

OJIBWE INAAJIMOWIN

THE STORY AS IT'S TOLD

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JUNIOR HONOR SOCIETY

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MESSAGE FROM THE CHIEF EXECUTIVE

MELANIE
BENJAMIN
CHIEF EXECUTIVE



We have had another month filled with activities and progress. Consider these few examples: the formal announcement of our hotel purchases, conversations with the U.S. Attorney General on tribal justice, an event with Mille Lacs Band student scholars, and the Hand Drum contest.

First, as many of you know, the Band closed on the purchase of two downtown St. Paul hotels, the Crowne Plaza Riverfront and the DoubleTree by Hilton. We made the formal announcement on March 11 at the Crowne Plaza, complete with an invocation and ceremonial drum. My three grandchildren, who don't have school on Mondays, came along and they were so impressed!

The whole morning was surreal. There we sat, representing the people of the Mille Lacs Band in a property now owned by the Corporate Commission and the Mille Lacs Band.

Our status as business leaders took a big step forward that day. The months and years ahead will bring much opportunity and enrichment. Just as important, we'll be recognized as a people who can expand successfully into a mainstream business as good citizens and entrepreneurs. It was quite a morning and I will never forget it.

On a more sobering note, we met with U.S. Attorney General Eric Holder in Washington D.C. in late February at the Tribal Nations Leadership Council. The Council,

made up of 12 tribal leaders, meets twice a year and coordinates efforts between the U.S. Department of Justice and tribal governments.

We discussed a wide variety of concerns in Indian Country, from the future of the Indian Child and Welfare Act to reservation law enforcement, the FBI justice programs, initiatives to decrease violence against women, and more. I brought up gang violence and its negative impact on our communities. We also discussed budgets, a subject on everyone's mind these days. One of our goals is to educate state officials throughout the country on the legal status that tribes inherently possess.

The two days of discussion were serious in nature, but I found Attorney General Holder to be friendly. He even joked with us.

A much different audience showed up for the National Honors Society Banquet at Nay Ah Shing High School – an audience of proud family members and our young scholars. The banquet was held in mid-March, and I am always so happy to attend these events that showcase our young people.

It was an honor to address the group. I talked about success and failure, the need to pick yourself up at times and move on to even better things. I reminded the students that hundreds of years ago, our people crossed Canada, followed the St. Lawrence River and the Great Lakes and came to this place now called Minnesota. Our ancestors survived a thousand winters by being tough, smart and courageous. I reminded our students that they have the blood of heroes in their veins. They are the great grandchildren of noble, honorable people! It was an evening of pride and joy.

Finally, the first Hand Drum Contest was a blast! We heard lots of great singing and watched excellent round dancing. Congratulations to all the winners. Everyone asked that this be done on an annual basis. That sounds like a terrific idea.

How nice to see the days grow longer after a winter that seemed long this year. I wish a happy spring to all.

Melanie Benjamin



District III Representative Diane Gibbs, Roxanne Emerson, Clayton Benjamin, Jr., Aubrey Benjamin, and Chief Executive Melanie Benjamin at the St. Paul Hotel press conference.



Pictured (L-R): Guadalupe Wahlstrom (Social Development Specialist), Candace Killspotted, Aaron Bucknaaga, Noel Kegg, and Phillip Sam (Director of the Boys and Girls Club).

Local Students Attend Native Youth Event in St. Paul

Andy McPartland Staff Writer

Three teenage Band members recently spent two days in St. Paul at the Native Youth Council Conference, receiving a first-hand glimpse into the inner workings of Minnesota state government.

Aaron Bucknaaga, Noel Kegg, and Candace Killspotted, members of the Native Youth Alliance of Minnesota, spent March 12 and 13 at the St. Paul Capitol. The objective of the event was to build relationships with other students while learning about state policy and the govern-

ment-to-government relationships between Minnesota and Native American tribes.

Also on the agenda were meetings with State Senators and Representatives from each student's district. Aaron, 18, was excited for the afternoon ahead.

"I can't wait to meet the representatives," he said. "I just hope all the youth that came today get to have their voices heard."

Chaperones for the trip were Phillip Sam, Director of

the Boys and Girls Club, and Guadalupe Wahlstrom, Social Development Specialist.

Phillip mentioned that the trip, which included a visit with Director of Government Affairs Jamie Edwards, was very beneficial for the students.

"It makes them feel like they matter," Phillip explained.

"To be here for a purpose, to rally with other youths – not just Native youth, but from the whole state – is very important."



Child Abuse Prevention March Government Center to Community Center

Thursday, April 25, 2013 at 5:15 p.m.

At the Government Center: 43408 Oodena Drive, Onamia 56359

Please join Mille Lacs Band Family Services in a walk from the Government Center to the Community Center to help spread awareness and help prevent child abuse. After the walk (rain or shine), enjoy a picnic style dinner of sloppy joes, hot dogs, potato salad, cole slaw, beans and Rice Krispie bars. There will also be blow up games for the kids.

Spectacular door prizes for our kids: Little Tikes 3-in-1 Trike for the new-born to 2 years old; a tricycle for 3-4 years old; a 16" rocket bike with detachable training wheels for the 5-9 years old; and a female 26" mountain bike and a male 26" mountain bike for the 10-17 years old. Five \$50 Business Cards for the adults.

On March 22, nearly 600 community members gathered for the annual Treaty Rights Celebration at the Grand Casino Mille Lacs Convention Center.

Sponsored by the Department of Natural Resources and Environment (DNR/E), the event marked the historic U.S. Supreme Court ruling that affirmed treaty rights of the Mille Lacs Band through the Treaty of 1837.

The celebration was a great way for people to come together to have a meal, discuss natural resourcing harvesting, and celebrate the local community offerings.

DNR/E employees helped with informational booths for Band members about treaty fishing, berry harvesting, sugar bushing, ricing, and licensing. Booths offered strawberry plants, rice, maple syrup, nets, and resources for the Elder food bank.

Other vendors included Eddie's Launch Service, H. Christiansen Nets, US Fish and Wildlife, the Great Lakes Indian Fish & Wildlife Commission, and a healthy food display.

The event began with an invocation by Joe Nayquonabe Sr. and an honor song by the Nay Ah Shing Singers. Door prizes included gift cards, nets, and a digital scavenger hunt.

A fun day for the whole family, the Treaty Rights Celebration was definitely a success. Thanks to all that contributed to a great day. See you next year!

TREATY RIGHTS CELEBRATION

Andy McPartland Staff Writer
Tiffany Bolk Photographer



The event marked the historic U.S. Supreme Court ruling that affirmed treaty rights of the Mille Lacs Band.





Wewinabi Early Education

The Wewinabi Early Education program successfully celebrated February's "I Love to Read" month by reading 1,280 books! The children documented their progress by creating a caterpillar made out of circles, where each circle represented a book.



DI March Community Meeting Report

The next District 1 Community Meeting will be held on Monday, April 29 at 5:30 p.m. at the DI Community Center.



Winners of the Cupcake Contest.



Pictured, L-R: Ronni Jourdain, Jennie Mitchell (in pink), Shaina White, Megan Saboo, Dajatay Barnes, and Tierra Day



Mary Simon, Nay Ah Shing High School Principal, addressing the inductees.



Melanie Benjamin addressing the inductees and their guests.

Six Inducted into Nay Ah Shing Chapter of the National Junior Honor Society

Andy McPartland Staff Writer **Ren'e Athman** Photographer

The nights spent finishing homework and studying for tests paid off on March 14, as six students were inducted into the Nay Ah Shing Chapter of the National Junior Honor Society.

In a ceremony featuring speeches by Chief Executive Melanie Benjamin and Principal Mary Simon, six young women were acknowledged for their academic success: Dajatay Barnes, Tierra Day, Ronni Jourdain, Jennie Mitchell, Megan Saboo, and Shaina White. Congratulations!

Finding a Job in Today's Market Requires More Effort than Ever Before

Tawnya Stewart Guest Columnist

In the not-so-distant past, finding a job was a matter of showing up at a business and requesting a job application. Today's job searches can require that technique and more. The market is more competitive than it has ever been, and potential candidates must make an extra effort to outshine other applicants.

It can be a full-time job looking for a job, so I'd like to offer a few tips to help you get started. First of all, think about what type of position fits your skills, passion and personality. Second, focus your search on specific companies or specific jobs that interest you, rather than pursuing every opportunity you see.

Resume

Create a resume that builds your personal brand and tells your story. If you are unsure how to get started, use an online template. Once you have created a resume, have a friend or colleague provide constructive feedback before sending it out. This is the first thing a recruiter or an employer will see and you want it to stand out. Recruiters spend very little time on resumes, so make sure your resume represents your brand.

Companies

Focus your job search by making a list of the three to five businesses or companies you would like to work for. Research each of them to learn key information about them that you can use during interviews or conversations with key players. Visit the companies' career sites when you can do things like:

- Create a career profile
- Apply for openings
- Set up alerts for the website to send you alerts about new openings.

Networking

Make a list of people you know who are employed by the companies where you want to work. If you can, set up time to meet in person over coffee or lunch. By connecting with your network you will continue to build helpful relationships. Most people will get an interview based on a personal recommendation.

In addition, provide details about what type of position(s) you have applied for and ask if they know someone



on the inside may be able to help you. Make sure you follow up with a call or email afterwards. Following

up is key to the relationship.

Use social networking to connect and find out about opportunities. Let people know you are in the market for a new position.

Other things to do during a job search:

- Create a LinkedIn profile. Try to connect with everyone you know from the companies where you want to work. This professional networking site can be invaluable in finding a job, or employees.
- Attend career fairs and seek out the companies that interest you.
- Volunteer at the company to learn more about the role and company.
- Conduct informational interviews with employees or people in your field of interest. This will allow you to learn about the culture and other facts you wouldn't likely ask in an interview.
- Be open and talk about your job search when you meet new people as you never know who they may know.
- Use aggregator job boards like Indeed.com/jobs versus placing your resume on numerous boards.
- Prepare by participating in mock interviews.
- Always follow up with an email or phone call.

Remember, you have to make the extra effort to gain access into companies. It's not enough to simply apply on line and hope for a call. Be consistent in your approach when job searching. Most people get jobs based on people they know and using their networks.

Lastly, keep in mind what Confucius said: "Choose a job you love, and you will never have to work a day in your life."

Tawnya Stewart is a Mille Lacs Band member. She has been a human resources professional for nearly two decades. She has worked for international companies including Accenture, Aramark, and BP during her career. She has held leadership positions in HR and Recruiting. Tawnya has a master's degree in Human Resources from Loyola University Chicago and bachelor of science from the University of Minnesota. For questions or more information contact tawnya_m_stewart@msn.com

Social Security Administration Delayed in Processing of New Disability Claims

Deborah Locke Staff Writer

A March letter to tribes from the Social Security Administration reported that due to uncertainty about the federal budget, services from SSA will be delayed. Carolyn Colvin, acting commissioner, wrote that due to the failure of Congress to reach a deal on balanced deficit reduction, applicants for disability claims will wait about two weeks longer for a decision on an initial disability claim and a month longer for a disability hearing decision.

It's expected that the delay will cause a backlog of more than 140,000 claims. The letter said that SSA was taking steps to lessen the effect of the cuts: "We will try to prioritize our reductions to avoid furloughs that would further harm services and program integrity efforts; however, the possibility of furloughs remains uncertain at this time."

On March 1, the President was required by law to issue a sequestration order canceling approximately \$85 billion in budgetary resources across the federal government for the remainder of the fiscal year.

Mille Lacs Early Education Recruitment

Mille Lacs Early Education is recruiting to update the Waiting List for the 2013-2014 school year. Applications need to be updated if your child is currently on the waiting list. Children with disabilities and expectant mothers are encouraged to complete an application.

Early Head Start (September-July): for children 6 weeks to age 3, Monday – Thursday, 8 a.m. – 3 p.m.

Head Start (September-May): for children ages 3-5 years old, Monday – Thursday, 8 a.m. – 3 p.m.

Applications can be requested by phone, email or picked up at the Wewinabi Building at 43648 Virgo Road.

Contact Gaylene if you have further questions or need an application: 320-532-7590, ext. 4408

New Child Enrollments for the 2013-2014 school year are done over the summer, so please get applications completed soon.

DIII March Community Meeting Report

The District III March Community Meeting was held on Wednesday, March 20, at Grand Casino Hinckley

The next District III Community Meeting will be held at Grand Casino Hinckley Ballroom at 5:30 p.m. on Wednesday, April 17.



District III Representative Diane Gibbs.



Pine County Sheriff Robin Cole and Dwight Reed, Chief of Police for Mille Lacs Band.

Interested in submitting to the *Inaajimowin*?

The deadline for the May issue is April 15th.

Send your submissions and birthday announcements to Andy McPartland at andy@redcircleagency.com or call 612-372-4612.

FINDING A PLACE OF HOPE

Historical Trauma Training Changes Minds and Hearts in Aitkin County

Deborah Locke Staff Writer

For decades, boarding school staff in Minnesota removed American Indian children from their homes in order to “civilize” them. Nearly everyone reading this knows an auntie, uncle or grandparent who attended boarding school. Maybe it happened to you.

Today American Indian youth disappear from their families in different ways: through suicide, jail sentences, alcoholism, drug use and car crashes.

Is there a connection between the efforts to break up families via boarding schools and the hopelessness felt today by many American Indian youth and adults?

Some answer with a definitive “yes.” It’s called “historical trauma,” and was first acknowledged by name in the early 1980s. What it means is that the damage done to an older generation of American Indians who were stripped of their heritage, of who they were, is still felt by their children and grandchildren today. The unresolved grief somersaults from generation to generation.

Starting in 2010, the Mille Lacs Band Family Violence Prevention Program partnered with law enforcement, judicial, jail, and child protection employees in Pine, Aitkin and Mille Lacs counties to introduce historical trauma and its impact on today’s Ojibwe.

Sharyl Whitehawk, an Ojibwe independent contractor, conducts the training. She’s enrolled at the Lac Courte Oreilles Reservation in Wisconsin and lives in Rice Lake, Wis. The training is paid with a 2009 federal Office of Violence Against Women (OVW) grant received by the Mille Lacs Band. Counties pay the hourly wages of employees who take the training.

Aitkin County

The first training on the impact of historical trauma with the Aitkin County Sheriff’s Department took place in September 2012, said Heidi Fairchild, Criminal Justice Intervention Coordinator with the Mille Lacs Band Family Violence Prevention Program. Some of the 21 participants were reluctant to be there. By the end, many were moved to tears by what they learned from Sharyl.

“I wanted to get them to understand that there are deep wounds in the Native communities we work in,” Heidi said.

In March 2013 Sharyl met with a second group of staff from the Aitkin County Sheriff’s Department, County Attorney’s office, and Human Services.

“That was the toughest session,” Sharyl said. “They needed to understand why they saw what they saw. Some [of the 15 participants] were receptive and cared about the community. Others were hardened and thought nothing would work. They did care, but felt defeated. By the end, they operated from a place of hope.”

Every time Sharyl addresses non-Indians about historical trauma, audience members have the same reaction: they had no idea of the devastating impact of boarding schools on American Indian communities.

Word of that impact on participants gets back to Heidi. “Sharyl’s training opens eyes,” Heidi said. By the end of the training period, members of a sheriff’s department professed a commitment to further understand American Indians. Many wanted to learn more about the culture and history in general.

While it is true that some Indians recovered from their years in boarding school to relearn their language, religion and customs, many did not. They relive the grief passed down through generations. How can this pattern be reversed?

“The first step is to look at the source of the problem,” Heidi explained. She said it’s important to separate the byproducts of historical trauma (violence, depression or chemical dependence) from the foundation. Violence and chemical dependence are not Ojibwe traditions, yet hundreds of families struggle with both, passing along the behaviors to a younger generation.

“I wanted to get them to understand that there are deep wounds in the Native communities we work in.”

Breaking the silence

A contributing factor to historical trauma is a lesson first learned at boarding school: do not talk or tell. Children who were physically or sexually abused in boarding school were warned to keep silent. The lesson carried forward. Today many American **Continued on page 16**

When asked to participate in the American Indian Cancer Foundation's Powwow for Hope for a second year, Band employees in the urban office were quick to sign on.

"The reason I wanted to do this is because we're helping our American Indian Community," said Barb Benjamin Robertson, Program Administrator of the urban office.

"American Indians are affected by cancer at a higher rate than others and so by helping the American Indian Cancer Foundation we are helping those who are dealing

access to prevention, early detection, treatment and survivor support. In 2012, there were over 2,000 participants. All donations from this event support cancer education and services for American Indian and Alaska Native people.

For its part, the urban team, "Misi-zaaga'iganiing chi-oodena Memengwaag," is gearing up to get community members involved through a few different ways including donating or participating in a silent auction that is being held in the urban office, seeking financial donations, and asking people to support the actual event. In English, the team name translates to "Mille Lacs Band of Ojibwe Big City Butterflies."

"We will each donate \$10 and we're asking other people to donate \$10 or whatever they can," said Barb. "Or they can donate something for the silent auction. Our team's goal is to raise \$2,500 this year."

Band Employees Join Effort to Raise Awareness of Powwow for Hope

Toya Stewart Downey Staff Writer

or living with cancer in a positive, culturally appropriate way. This is to help support education and resources, for cancer survivors and caregivers, and honor loved ones that have passed into the spirit world from cancer," Barb added.

This is the second year for the event, which is the organization's largest community event and fundraiser. It will be held from 11 a.m. to 9 p.m. on Saturday, May 4, at the Midtown YWCA, 2121 East Lake St. in Minneapolis. The organization's mission is to reduce cancer and its impact on American Indian families through education, improved

They are also selling "Powwow for Hope" bracelets and t-shirts on behalf of the American Indian Cancer Foundation.

Alberta Loso, the officer manager for the Band's Department of Labor, said she got involved because she wanted to help raise community awareness about the disease and its impact on the American Indian community.

"Cancer is one of the leading causes of death in our community so I wanted to be a part of this effort so I could help promote it and raise awareness," Alberta said.

The urban team leader, Natosha White, said she knows first-hand how difficult a cancer diagnosis can be for a family. Her uncle was recently diagnosed with cancer and it has taken a toll on her whole family.

"I believe in this cause and I believe in what we are doing to promote the event and raise awareness about how devastating a cancer diagnosis can be," said Natosha, who works as an intake specialist for the Department of Labor. "This is a good way to give back to the community."

"I hope others will feel the same way and find a way to participate because it's a really good and worthy cause to support," she said.

To make a donation to the team's efforts, please visit: www.givemn.razoo.com/story/Misizaagaigani-Chi-Oodena-Mememwaag

Powwow for Hope: Dancing for Life, Love & Hope

Saturday, May 4, 2013
11 a.m. – 9 p.m.

YWCA – Midtown
2121 East Lake Street, Minneapolis



Wanted: Youth Powwow Dancers Be a contestant at the 47th Annual Mille Lacs Band Traditional Powwow Royalty Contest

Do you love to dance at powwows? Would you like to be a role model for other youth?

Held August 16-18, 2013

Must be:

- 6-18 years of age
- Mille Lacs Band member, or
- Direct descendant of a Mille Lacs Band member

Jr. Brave & Jr. Princess - 6-12 years of age
Sr. Brave & Sr. Princess - 13-18 years of age

Deadline to sign up is August 2, 2013, but we recommend that you sign up early so you have plenty of time to complete your required tasks for your points.

For more information and application packets contact LeAnn Benjamin at 320-532-7595, or e-mail: LeAnn.Benjamin@millelacsband.com or Chasity Gahbow at 320-532-4742, e-mail: Chasity.Gahbow@millelacsband.com

The next Urban Area Community Meeting will be held at the All Nations Indian Church at 5:30 p.m. on Thursday, April 25.



The organization's mission is to reduce cancer and its impact on American Indian families.



EDITORIAL

Welcome to Downtown St. Paul, Mille Lacs Band

On the way to diversifying its investments beyond gaming, the Mille Lacs Band of Ojibwe has made St. Paul its first stop.

We're glad they're here.

The band now owns nearly half of St. Paul's downtown hotel rooms, with acquisition last week of the Crowne Plaza on Kellogg Boulevard and the DoubleTree by Hilton on Minnesota Street.

The investment-strategy focus on hospitality ventures allows the band — proprietor of Grand Casino Mille Lacs and Grand Casino Hinckley and affiliated hotels for more than 20 years — to do “what we do well,” its commissioner of corporate affairs, Joseph Nayquonabe Jr., told us. He outlined plans for both short- and long-term improvements to the properties, which together have more than 720 guest rooms.

The conversation also shed some light on what St. Paul does well, and what might make it better.

The city “knows the value of a big event,” Nayquonabe told us, with its success drawing crowds for big-name concerts, NHL games, state tournaments and the like.

But hometown folks need more reasons to come downtown on a daily basis — or stay after work — with “options for a night out on the town in St. Paul.”

To draw them downtown — making the properties a destination for locals — the band plans new food and beverage options at each location. At the DoubleTree, a new street entrance off of Minnesota Street will be more welcoming and accessible than the current entrance, via a parking garage.

Longer-term efforts will involve decisions about franchise agreements and “rebranding” at the Crowne Plaza, and investments that will “literally transform the property.”

The properties have become “a bit tired” in recent years.

They'll get some TLC, Nayquonabe said, with spending on renovations that will begin right away. “We're long-term investors. That's what the properties need,” he said.

The 22-story Crowne Plaza was built in 1965, when the late Pioneer Press Publisher B.H. Ridder Jr. helped bring the hotel — first a Hilton, later a Radisson — to town. The DoubleTree building, once the Holiday Inn Town Square, opened as the Radisson Plaza in 1980.

The Mille Lacs Band has hired Graves Hospitality Corp., the Minnesota-based luxury hotel company founded by Jim Graves, to manage both sites. Casino operations aren't among the plans.

“We believe St. Paul has a lot of potential for growth in the near future, and by acquiring and improving these hotels we are well positioned to be a part of that growth story,” Nayquonabe said.

He cites downtown momentum, including the Lower-town ballpark, arrival of light-rail transit on the Central Corridor and the Penfield apartment/Lunds grocery project.

The hotel acquisition comes after word earlier this month that developer Jim Stolpestad has signed a purchase agreement for the 17-story central post office building, with a plan for at least 250 units of market-rate apartments — more welcome news, especially with the closing this week of Macy's downtown store.

From here, the band's objectives include acquisitions in major hospitality markets across the nation. But it made sense to start at home. “We know the area; we know the people,” Nayquonabe said.

Their slogan — “the Mille Lacs Band of Ojibwe welcomes you” — has a familiar ring. It will be good to hear it here, too.

This editorial appeared in the St. Paul Pioneer Press on March 12, 2013. It is reprinted here with permission.



Pete Nayquonabe, Commissioner of Administration and Sara Rice, Deputy Assistant to the Chief Executive



Joe Nayquonabe, Commissioner of Corporate Affairs



Band Closes on Purchase of Two St. Paul Hotels

Deborah Locke Staff Writer

It's official. On March 11, 2013 in an Ojibwe-style ceremony, the Mille Lacs Band of Ojibwe celebrated its purchase of two hotels in St. Paul.

Closings on the sale of the Crowne Plaza (11 Kellogg Blvd. E.) and DoubleTree by Hilton (411 Minnesota St.) took place on March 7. The celebration that included a drum group and speeches by MLB officials and St. Paul business leaders took place at the Crowne Plaza Hotel.

The Crowne Plaza and DoubleTree will be managed by Minneapolis-based Graves Hospitality.

The purchase gives the Band an opportunity to build on its established success with hotel ownership. The Band already owns five hotels: Grand Casino Mille Lacs, Eddy's Lake Mille Lacs Resort, Grand Casino Hinckley, Grand Hinckley Inn and Grand Northern Inn (all in Hinckley).

The proven track record with the hotel industry makes the investment purchase logical. Renovations to the buildings will take about two years; the Crowne Plaza was built in 1965. The DoubleTree will have a new street-level entry on Minnesota Avenue, and a restaurant on its first floor.

In her comments at the ceremony, Chief Executive Melanie Benjamin said that the purchase allowed the Band a chance to diversify its revenue with a business not related to gaming. The urban hotel purchases may be the start of a larger national expansion by MLB into the hospitality industry. There are no plans to include gaming activities at the hotels.

The Crowne Plaza Hotel has 468 rooms, and the DoubleTree has 251 rooms.

In news reports, Benjamin Graves, president of Graves Hospitality, said that occupancy rates in St. Paul have been more stable than in comparable markets, which makes the hotel purchase attractive. In addition, the completion of both the Central Corridor light rail line and the St. Paul Saints stadium will bring people into the city.

Melanie Benjamin addresses the crowd at the St. Paul Hotel press conference.



Dave Matrious, Interim Building Coordinator for Pine Grove Leadership Academy and Jim Graves, CEO of Graves Hospitality



Katie Draper, Government Affairs Coordinator and Jenelle Kingbird Administrative, Assistant to District 3 Representative Diane Gibbs



Joe Nayquonabe, Sr., Band Elder and Chemical Dependency Counselor

Hand Drum Contest Makes Splash in First Year

Andy McPartland Staff Writer **Tiffany Bolk** Photographer

The first Hand Drum Contest, sponsored by the Chief Executive Office, started out with a bang – plenty of them.

Hosted at Grand Casino Hinckley on March 8, the contest featured groups of talented singers and dancers showcasing their skills for cash prizes. The event is an important way to celebrate Ojibwe traditions and heritage, and the participants did not disappoint.

Congratulations to all of the winners!

Youth division:

- 1st Place: "Hay Creek"
- 2nd Place: Scott Matrious, Band member

Adult division:

- 1st Place: "Red Creek"
- 2nd Place: "Ajidamoo Tracks"
- 3rd Place: "Royal Flush"
- 4th Place: "Gentlemen's Club"





Reducing Presence of Mold in Your Home: Part 2

Charles J. Lippert Air Quality Technician

Courtesy of Mille Lacs Band Department of Natural Resources and Environment, Environmental Office in cooperation with Mille Lacs Band Department of Health and Human Services, Public Health Office.

Reducing the presence of mold in your home is a year-round effort. When your home is closed off during the winter, reduction efforts become difficult and often unsuccessful, leaving occupants to face a large mold colony. In this second installment of a three-part series, we focus on steps to prevent the presence of mold in your home.

Any excess water in your home means a water source for mold. Taking away mold's water is essential to controlling the growth of mold. Here are some steps you can take.

Ensure rain water and ground water are diverted away from your home. Most commonly due to a failed gutter or clogged drain tile, any excess water not properly diverted away from your home can leak into your base-



Don't over humidify your home. Humidity that is too high will encourage mold colony growth.

ment. Failed drainage systems can create a low point near the foundation that retains water longer, wetting your basement more. If roof shingles, flashing or siding fail, or even if the caulking for wall and roof penetrations fails, water can enter your home. By ensuring your home is dry, you can ensure mold colonies are deprived of water they need to grow.

Don't over humidify your home. Homes can be humidified through many ways, including cooking, washing, bathing, breathing and cleaning, or running a humidifier. Using a dehumidifier may help keep your home within the desired summer humidity of 35%-45% and desired winter humidity of 25%-35%. Humidity that is too low can give you nosebleeds and static electrical shocks, while humidity that is too high will encourage mold colony growth. You can purchase an inexpensive hygrometer from the hardware store or a home-improvement store to measure air

humidity levels so you can adjust your home's ventilation as needed.

When cooking, reduce the volume of steam by using a range hood fan, but only if the range hood vents outdoors. If it doesn't, open the kitchen window.

When washing clothes, try using cold water instead of hot water. Today's detergents are able to launder clothes effectively at any temperature.

When using the clothes drier, vent the exhaust outdoors. Venting drier exhaust indoors not only over-humidifies your home, but also releases a lot of lint and dust.

When taking a bath or shower, be sure to run the bathroom fan. If your bathroom fan does not vent outdoors, have a qualified person re-route the duct so that it does.

If your home has more people than it was designed to hold due to relatives staying with you or house guests for a gathering, set the furnace fan to "on" instead of "auto."

Most cleaning products including ammonia and vinegar contain mainly water. When you have finished cleaning, dry the area by increasing air circulation: turn the furnace fan to "on" from "auto" or turn on a portable fan in the cleaned area.

Some homes start out too dry, so the home owner uses a humidifier to moisten the air. If you do so, ensure the humidified air is circulated well in the space you are humidifying and actively monitor humidity levels.

Eliminating leaks in water supply valves and pipes can eliminate unwanted humidity in your home.

Some homes may be over-humidified by having too many high transpiring plants (such as ferns) in one room. Mix low transpiring plants (such as cacti) with high transpiring plants, spread the plants throughout the home, ensure good air circulation, and monitor overall room humidity levels so you can enjoy your plants without over-humidifying your home.

Ensure good air circulation. Too often, certain parts of the home are too dry while other areas are too wet. This becomes more noticeable during winter when your home is closed. Other times, furniture placement, room decoration choices and curtain choices may inhibit proper air circulation, causing certain areas of the home be cooler than other areas and promoting unwanted condensation.

Moving beds, couches and other large furniture away from the wall to provide at least two inches of clearance from the wall, and ideally six inches from the wall, will allow air to circulate properly.

Wall hangings such as pictures, paintings, and decorative blankets and rugs, depending on their size, need an eighth of an inch (for small objects) to two inches (for large objects) of clearance from the wall to promote proper air circulation.

Curtains and window shades also need at least two inches of clearance from the window to promote air circulation.

When blankets are used as curtains but not given proper clearance from the wall and windows, warm air can

pass through the blanket, become cooled by the window, condense moisture out of the cooled air, and then slowly escape back into the room. Depending on the window temperature, the condensed moisture, can either freeze onto the window, eventually damaging the sash, or form pools of water that allow mold to grow on the window or its sash, or wet the blanket, allowing mold to grow on the blanket itself.

Don't promote condensation. Other than poorly placed furniture, decorations, and window treatments, homes may have other issues that promote condensation. These include cold air leaks from windows and doors due to worn or failed weather stripping or poor adjustments that form unwanted gaps. Additionally, caulking for wall and roof penetrations may have failed, allowing cold air to enter your home. If you have these issues, install new and properly sized weather stripping, properly adjust doors and windows, and ensure good seal with caulking to reduce instances of condensation, thus reducing water supply to mold colonies. In some extreme cases, failed – or even missing – insulation in walls or ceilings will cause a cold spot to form in winter, promoting condensation at that cold spot. If you have this issue, consult a qualified home improvement contractor to fix the problem.

If your home gets flooded, dry it out quickly. Severe weather events or broken water pipes may cause a flood in your home. In these cases, dry your home quickly as possible through use of pumps and wet-vacs, followed by dehumidifiers and fans. Drying your home quickly will reduce the chance for mold to begin growing.

Air out your home. If your home is equipped with a system for Energy Recovery Ventilation (ERV) or Heat Recovery Ventilation (HRV), ensure you have placed your ventilation unit on its proper summer or winter settings so it can air out your home properly. If you do not have an ERV or HRV system, open all your windows for 10 to 20 minutes per day. In winter, when heat is stored in your floors, walls, ceiling and furniture, your rooms will warm up quickly after you air out your home. Using this method, especially during winter, can quickly remove any excess moisture in your home, thus reducing the amount of water available for mold colonies.

For more information, contact:

On mold reduction strategies:
Department of Natural Resources and Environment
Environmental Office Air Quality Program
All districts: 1-320-532-4704

On health effects of prolonged mold exposure:
Department of Health and Human Services Public
Health Office

District I Office: 1-320-532-7776

District II Office: 1-218-768-2389

District III Office: 1-320-384-0149

I Thought I Might Stop Writing

Arne Vainio, MD Family Practice Physician
Stephan Hoglund Photographer

I've taken a few months off writing and when I stopped, I really wondered if I was going to start again. When I first started, I had an editor at a newspaper who continually changed what I wrote and wanted to assign me things to write about. I was told I couldn't keep writing the stories I was writing and that I would eventually run out of them.

I've thought about this often over the past few years and I often worried she may be right. I had someone pull me aside at an event and let me know he was unhappy with something I wrote because it could have been more politically active and that I could have put someone on the spot. It was implied that I stopped short of serving the needs of our people.

I've been told my stories were self serving and I only select stories that make me look good at the expense of other people.

I have taken the past few months to really think about this and to see if there is something inside me I need to change.

Maybe all of those things are true.

I do not want them to be.

Our history is not a history written by our people. The written history we have is from people who were not a part of our culture, who did not understand it and wanted to see it disappear forever.

Our elders have always taught our lessons through stories and participation and by example. Our creation stories show what happens when even the spirits are foolish and when they get greedy. They also show what happens when they are wise and generous and share their gifts. They show that each of us has a reason to be here and that we learn from each other as we also teach each other.

This is why I write. The stories come to me in the form of people and in the form of families. The struggles and heartaches that come from a diagnosis of cancer or heart disease or a death from substance abuse are all struggles and heartaches we will someday face. I see strength come from places I would least expect and I see love and forgiveness happen sometimes just in time.

And sometimes too late.

I write about being a husband and a father and I feel either that has absolutely nothing to do with medicine or that it has absolutely everything to do with medicine.

Last month my sister died. This was the first time my brothers and sisters and I have had to bury someone from our generation. My wife Ivy and I have been through this too many times and have been the ones making most of the calls and arrangements and finding help in the past.

This time we were not the ones with the responsibility to make sure a traditional funeral came together the

way it was supposed to. My nieces had this responsibility and it was the first time they ever had to do this.

With the funeral in January in Minnesota, it was bitterly cold the day of the wake. Two of our respected elders had already gone out to mark off the grave site and it was outlined in footprints in the snow. My son Jacob and my brother Brandon and I went to the cemetery the afternoon before the funeral to see if we needed to build a fire to get through the frost as the grave had to be prepared by hand by the family.

We had picks and shovels and we decided to see how thick the frost was. We took turns swinging a pick and were finally able to break through the frost about eight inches down. We didn't know we weren't supposed to start digging until the day of the funeral. We had to stop and start again the next morning.

Brandon and I stayed with my nieces at the wake with our sister.

We started digging again when the sun came up and the ground had refrozen deeper than it was originally. Every swing of the pick yielded only a cupful or so of frozen ground. Once we got through that, the ground turned to thick clay and the digging wasn't any easier.

Our brother Kelly showed up and stayed at the graveside. He had a stroke a few years back and can't use his left arm, but his presence was welcome. Two cousins that I hadn't seen in several years showed up and took turns with the pick and the shovel and Brandon's son Brian came to help.

I've drifted apart from my brothers and sisters and my cousins over the years. We used to all ride in the same car when we were kids. My uncle Pun-kin, my aunt Beverly, my mother, my three sisters, three brothers and my two cousins and I would all be packed into a dark blue 1966 Mercury, riding dirt roads and going to play in rivers or to dig through the dump. We didn't even know we were poor, we only knew we were together.

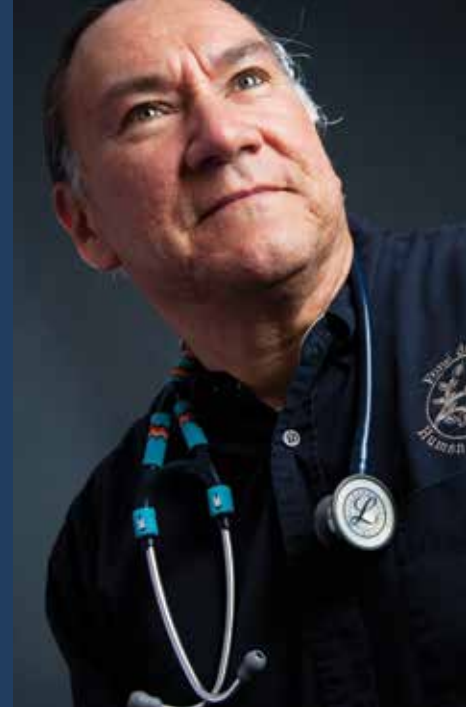
Now we were digging my sister's grave. Where does the time go?

Swinging a pick is hard work and there is only room for one person at a time in the grave. Everyone else stands on the top and tells stories and jokes and watches the one swinging the pick and digging with the shovel.

Respect is not given, but earned.

We learned again to respect each other. Brian and

"Our creation stories show what happens when even the spirits are foolish and when they get greedy. They also show what happens when they are wise and generous and share their gifts. They show that each of us has a reason to be here and that we learn from each other as we also teach each other."



Jacob as the younger generation have more energy and more strength, but they also were able to be part of the stories and the jokes and they earned their place with the rest of us.

The funeral was at 10 a.m. and as it was starting we still had about two feet deeper to go. We were told to return to the ceremonial hall so the funeral could start and as we were desperately trying to dig just a little bit deeper one of the men from the community told us he would stay and dig.

We thanked him and left for the ceremony.

The community was at the ceremonial hall, the elder who was doing the ceremony with his helpers was there, people had brought food for the feast and the ceremony was done in Ojibwe the way it has always been done.

During the ceremony, eight more men from the community showed up and finished digging the grave.

Jacob and my nephew Brian never rode in that old Mercury with us, but they showed us their strength and they were able to see ours. My sister was a year older than me and I am now the elder in our family. No one doubted that at the graveside and it didn't need to be said.

There is no possible way we could have done this as a family without the help of the community. I hugged one of the elders as we were finally leaving to go home and told her we would never have been able to do this without her and everyone else and she told me:

"One day my family will need your help for me and I know you will be there when that time comes."

We will be there, Brenda.

These are our stories.

Another generation will learn by watching and helping and we will continue to share our gifts and to find our reasons for being here.

This is why I write.

Arne Vainio, MD (Mille Lacs Band of Ojibwe Member) is a family practice physician on the Fond du Lac Ojibwe reservation in northern Minnesota. This story was reprinted with his permission.

Continued from page 8
Historical Trauma Training

Indians will not admit to addiction, violence, drug use or child abuse.

How can this be reversed?

Start to talk, Heidi said. "Acknowledge that these issues are going on and the healing can begin," she said. "Sharyl helps people understand it."

So does Maria Yellow Horse Braveheart, Lakota, a nationally recognized scholar on historical trauma and American Indians.

In her assessment of historical trauma, she wrote that in 1879, Congress passed a bill that would use vacant military posts and barracks for the "industrial education of nomadic youth...Education as a means of civilizing and elevating the savage has ceased to be experimental. Best results are obtained with the removal of children from all tribal influence."

From the 1800s until 1961, American Indian children as young as three were removed from their families and forced to attend boarding schools. The first schools were Christian missionary-operated; the Bureau of Indian Affairs later took over operation of many of the schools.

The children were punished if they spoke their native language or practiced their religion. Their hair was cut, their clothing changed, their names were changed, and even the food they ate was foreign to them. Most boarding schools also had graveyards, a clue to the more grim aspects of boarding school life.

Then in the 1940s and 1950s, federal relocation programs encouraged American Indians to voluntarily migrate to urban centers. The Oklahoma Historical Society concluded that the net effect of relocation for many American Indians meant a loss of access to traditional cultural supports, economic hardship, social disenfranchisement, overt discrimination, and unemployment.

Boarding schools and relocation to urban areas led to a unique strain of historical trauma, similar to that experienced by Holocaust survivors and by Japanese Americans who were interned during World War II.

Like Heidi, Dr. Braveheart says that the first step in addressing historical trauma is to confront it, then understand it, release the pain, and finally, transcend the trauma.

Mille Lacs Polar Bear Plungers Raise More Than \$40,000

Sarah C. Barten Public Relations Specialist, Corporate Commission

Last month 232 individuals registered for the second annual Lake Mille Lacs Polar Bear Plunge for Special Olympics Minnesota. Together the plungers raised more than \$40,000 in donations toward the cause. Combine that with the \$20,000 that Grand Casino Mille Lacs donated to help bring the plunge to the area and the \$10,000 Associates raised for Corporate Commissioner Joe Nayquonabe's Executive Plunge at Lake Calhoun and all together, the

money raised for Special Olympics Minnesota totaled more than \$70,000.

Mii gwech to all of the plungers who raised money, for all of the supporters who donated money for Special Olympics Minnesota and for the help of local law enforcement (Mille Lacs County Sheriff's department, Mille Lacs Search & Rescue, Mille Lacs Band Tribal Police, DNR and Public Safety, Garrison Fire Department and Pierz Police Chief).



Joe Nayquonabe, Jr. participated in the inaugural executive plunge on behalf of Special Olympics Minnesota. He and the other executives pictured here, raised a total of \$150,000 for the organization.



Circle of Health

MLTC (Mille Lacs Tribal Community): Open enrollment periods are January, April, July and October. Circle of Health will mail out notices to eligible Band members the first week in the month prior to open enrollment. Please remember that the MLTC is not meant to be your lifelong health insurance plan. Once you are employed and have health coverage available or are eligible under someone else's policy please notify us promptly so we can assist in canceling your MLTC policy.

Medicare Reimbursements: Some elders have not submitted their notices from Social Security stating how much their Medicare Part B and Part D premiums are for 2013. It is not too late to do so. If you are new to Medicare or have questions about the reimbursement, please call your claims processor for assistance.

Health Fairs: The spring months provide opportunities to attend one (or more) health fairs. Watch flyers for the dates/locations in your community. Circle of Health staff will be attending the health fairs in all districts. We will have enrollment forms available and will be available to answer questions.

It is very important that Band members notify Circle of Health of contact information changes (address/phone). We make every attempt to notify Band members of important changes especially when it requires action on their part.

Claims Processors:

Roberta Lemieux: A-L
Tammy Smith: M-Z
800-491-6106 or 320-676-8214

Child Support Update

Should you ask the court to change your child support order? It depends on how much your income or expenses have changed.

Contact the Child Support Office with any questions about your case by calling 320-532-7755.

The court is NOT likely to adjust your order if the ONLY change since your last order is:

- You had a new baby with someone else
- You believe the other parent doesn't need the money
- You or the other parent recently married or divorced
- Your minor child no longer lives with the other parent
- Your minor child has had a baby

The court MIGHT adjust your order if any of these things changed since your last order:

- You or the other parent earn more or less money than before
- Your expenses have gone up because of unusual circumstances
- Your medical insurance has changed
- You quit your job to go back to school
- You receive the support and lost your job through no fault of your own

The court CAN very likely adjust your order if any of these changes happened to you since your last modification:

- You owe the support and the minor child now lives with you
- You owe the support and lost your job through no fault of your own
- You owe the support and are in prison

- You now receive public assistance
- You receive support and believe the other parent is earning more money than when the order was established
- Your child turned 18 and is not in high school
- One or more of the children included in the court order is no longer a minor
- 20% increase and at least \$75.00 increase of order

Department of Labor

The MLB Department of Labor is offering the GED test at the Mille Lacs Tribal College, 10:30 a.m. to 4 p.m. on April 12 and 19, 2013. It is free for those eligible for the MLB DOL services, or individuals may opt to take the test without our services for a fee of \$60 for all 5 subtests or retest fees of \$12 per subtest, payable to Pine City GED. These test sessions are open to the public and require attendance on both days to complete the entire test. Test takers must preregister with the GED Chief Examiner, Melissa Lupinek, at 763-689-6230 or cell 320-223-3826, by April 9, 2013. It is important that anyone who has previously taken the GED and not passed all 5 subtests pass them all before the new GED test comes out January 1, 2014. Anyone who does not pass all 5 subtests with a total score of 2250 or more before the end of 2013 will have to take the entire new GED test series beginning January 1, 2014.

GED TEST

April 12 & 19, 2013
Mille Lacs Tribal College
43651 Oodena Drive, Onamia, MN 56359
\$60 fee for the entire test
\$12 retest fee per subtest
FREE for those eligible for MLB Department of Labor Services. Must complete DOL application and program criteria. For more information call: 1-800-922-4457

Mille Lacs Tribal College

As of March 18, the Mille Lacs Tribal College classes are now held at the Nay Ah Shing Upper School. Please contact Camille Naslund at the Nay Ah Shing Upper School at 320-532-2305 with any questions.

Community Cleanups

Brian Scheinost Director of Public Works

District I, Vineland – Saturday, April 20th through Friday, April 26th. Hours of operation will be 8:30 a.m. to 4:30 p.m. Monday through Friday, and 9 a.m. to 4 p.m. Saturday and Sunday. All roll-off dumpsters will be located at the Mille Lacs Band Old Transfer Station Site off of U.S. HWY 169.

District II, East Lake, McGregor, Minnewawa, Sandy Lake and Isle – Saturday, May 4th through Friday, May 10th. Note Roll-off locations will be reduced to areas that can be monitored. Hours of operation will be 8:30 a.m. to 4:30 p.m. Monday through Friday, and 9 a.m. to 4 p.m. Saturday and Sunday. Roll-offs will be placed at the East Lake Maintenance facility for District II and Isle Community Center for District II-A.

District III, Lake Lena and Hinckley – Saturday, April 27th to Friday, May 3rd. Note Roll-off locations will be reduced to areas that can be monitored. Hours of operation will be

8:30 a.m. to 4:30 p.m. Monday through Friday, and 9 a.m. to 4 p.m. Saturday and Sunday. Roll-offs will be placed at the following locations: Earthworks building located on HWY 48, 2 miles east of Hinckley Casino, the Maintenance building in Lake Lena across from Aazhoomog Community Center and at the cul de sac at Wise Owl.

Mille Lacs Band Elders will receive free curbside pickup for their community cleanup items. Elders must call the Public Works office at 320-532-7433 by Friday, April 15th, to be placed on the list for pickup. Anyone receiving curbside pickup must have their pile at the end of their driveway

Please contact Public Works at 320-532-7433 if you have any questions or concerns about the 2013 spring cleanup!

Public Notice of Environmental Assessment Process

The Mille Lacs Band Community Development Department in conjunction with the Mille Lacs Band Department of Natural Resources/Environment hereby gives notice that a public meeting will be held at 5:30 p.m. Monday, April 29th at the Mille Lacs Band of Ojibwe's District I Community Center. The meeting is a requirement of the Federal Environmental Assessment taking place on the property. In general the meeting will discuss the proposed Sher Mixed Use Development Plat as well as the process of moving the property from fee to trust.

The Mille Lacs Band of Ojibwe will hold a meeting to accept verbal and written comments on the proposed development, the Environmental Assessment and the fee to trust process. The Mille Lacs band of Ojibwe complies with Title II of the Americans with Disabilities Act. Individuals with disabilities who may need auxiliary aids, services, or special modifications to participate in the public meeting or to comment on the project should contact Lisa Johnson 320-532-7552 or Mike Moilanen 320-532-7438.

Written comments on the project may be sent to: Lisa Johnson, 43408 Oodena Drive, Onamia, MN 56359, 320-532-7552, lisa.johnson@millelacsband.com. Comments must be received no later than April 29, 2013 at 9 a.m. If you have any questions about this notice, contact Mike Moilanen at 320-532-7438.



Mille Lacs Band Elders can receive free curbside pickup for their community cleanup items by calling the Public Works Office at 320-532-7433 by April 15.

TRIBAL NOTEBOARD

Happy April Birthdays:

Happy Birthday **Dorothy Aubid** on 4/1 from Marlys, Anthony, and family. • Happy Birthday **Paschen Christensen** on 4/2 from Alicia, Falon, Amanda, and grandchildren. • Happy Birthday **Eva** on 4/4. Love Mom, Jeff, Tyson, Jon, Uncle Evan, Colleen, Susan, Maggie Sue, Phoenix, your Dad and Grampa Lenny. • Happy 6th Birthday **Elias "Punky" Wagner** on 4/4 with love from Mommy, TANK, Alizaya, Rico, Grandma Tammy, Uncle Bran, Auntie Em and Family, Papa Carl and Daddy. • Happy Birthday **Laura MacLean** on 4/5. You're not 50, you're just two 25's or a half a buck! Love ya (L) dearly. Your buddy, Jackie Pike. • Happy Birthday **Grandpa Oliver Gibbs** on 4/5 Love, Jackie Pike. • Happy Birthday **Cory Sam** on 4/6 from Tyson,

Eva and Jon. • In loving memory of **John G. Pike** on 4/6. Happy birthday lovey, I love and miss you every day. Your babe, Jackie Pike. • Happy Birthday **Kevin Stobb** on 4/8 with love from Auntie Tam, Brandon, Brandi, Elias, TANK, Alizaya and Rico. • Happy Birthday **Juice** on 4/14 with love from your sister, Brandon, Brandi, Elias, TANK, Alizaya and Rico. • Happy Birthday **Deb Smith** on 4/15 with love from your sister, Brandon, Brandi, Elias, TANK, Alizaya and Rico. • Happy Birthday **Terri Boswell** on 4/15 from Bruno, Crista, Rileh, Cheyauna-rie, Laila, Grandma Francis, Little Friction, Elaine, Jaagaab, Marlow, Franny, Snookz, and Frybread. • Happy Birthday **Kelia A.** on 4/20 from Grandma Marlys, Anthony, mom Rachel, Jeremy, Railei, Uncle Richard, Aunt Candace, and brother Cyrell. • Happy Birthday **Anthony B.** on 4/21

from your wife Marlys. • Have a super Birthday **Tara Robertson** on 4/23 with love from Momma, Papa and Erika. • Happy Birthday **Aiva** on 4/26. Love Auntie Val, Mariah and Kevin. • Happy 13th Birthday **Sassi Rose** on 4/28. from Auntie Caryn and kids and Grandma. • Happy 54th Birthday baby sister **Vicki Kroschel!** Next year you get to join the Elders club. Love you! From Kat Garbow. • Happy Birthday to our **Granny Sherry** and wonderful Mom! We love you, Addison, Aiden, Avery, Courtney, and Toby.

Happy April birthday to Mille Lacs Band Elders!

Margie Ann Anderson
Dorothy Ann Aubid
Terry Louis Beaulieu
Jerry Jonas Benjamin
Donivon Leroy Boyd
Russell Edward Boyd

Wayne Theodore Boyd
Sharon Lee Chavarría
Rayna Joyce Churchill
Wesley Dorr, Jr.
Nancy Mae Foster
Duane Wallace Haaf
Douglas Happy
Arleen Joy Hunt
Gwendolyn Marie Hanold
Darryl Vernon Jackson
Elsie Karsjens
Evelyn Kegg
Raymond Kegg
Bruce Marvin LaFave
Glenda Marie Landon-Rosado
Ada Mae Merrill
Louis Kevin Merrill
Bonita Louise Nayquonabe
Russell Daniel Nayquonabe
Gloria Jean Nickaboine
Sherry Marie Nielsen
Donald Eugene Oswaldson
Jeannette Oswaldson
Ricky Harold Pardun
Solita Efigenia Reum
Lorraine Diane Sam
Darlene Rae Savage
Ruth Anne Schaaf
George Augustus Sharlow, Jr.
Perry Don Skinaway
Debra Ann Smith
Gloria Jean Songetay
Marvin Lee Staples
Gail Marie Tyson
Duane Lee Wind
Leonard Myron Wind

Bonnie Elaine Dumler on 3/25 • Happy Belated Birthday **Mike Christensen III** on 3/30 from Alicia, Falon, and Amanda!

Other Announcements:

I am so grateful for all the benefits I receive as a Band member! It has eased the pressure of life in so many ways! It's most definitely a privilege and an honor to be a member. Miigwech, John Dowell – Grand Rapids, MN

Submit Birthday Announcements

Send name, birthday and a brief message that is **20 WORDS OR LESS** to Andy McPartland at andy@redcircleagency.com or call **612-372-4612**.
The deadline for the May issue is April 15th.

Happy belated birthdays:

Happy Belated Birthday to Mille Lacs Band Elder **Thomas Schleeve, Wm** on 3/8. • Happy Belated Birthday to Mille Lacs Band Elder **Jeffrey Jay Keller** on 3/18 • Happy Belated Birthday to Mille Lacs Band Elder **Anita Ann Misquadace** on 3/21 • Happy Belated Birthday to Mille Lacs Band Elder



APRIL CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7	8 Mommies and Muffins 8:30 a.m. Wewinabi Early Education Center	9	10	11	12 Ceremonial Dance: Ralph & Andy Mille Lacs	13 Urban Elder Meeting/Bingo 11 a.m.–2 p.m. Urban Area Office Ceremonial Dance: Ralph & Andy Mille Lacs
14 District I Early Education Family Activity Night 5:30 p.m.–7 p.m. Wewinabi Early Education Center	15	16 Elder Abuse Awareness Conference Grand Casino Hinckley Call 612-872-1424 for information	17 Elder Abuse Awareness Conference District II-A Chiminsing 6 p.m. Chiminsing Community Center DIII Community Meeting 5:30 p.m. Grand Casino Hinckley Ballroom	18	19 Ceremonial Dance: Lynda & Joyce Mille Lacs	20 Ceremonial Dance: Lynda & Joyce Mille Lacs
21	22	23 Diabetes Bingo 12 p.m. District III Community Center. Must call Cindy at 320-532-7840 to reserve a spot.	24 Native American Cancer Support Group 6 p.m.–8 p.m. East Phillips Community Center DII-A Community Meeting 5:30 p.m. Chiminsing Community Center	25 Urban Area Community Meeting 5:30 p.m. All Nations Indian Church	26 Ceremonial Dance: Dave & Skip Lake Lena	27 Ceremonial Dance: Dave & Skip Lake Lena Family Feud Live 3 p.m. & 6 p.m. Grand Casino Hinckley. RSVP required for the 27 th & 28 th . Call 866-244-0554
28 Family Feud Live 3 p.m. & 6 p.m. Grand Casino Hinckley. RSVP required for the 27 th & 28 th . Call 866-244-0554	29 DI Community Meeting 5:30 p.m. DI Comm. Center	30	1	2	3	4 Powwow for Hope 11 a.m.–9 p.m. YWCA – Midtown See page 9 for more information.

Spring is Prime Time Allergy Season

Donna Hormillosa RN, District III

Most people are eagerly anticipating all the good things that come with the spring season including the warmer weather, blossoming trees and blooming flowers. But for those who suffer from hay fever, the onset of spring can be bittersweet when allergy season kicks into high gear.

Research shows that Hay fever is an allergy that can be genetic. Approximately 30% of all Americans suffer from hay fever and the incidence is growing.

The way it works is when a person is exposed to an allergen, the body's immune system identifies the allergen as something that doesn't belong and reacts. Allergens can be pollen, dust, mold, animal danger and many different chemicals. In the case of hay fever, the allergen is pollen and the source can be grass, weeds or trees.

Hay fever symptoms include sneezing, runny nose, persistent cough, sore throat, and itchy or watery eyes. These symptoms mimic those of a common cold and the two are often confused. Colds are caused by viruses and typically go away within a few days to a week. Colds are often accompanied by fever, aches and pains.

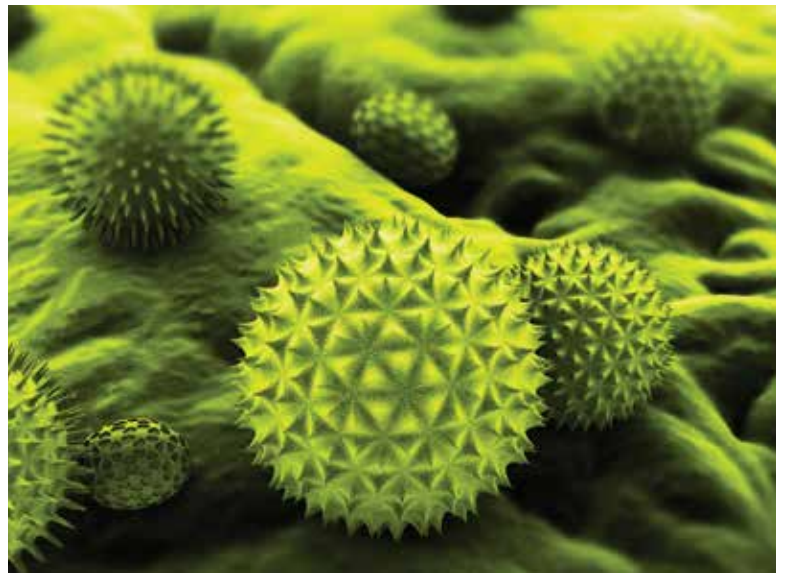
Allergies are caused by the immune system responding to exposure to an allergen. Allergy symptoms will last as long as the person is exposed to the allergen and sometimes longer. The treatment approach to hay fever or other allergic conditions is twofold. First, a person can eliminate or reduce exposure to the allergen. Secondly, they can suppress the response of the immune system.

Following are some tips for ways to reduce exposure to allergens:

- **Reduce dust mites.** Wash curtains and rugs frequently and dry in a hot dryer to remove dust. Use plastic covers on pillows, mattresses and box springs, and vacuum weekly.
- **Control animal dander.** Keep pets out of the bedroom and outside if possible. Brush pets frequently and bathe them weekly. Get rid of carpets and use bare floor coverings such as tile, linoleum, wood or vinyl.
- **Minimize mold.** Get rid of water sources such as leaky pipes. Stay inside when mold counts are higher, such as on foggy or damp days or immediately after a rain-storm. Change filters on your furnace and air conditioner as needed. (For more on mold reduction and prevention, see the article on page 14.)
- **Track pollen counts.** Keep house and car windows closed, use air conditioning, and stay indoors when pollen counts are high.

Treatment can also be aimed at suppressing the response of the immune system. Many over-the-counter and natural remedies are available. Your healthcare provider may also recommend prescription medication.

In extreme cases, allergy shots may be utilized. Many researchers have studied the effect of eating local honey to help prevent allergies caused by pollen. The theory as to why this may be helpful to allergy sufferers is similar to the theoretical basis for vaccination.



Allergens such as dust, mold and pollen, pictured here, can kick our immune system into overdrive.

If the body is exposed to the substance over time, it may develop an appropriate response. The effectiveness of eating honey which bees have produced from local pollen has not been substantiated by research. Still, there are numerous accounts of people who have eaten honey produced locally and who then claim their allergy symptoms have decreased or resolved entirely. In any case, children under the age of 12 months old should never be given honey since their immune systems are not fully developed.

For further information or to check out the allergy forecast, visit www.pollen.com.

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millelacsband.com



Heating, Water, and Maintenance Problems?

During normal business hours, tenants in Band rentals and Elders living within the service area should call 800-709-6445, ext. 7433, for work orders.

After business hours, tenants with maintenance emergencies should call 866-822-8538 and press 1, 2, or 3 for their respective district.