years and has two children. In her spare time, Angella enjoys spending time with her family, golfing and playing racquetball.

John McCain's Views on Health Care

By Toya Stewart

In a matter of weeks the county will elect a President. Many Americans are paying close attention to what the two contenders – Republican John McCain and Democrat Barack Obama – are saying about issues that affect them. For many, including American Indians, health care tops the agenda. This month we take a look at McCain's views on health care as it pertains to American Indians.

The Republican Presidential nominee John McCain, a Senator from Arizona, has a long-standing relationship with American Indians.

As a member of the U.S. House of Representatives for four years and a Senator since 1987, McCain comes from a state that has more than 20 federally recognized tribes.

He has twice served as the chairman of the Senate Committee on Indian Affairs – most recently from 2005-2007 and is still a member of the committee.

In his statement, "John McCain on Native American Policy," he said that he has "worked to improve health care for Indians, including reauthorization of the Indian Health Care Improvement Act."

The bill passed the Senate this year with Senator Byron Dorgan, a Democrat from North Dakota, chairing the Indian Affairs committee.

McCain also said that he has "championed efforts to combat diabetes, supported efforts to address chronic mental health and substance abuse problems on reservations."

Further, McCain authored legislation that was intended to increase the attention given to health needs of Indians by designating an Assistant Secretary for Indian Health, whose role it is to prioritize and simplify health services with the U.S. Department of Health and Human Services.

In April, McCain wrote in *Indian Country Today*, "I have worked consistently to improve health care for Indians."

"I have also fought for greater autonomy with regard to health care, advocating for permanent self-governance authority for the Indian Health Service to enable Indian tribes to directly administer tribal health facilities and programs."

He added that, "In authoring the Indian Child Protection and Family Violence Protection Act, I was an early leader in addressing victims' rights, family violence and child abuse."

On the Presidential contender's Web site, JohnMcCain.com, he said that he believes that "America's veterans who dedicated themselves to protecting our country deserve the highest quality health care."

McCain said that he "is committed to ensuring that veterans' health care programs receive the funding necessary to provide the quality health care our veterans need and deserve."

His site says McCain has "worked to ensure that Veteran's Affairs provides care for all eligible veterans, no matter where they live or what they need. In addition, John McCain has fought to ensure that retired servicemen and women have meaningful access to affordable health care."

Tadd Johnson, Special Counsel for Government Affairs for the Mille Lacs Band, said McCain's long history working with Indian tribes has had an impact.

"John McCain has said he believes in protecting tribal sovereignty and understands self-governance," Tadd said. "He also understands the need to work with tribes to assure equal access to funding and programs."

"As Americans everywhere grapple with rising health care costs, it's important that the next President look at the unique needs of Indian people and make wise funding decisions," Tadd added.

Community Q&A

How do we get our people involved in voting?

Pauline Sam



"We have to keep telling our youth how important it is to voice their opinions.

Every voice makes a difference."

Dawn Peel



"Voter registration is crucial because you can't vote without being registered.

We can also get more people involved providing shuttles to polls and helping people know who the candidates are and what their issues are."

How does voting protect our way of life as Anishinaabe?

Carmen Kegg



"Voting gives us a right to choose who we want to elect so our rights won't be

violated. It protects our rights and treaties."

Brian DeSantis



"The squeaky wheel gets the grease. Politicians pay more attention

to people they think will vote for them. Politicians might think, 'why should I care [about issues] if people don't vote.' There are some politicians that would like to [challenge] our rights and government, but we've got to stand against them."

"Undefeated" Event Left Some Boxers Surprisingly Defeated

On August 29, the Mille Lacs Band Boxing Commission hosted a professional boxing event titled "Undefeated" at Grand Casino Hinckley. Headliners Phil "The Drill" Williams of Minneapolis and Marcus "Native Pride" Oliveria of Topeka, Kansas, battled each other for seven rounds before Marcus defeated Phil. This was the first career loss for "The Drill," who went into the match with an 8-0, 8 KO record. The light heavyweight boxers gave a thrilling performance full of tough punches and jabs before the cheering crowd.

In round three of another exciting match-up, Caleb Traux knocked out Robert Kliever, upholding Caleb's undefeated record.

Other results included:

- Emerson Chasing Bear won against Harley Kilfian.
- Jon Schmidt defeated Silas Ortleby by a technical knockout.
- Sam Morales beat Cheyenne Ziegler.

- Kirstie Davis won against Jessica Bednark, who made her professional debut.
- Along with Kirstie, who is a Mille Lacs Band member, there were four other American Indian competitors.

Warriors Fight Promotions presents full-contact kickboxing

Kickboxers will battle each other for top championship titles, including the world amateur kickboxing championship, during a September 19 event at the Mermaid Entertainment and Event Center in Mounds View.

Warriors Fight Promotions – owned by Band member Bobby Anderson – will host the event at 8 p.m. Tickets are \$30 and will be available at the door. For more information, contact Bobby at 612/716-9654, e-mail thewarrior15@yahoo.com, or visit www.warriorsfightpromotions.com.

Ensuring Safe Work Environments

Since joining the Mille Lacs Band in 2004, Safety/Risk Manager Rob Thompson's job continues to evolve as new safety issues and practices emerge. Rob joined the Band's Human Resources Department after working for four years as a safety director for a construction company and 14 years as a safety/loss control consultant for insurance companies, in which he worked significantly with American Indian tribes in Minnesota. His original position with the Mille Lacs Band mainly involved handling workers' compensation claims – a duty he still performs today, but in a more limited capacity.

Today, his job involves a variety of functions, from training Band government employees to processing unemployment claims to helping employees injured on the job transition back to work. He also talks with employees to identify any safety concerns they may have about the Band's schools, clinics, assisted living units, government center, or other facilities.

"One of my favorite parts of my job is visiting with employees to find out what their safety concerns are and working together to make a plan to address them," said Rob. "I enjoy being a resource for employees to turn to so that they can perform their jobs safely."

Another part of Rob's job involves leading the Band's safety committee. The recently renamed Mille Lacs Band Inter-Departmental Safety and Environmental Committee is comprised of 10 Band employees from various departments and focuses on environmental issues as well as safety. The committee is looking at ways to make the Band's facilities more environmentally friendly – not only to help protect the earth, but also to create healthier work environments for the Band's employees.

For example, the committee is looking ahead to winter and discussing ways to improve facilities' air quality to make

them as energy efficient as possible and to provide clean air for workers.

"We're being proactive in preparing for the winter months to ensure that our facilities are clean and efficient, especially since we anticipate an increase in heating costs," said Rob. "We are also looking at our snow removal procedures to make sure they are effective in getting the job done so that employees can safely get to and from work."

The committee also reviews work injury claims to identify potential improvements. According to Rob, most of the claims are minor, so the committee has more time to focus on being proactive.

"We look at ways to catch any potential safety risks before an incident ever happens, so we can make changes in our procedures," said Rob.

The committee is looking to add new members. If you are interested in joining the committee, contact Rob at 320/532-7841 or robertt@millelacsojibwe.nsn.us.

Other duties

Each month, Rob and a co-worker train newly hired Band government employees on general professionalism, the Band's operations, separation of powers, culture, and human resources policies and procedures. In addition, they provide basic Occupational Safety and Health Administration (OSHA) training.

While Rob is not responsible for overseeing the safety training of the Band's casino Associates – who receive their training from the casinos' safety personnel – he often consults with his counterparts at the casinos to share information.

"We bounce ideas off of each other. Oftentimes, people from the casinos come to work for the tribal government and vice versa, so it is good to know what is happening within all tribal operations to ensure safer environments for workers."

Mille Lacs Band Participates in Statewide Pandemic Drill

By Monte Fronk, Emergency Management Coordinator

This summer, the Mille Lacs Band participated in a statewide pandemic flu exercise that tested communications between the Minnesota Department of Health, regional multi-agency coordination centers (MACCs), and Minnesota's 87 counties and 11 tribal governments.

During the day-long exercise, the state notified each county and tribal government that a simulated pandemic flu outbreak had occurred and sent them simulated medication. In the event of a real pandemic flu, the first round of medications likely would be limited. This would require Tribal Emergency Response Committees (TERCs) and county commissioners to determine which staff members receive this limited amount of medication, so that government operations could keep going until the release of the next round of medication.

For the Mille Lacs Reservation, we utilized our All Hazards Emergency Operations Plan and determined that our TERC would need to make this determination with direction from the Health and Human Services and Public Health Departments. Once these groups made their decision during the simulated exercise, they notified the Minnesota Department of Health.

Throughout the exercise, we were in constant communication with our regional MACC (located in St. Cloud), which then relayed information to the state office. This was a great way to test our communications and make sure that everyone received the vital messages.

Overall, this was a very beneficial exercise that tested governments' decision-making skills during an emergency situation.

Women Invited to Friend-to-Friend Events

The Mille Lacs Band's Public Health Department and Ne-la-Shing Clinic/Health and Human Services Department have partnered with the American Cancer Society to promote education about early detection of cervical and breast cancer.

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

Friend-to-Friend events will be held in each of the three districts:

- District I Community Center – Thursday, October 2, from 3-7:30 p.m.
- District II Assisted Living Unit – Tuesday, September 30, from 3-7:30 p.m.
- District III Community Center – Monday, October 6, from 3-7:30 p.m.

A light dinner and prizes will be available for participants. Women participating in the Friend-to-Friend events will have an opportunity to schedule a mammogram with the Shakopee Mdewakanton Sioux Community's Mobile Mammography Unit, which will come on the following dates:

- Tuesday, October 28 – Ne-la-Shing Clinic, from 9 a.m.-3 p.m.
- Wednesday, October 29 – East Lake Community Center from 9 a.m.-3 p.m.
- Thursday, October 30 – Aazhoomog Clinic (in back) from 9 a.m.-3 p.m.

If you have any questions about these events, please contact Marlene Poukka at 800/709-6445, ext. 7812 or 320/532-7812.

Minnesota Housing Finance Agency Approves Home Loan Program for Tribal Members in Twin Cities

A new home financing option for American Indian tribal members in the Twin Cities has received final approval from the Minnesota Housing Finance Agency. The Multi-Indian Urban Housing Project will help Indian families afford homes through "affordability gap financing."

Affordability gap financing will assist qualified buyers in covering the difference – up to \$35,000 – between a home's cost and the mortgage amount for which each individual qualifies. Enrolled members of any federally recognized tribe are invited to apply for the program, which is accepting applications effective immediately from people wanting to purchase homes from qualifying developers in the 11-county Minneapolis/St. Paul metro area.

The Mille Lacs Band will coordinate the affordability gap financing, made possible by a grant from the Minnesota Housing Finance Agency. Individual participants will be responsible for obtaining the first mortgage financing for the

homes they wish to purchase. The program is supported by the Leech Lake Band, Lower Sioux Indian Community, Mille Lacs Band, Red Lake Nation, and White Earth Band; as well as the Minnesota Chippewa Tribe Financial Corporation, Bremer Bank, and the Greater Metropolitan Housing Corporation.

Applicants for affordability gap financing will be considered based on their proof of tribal enrollment, proof of mortgage commitment from an approved lender, income, completion of a homebuyer training course, and compliance with any local property requirements.

For more information

To receive additional information about the Multi-Indian Urban Housing Project or eligibility requirements for affordability gap financing, please contact Arlene Weous, Assistant Director of Housing for the Mille Lacs Band, at 320/532-7454 or 800/709-6445, ext.7454.

Financial Assistance for Teen Parents

By Attorney Ralonda Mason, East Central Legal Services

If you are a teen and a parent, you and your child may be eligible for financial assistance from either the Tribal Temporary Assistance for Needy Families (TANF) program or the Minnesota Family Investment Program (MFIP). Both Tribal TANF and MFIP are programs for low-income parents and children. While the two programs have slightly different rules, they both focus on providing financial assistance to families while helping them move toward economic self-sufficiency. Parenting teens may qualify for cash assistance, food support, and child care assistance. Parenting teens who live with parents already receiving Tribal TANF or MFIP may be eligible for a separate grant.

Many of the general Tribal TANF or MFIP rules apply to teen parents as they do to older parents. However, there are a few important differences for teen parents. First, the teen parent and child must live with a parent, legal guardian, other approved adult, or in an adult-supervised setting (for teens under the age of 18). There are exceptions to this requirement for teens who (1) do not have a

parent, guardian, or other adult relative who will allow the teen to live with them; (2) have lived independently for a year before the birth of their child; or (3) would be in danger if they lived with their parent, guardian or relative.

Second, parenting teens who do not have a high school diploma or GED will likely need to go to school to get benefits. Teens who are 18 or 19 years old will be required to either go to school or complete and follow an employment plan. Teen parents who attend school at least part-time are able to exclude their earned income. This means that the money they earn working does not reduce their Tribal TANF or MFIP grant. In addition, teen parents who meet school attendance requirements do not have the time they are on assistance count toward the program's 60-month lifetime limit.

If you or someone you know would like more information regarding Tribal TANF or MFIP, please call East Central Legal Services toll-free at 800/622-7772. East Central Legal Services is also available to conduct community presentations on this and other topics.

Circle of Health Update

By Circle of Health staff

Insurance address

Once again, please contact our office if you have not updated your information. It has almost been one year since we moved to the Chiminising Community Center, and mail forwarding will expire on September 30, 2008. This is extremely important, because we are still receiving premiums sent to the old address. Policies sent to the old address are at a high risk of being terminated.

Update Circle of Health cards

If you have not updated an enrollment form with our office, a Circle of Health card has not been issued to you. Due to recent policy changes, the new Circle of Health cards designate whether a dependent is a "BM" (Band member), "NBM" (non-Band member), or "DESC" (descendant).

We are unable to authorize billing of claims to our office until you provide information on whether you are a dependent pending Mille Lacs Band tribal enrollment, already enrolled with a number, or a descendant.

Private insurance policy

The Circle of Health Board revised the private insurance coverage policy last fall. 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 should have recently received a letter.

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 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 or 800/491-6106.

Mille Lacs Band Of Ojibwe Tribal Government Monthly Financial Report

	July 2008		
	Approved Budget for FY 2008	Actual Expenditures through 7/31/08	% of Budget Expended
Administration (1)*	13,135,406	8,869,928	67.5%
Workforce*	10,307,576	4,190,219	40.7%
Judicial	1,085,086	737,662	68.0%
Law Enforcement*	3,707,433	2,713,453	73.2%
Education*	16,232,071	11,764,424	72.5%
Health and Human Services*	24,783,781	18,246,176	73.6%
Natural Resources*	4,717,161	3,868,427	82.0%
Community Development*	39,166,562	15,131,746	38.6%
Gaming Authority	4,441,857	3,336,624	75.0%
Bonus Distribution	27,164,931	27,102,307	99.8%
Total Expenditures	\$144,741,864	\$95,960,967	66.3%

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 2007 fiscal year.

Meet Your Diabetes Team Members

Following is information on two Mille Lacs Band Diabetes Team members and their roles in the team. Look for profiles of other team members in future editions of the *Inaajimowin*.

Raenelle Weyaus



Photo courtesy of the Diabetes Team

What is your position?

Nutrition Education Assistant

What are your primary duties?

Giving out information about nutrition to Elders, kids, and the general public.

What is your favorite part of your job?

Working with fellow American Indians.

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

Get a check-up and eat properly.

What is your favorite exercise?

Walking.

What is one of your goals for the Diabetes Team?

To try to help as many Elders, youth, and other adults so that they get the right information about diabetes and how it is affecting our people.

Roberta Ladd



Photo courtesy of the Diabetes Team

What is your position?

Community Diabetes Representative

What are your primary duties?

I hold diabetes support groups in Mille Lacs, Isle, East Lake, and Lake Lena. I also assist with our diabetes group class and the Healthy Heart Program. I help community members get one-on-one education about diabetes.

What is your favorite part of your job?

Meeting people from other districts, educating people on diabetes, and learning more about diabetes everyday.

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

Remember "portion control."

What is your favorite exercise?

Dancing. I'd like a fully beaded outfit with bright colors and feathers.

What is one of your goals for the Diabetes Team?

My goal is to get more community members to learn about diabetes so they can live a healthy lifestyle.

Tribal Noteboard

Happy September birthday to:

Wesley, on September 13 with love from mom, Nana, Tracy, Kelly, Jay, Rachel, June, Taya and Noah • **Onee**, on September 22 from Jen, Deek, Wesley, Tracy, Kelly, Jay, Rachel, June, Taya and Noah • **Age B**, on September 3 from all the girls • **Sandy Anderson**, on September 20 from Lynn and family, Chris, Rochelle and Brandon • **Wesley**, on September 4 with love from mom, auntie, uncle, Jordan and Joshua • **Papi**, on September 15 from Michelle, Lynn, Jason, Wesley, Joshua, Jordan, Princess and Numnuts • **Joshua**, on September 19 from mom, dad, Michelle, Lynn, Jordan and Wesley • **Chris Sr.**, 27, on September 20 with love from Lynn and family, mom, Jameson, Cordell, Chris Jr., Nicole, Val, Mariah, Baby Kevin, Brad Sr., Shelby, Jarv, Tracy, Jake, Jaime, Aiva, Markie, Kaen, Gram AA, Sharon, Wally, and Rave • **Grandma Sandy**, on September 20 with love from Jameson, Cordell, Chris Jr., and Phoenix • **Tracy**, on September 29 with love from Aiva, Mark, Jacob, Shelby, Jarvis, Jamie, Nicole, Jameson, Cordell, Chris Jr., Chris, mom, Gram, Sharon, Ravin, Wally, Val, Mariah, Baby Kevin, Brad Sr., and Karen • **Brad Jr.**, on September 17 with love from Nicole, Jameson, Cordell, Chris Jr., Chris, Karen, Grandma AA, Tracy, Jacob, Jarvis, Shelby, Aiva, Mark, Jamie, Sharon, Wally, Val, Mariah, Baby Kevin, mom, dad, Rave, Kristi, Braelyn, Peyton, and Eric Anthony • **George III**, 27, on September 28 with love from Vanessa, Cedric, Cedar, Caiarah and Cyliss • **Duane**, on September 9 from Vanessa, George and the kids • **Georgia**, on September 6 from Barb, Paul, Jo, Bear, Brandon, Boy, and the girls • **Tai Ann**, 4, on September 28 from Grandma Bearheart, Paul, Boy, Jo, Bear, and dad • **Ian**, 10, on September 29 from Grandma Bearheart, Paul, dad, Jo, Bear, and Brandon • **Sarah Oswaldson**, 22, on September 8 from Keith • **Keith**, 23, on September 10 from the Davis-Boswell family • **Sarah Day**, 23,

on September 14 from Keith • **Louise Davis**, on September 12 from the Davis-Boswell family • **Destanie Anderson**, 12, on September 3 from the Davis-Boswell family, Shy, Jor, mom, Gramma Gina, Uncle Dal, Dal Jr., Gramma Nazz, and Papa • **Daniel St. John**, 4, on September 24 from daddy • **Jerome Bedausky**, on September 5 with love from mom, Brent, Taryn, Brenda, Roland III, Chell, Baby Cam, Tim, Veronica, Ed, and Rich • **Taryn Bedausky**, on September 18 with love from dad, Grandma Mary, Auntie Brenda, Roland III, Brent, Veronica, Baby Cam, Auntie Chell, Tim, and Ed • **Selena**, 10, on September 10 with love from mom, dad, Dante, Mase Jr., Shawsha, Soul, gram, DeaLayna, Stone, June Bugg, Franny, Danielle, Rachel, Joe, Moobutts, Marissa, Joey, Sheila, Donni, Greg, Jim, Jack, and Bruce • **Soul Son**, 1, on September 15 with love from dad, mom, Selena, Shawsha, Dante, Mase Jr., Gram, DeaLayna, Stone, Junior, Franny, Rachel, Joe, Donni, Joey, Sheila, Marissa, Simone, Greg, Jim, Jack, and Bruce • **Brenda Humetewa**, on September 18 with love from Kiersen, Marisa and Tristen • **Kevin**, on September 3 with love from Val, Mariah, Baby Kevin, mom, dad, Shelby, Jarv, Tracy, Jake, Jaime, Aiva, Markie, Karen, Gram AA, Sharon, Wally, Rave, Nicole, Chris, Jimmy, Cordell, and Buddy Buns • **Panji**, on September 8 from Bill, Lenore, Clara and Emmarae • **Krystyna Virnig**, 18, on September 16 from mom, Mylz, Robyn, Heather, Daniel and Thomas • **Collin**, 19, on September 24 with love from Lenore and family, mom, dad, Roland, Kevin, Vince, Desi, Lydell, Kayla, Tayaunna, Camille, Lance, Terrell, Tierra, LaDarius, Candy, Clay, Clay Jr., Aubrey, Roxanne, Bev, Rog, Juni, Roy, and Jill • **Clayton Sr.**, on September 25 from Lenore and family, Candy, Clay Jr., Aubrey, Roxanne, and the Gahbow/Smith families • **Lorena Gahbow**, on September 18 from Big Al, Coda, and Baby

Kyla • **mom**, on September 8 with love from Goats • **Kim Kegg**, on September 8 from the Goat and the Brats • **Kyle Welsh**, 14, on September 4 with love from Grandpa Ron, Gramma Gladys, Roland, Collin, Desi, Lydell, Kayla, Tayaunna, Camille, Lance, Terrell, Tierra, LaDarius, Candy, Clay, Clay Jr., Aubrey, Roxanne, Bev, Rog, Juni, Roy, and Jill • **Roger**, 53, on September 5 from Roland, Collin, Desi, Lydell, Kayla, Tayaunna, Camille, Lance, Terrell, Tierra, LaDarius, Candy, Clay, Clay Jr., Aubrey, and Roxanne • **Tyson Sam**, 18, on September 14 with love from Gladys and family • **Jonathan Sam**, 15, on September 5 with love from Gladys and family, mom, Bill, Tyson, Eva, Evan, Beth, Susan, Pap Lenny, Pumkin Janks, Emma, and Clara • **Lynnae Potter**, on September 12 with love from Gladys and family, Lenore, Bill, Tyson, Eva, Jon, Evan, Beth, Susan, and Papa Lenny • **William II**, on September 12 with love from Lenore, Bill, Tyson, Eva, Jon, Papa Lenny, Evan, Beth, and Susan • **Zachary Kegg**, on September 16 with love from Lenore, Bill, Tyson, Eva and Jon • **Shay Potter**, on September 23 with love from your family in Minnesota – Lenore, Evan, Bill, Beth, Tyson, Jon, Eva, Susan, Clara and Emma.

Happy September birthday to Mille Lacs Band Elders!

Hazel Ailport
Joe Anderson Jr.
Viola Buck
James Clark
Joseph Crown Jr.
Roger Dorr
Shirley Evans
Violet Ewert
Lorena Gahbow
Joseph Garbow
Mary Garbow
Carol Hernandez
Kathleen Johnson
Carol Mojica
Elmer Nayquonabe
Joseph Nayquonabe Sr.
Carol Sam
Darlene Sam

Joseph Sam
Karen Sam
Janice StandingCloud
Charles Sutton
Irvin Sutton
Russell Thomas
Leonard Weyaus
Richard Weyaus
Michael Wind

Birth announcement

Congratulations to Rochelle Anderson on the birth of her son **Phoenix Frederick Grant Anderson**. Phoenix was born on July 27, and he weighed 9 lbs. and 3 oz. *From Lynn Anderson and family.*

Congratulations

Congratulations to **Waylon Davis and Tiffany Roberts** on their wedding on August 8. *With love from mom, dad and family.*

Congratulations to **Michael Thomas** for making the varsity football team his freshman year at Champlin Park High School. All your hard work is paying off. We are proud of you. **With love from mom, Krista, Grams, pops and auntie.**

Congratulations to **Krystyna Virnig** on receiving her high school diploma. *With love from mom, Mylz, Robyn, Heather, Daniel and Thomas.*

In memory

Beloved **Tishina**, mother, daughter, sister, aunt, cousin, niece and granddaughter, as the anniversary of your passing comes we all remember you in our own different ways. Never forgetting the good times we had when you were here. You showed us all love and made us feel like we could do anything when you were near. We carry you in our hearts and minds with each passing year. We all want to say we love you, and miss you and wish you were here.

Memorial dinner

There will be a memorial dinner held in honor of Richard "Sam" Reese on October 4. The dinner will be held at the Onigum Community Center from 2-7 p.m. For more information, please contact Rina Fonder at 612/290-4519.

Shaken Baby Syndrome: The Frightening Effects and What We Can All Do to Prevent a Tragedy

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 eighth article:

Early in my medical training, I was on a six-week rotation in pediatrics. I was on a team in one of the teaching hospitals. Jeremy was already in the hospital when I started my rotation. He was eight months old and had been shaken by his father. No one ever came to visit him. The nurses would talk to him as they took care of him, but he really didn't have any family. He never cried, he never indicated any wants. He had a feeding tube, as he didn't have the ability to swallow.

The first time I held Jeremy was in the middle of the night. At first I was uncomfortable holding him as he didn't respond to me, but I shifted him so we were eye to eye. He seemed to look at me and I started to talk to him. I don't have a singing voice, but I sang to Jeremy that night. I have never sung to anyone else. The only song I could think of was "American Pie" by Don McLean. Jeremy made my upcoming exams and my troubles in general less that night, and I came back to hold him at other times during my rotation.

What did he do to bring this upon himself? Likely what all babies do. He cried; he needed changing and feeding. He woke up in the middle of the night. He got sick. He asked his dad to grow up before he was ready. He cried some more.

What was taken from him? What did he miss? He missed learning how to walk; he missed saying that first funny sentence all kids put together when they learn how to talk. He missed splashing in puddles in the spring. He missed the thrill of seeing baby ducks swimming single-file behind their mother, being told "Happy birthday," trying to stay in the lines when he was coloring and learning his ABCs and how to count.

He would be about 17 years old now. I wonder what kind of person he might have been. Quiet and shy; a bookworm? Or strong and fast, maybe a football star in high school.

Jeremy's case was pretty severe. I don't know what his eventual outcome was. He didn't

change in the few weeks that I knew him. There is a wide range of symptoms depending on the degree of damage. Babies are especially prone to this because they have relatively large heads and weak neck muscles. In addition, the brain tissue and blood vessels are very delicate and soft at this age. Violent shaking back and forth causes the brain to slam repeatedly into the skull. This tears blood vessels on the surface and inside the brain and in the eyes. The bleeding and subsequent swelling can cause tremendous pressure inside the skull, which worsens the damage.

Most babies who suffer shaken baby syndrome are under one year of age, but it can happen up to age five. About 60% are male. Babies that survive can have symptoms such as blindness or deafness, seizures, learning and developmental disabilities, impaired intellect, memory problems, and behavioral problems. Severe cases can end up in a comatose state.

Shaken babies don't only happen to bad parents. Anyone can get stressed, and a baby who won't stop crying when you've done everything you can think of is very stressful. All of us get angry, everyone has been mad at someone at some point. Relationships are strained with a crying baby in the house, things are not the way they used to be. Shaken baby syndrome happens in seconds, and the consequences are for life.

For parents, trying soft music, rocking the baby in a swing, changing a diaper, or feeding a baby may be what's needed. Sometimes those things don't help. If you're really at the end of your rope, gently putting the baby in bed and walking away for 10 minutes is a reasonable thing to do. Take turns with your partner. Give each other a break.

What can the rest of us do? Offer to babysit. Be a support. Listen. If you see a stressed-out parent at the grocery store with small kids, let him or her in front of you. Carry her groceries. Remember, we're trying to prevent five seconds of tragedy. Small acts could save a life.

And Jeremy? Wherever you are – "Happy birthday."

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

Workforce Center to Offer Class on Customer Service

By Workforce Center Staff

When people are asked to share their experiences of customer service, they often talk about how they were treated by a waiter or waitress, a department store clerk, or a supermarket cashier.

All these employees had a direct impact on their customers that could turn the customer into a lifetime patron or send them searching for other places to do business.

Many workers' jobs involve direct contact with the public and having good customer service. The Mille Lacs Band Workforce Center's educational division invites you to join the "May I Help You?" class to learn how to enhance your customer service skills.

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

- October 9 – Lake Lena Community Center
- October 14 – East Lake Education Modular (next to the community center)
- October 22 – Mille Lacs Band Workforce Center

To register, please contact Lynnette Golden, Lead Instructor/Trainer, at 320/532-7811 or lynnette@millelacsojibwe.nsn.us or Theresa Romard, Instructor/Trainer, at 320/532-7867 or theresar@millelacsojibwe.nsn.us.

New GED and computer class hours

We have new hours available for the workforce center's GED and computer classes to help meet your needs. We are open on the following days:

- Mille Lacs Band Workforce Center – Tuesdays, Wednesdays, Fridays, and alternating Mondays/Thursdays from 8 a.m. to 5 p.m.
- East Lake Education Modular – Tuesdays and alternating Thursdays (begins on September 18) from 9:30 a.m. to 3:30 p.m.
- Lake Lena Community Center – Wednesdays and alternating Mondays from 10 a.m. to 3 p.m.

For a complete schedule, please contact the Workforce Center at 320/532-7407 or 800/922-4457.

Resumé and cover letter writing assistance

In order to best help you with writing a resumé and cover letter, we ask that you call for an appointment to ensure that you get the time you need. Depending on the position you are applying for and the details of your resumé, this process could take up to an hour or longer. Please plan accordingly if you know the job posting deadlines are approaching.

"Blazing New Trails"

Annual Workforce Center Employment and Training Conference

What: Conference to feature informational booths, fabulous prizes, and workshops on topics including:

- Soft skills (e.g., leadership ability, conflict management)
- Preparing for an interview
- Furthering your education
- Cultural crafts

- Nutrition and managing diabetes
 - Band Member Development Department
- When:** October 1-2
Where: Grand Casino Mille Lacs Events & Convention Center
Registration: Wednesdays, 8-10 a.m.

Pick up an application at the workforce center; must be pre-registered to attend.

For more information: Contact Randy at 320/532-4741 or Heidi at 320/532-7554.

Calendar of Events

September 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	District II Leadership Academy School Board Meeting 4 p.m. Contact: Dawn Aubid, 218/768-3477	District III Community Meeting Grand Casino Hinckley Ballroom 5:30 p.m. Contact: Monica Benjamin, 320/384-1424				
21	22	District IIA Community Meeting Chiminising Community Center 5:30 p.m. Contact: Lesley Sam, 320/532-7422	24	Urban Area Community Meeting All Nations Indian Church, 5:30 p.m. Contact: Barb, 612/872-1424 District II Community Meeting East Lake Community Center 5:30 p.m. Contact: Jenny Waugh, 218/768-3311	26	Shinobe Jam GCH Amphitheater 11 a.m.-4 p.m.
28	District I Community Meeting District I Community Center 5:30 p.m. Contact: Judy Virnig, 320/532-7423	29	30		<i>*To Purchase Tickets</i> Visit a Grand Casino box office, call TicketMaster at 612/989-5151, or visit www.ticketmaster.com	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

October 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	AMVETS Meeting GCML, 6 p.m. Contact: Ken Weyaus, 320/309-6925 Pine Grove Leadership Academy Meeting 6:30 p.m. Contact: Skip Churchill, 320/384-6970 Onamia Indian Education Parent Committee Meeting Rolf Olsen Center 12 p.m. Contact: David Sam, 320/532-4901		1	2	3	4
5	6	7	8	9	10	11
12	Candidate Forum Rolf Olsen Center (See page 1 for details) All offices closed for American Indian Day	14	15	16	17	18
					Trisha Yearwood* GCML 7:30 p.m. each night	

What Is Your Favorite Summer Activity?

Falicia Mitchell



"Working at the candy shop at Grand Casino Mille Lacs."

Amber Buckanaga



"Fishing with my cousin Manny."

Chelsie Benjamin



"Working at the cultural grounds with Doug Sam."

Lashelle Boyd



"Attending the Y.E.S. Camp in Paynesville, MN."

Heather Benjamin



"Training and finishing the triathlon."

Renae Short



"Playing volleyball with my friends."

Kendra Mitchell



"Swimming in Mille Lacs Lake."

Jaime Boyd



"Working with the Summer Youth Program."

Photos courtesy of Rick Anderson

SWIM JAM 2008

Friday, September 26, 2008
Time: 11am-4pm

Live Music:
TWIN CYLINDER
Karaoke
Diamond in The Ruff
Sixshot Love

Grand prize drawing @ 3:30pm
4- Old cop cruisers
2008 Ford Focus
Car raffle for all to participate
\$10.00 per Ticket
Must Be Present To Win

Recipe of the Month

Indian Mango Lassi

Submitted by *Raenelle Weyaus, Nutrition Education Assistant*

A lassi is a traditional Indian drink that is similar to a fruit smoothie.

Servings: 1

Prep time: 10 minutes

Ingredients

- 1 small mango, quartered, pitted and peeled
- 3/4 cup non-fat plain yogurt
- 1/3 cup orange juice
- 2 ice cubes

Directions

- Combine all the ingredients in a blender.
- Blend until smooth and frothy.

Variation

Try using strawberries, bananas, or other fruit in place of the mango next time you make a lassi.

Nutrition per serving

- 250 calories
- 0.5 g fat
- 105 mg sodium
- 58 g carbohydrates
- 4 g fiber
- 9 g protein
- 50% vitamin A
- 180% vitamin C
- 25% calcium
- 2% iron

Vitamin A, vitamin C, calcium, and iron are listed as % of daily value based on 2000 calories.