

OJIBWE INAAJIMOWIN

THE
STORY
AS IT'S
TOLD

MAY 2013 | VOLUME 15 | NUMBER 5

CALI WEOUS: PRINCESS
OF HEARTS

REDUCING THE PRESENCE
OF MOLD IN YOUR HOME:
PART 3

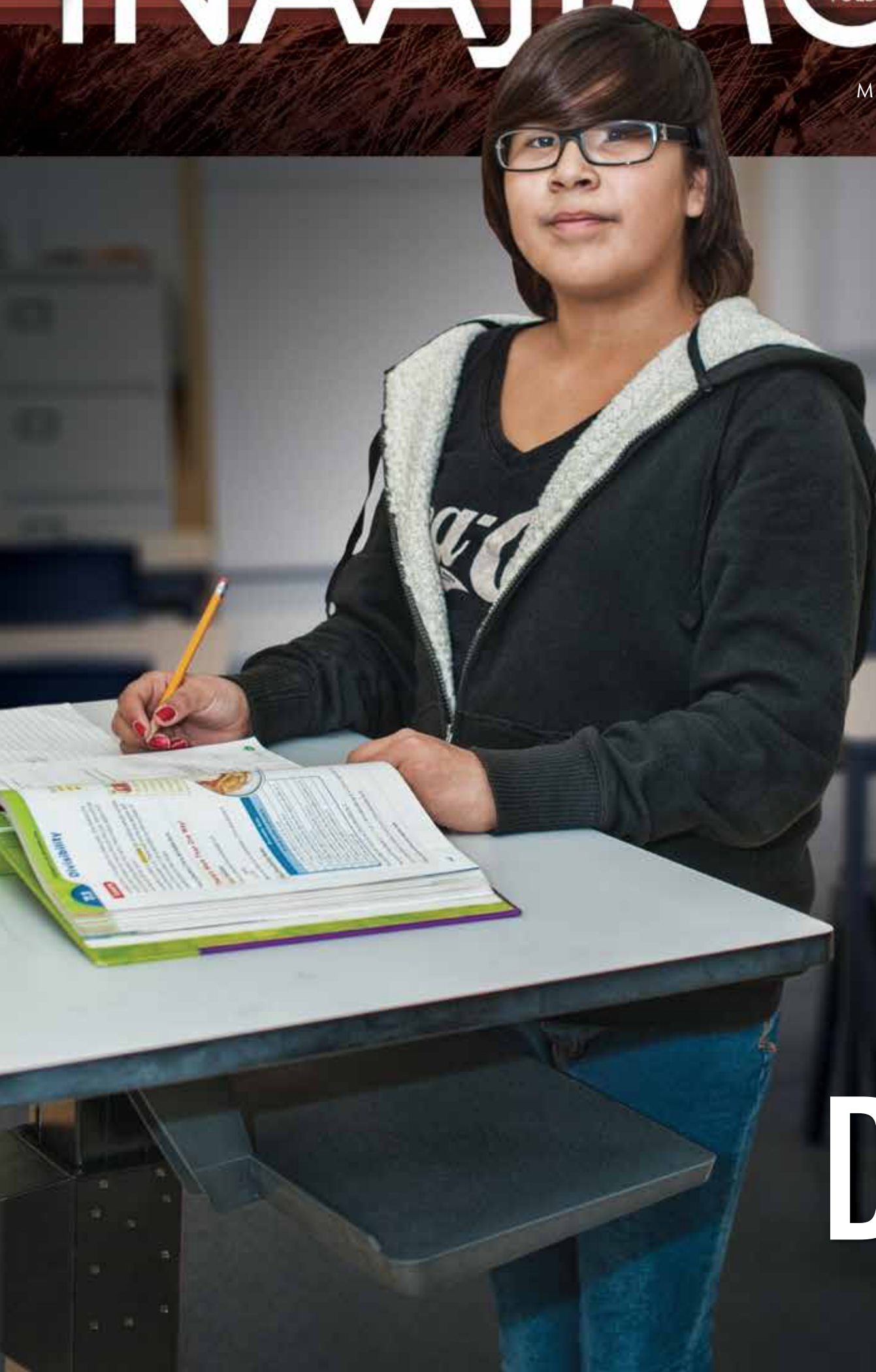
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MESSAGE FROM THE CHIEF EXECUTIVE

MELANIE
BENJAMIN
CHIEF EXECUTIVE



As the days get longer, time seems to speed up and the weeks fly by. It seems like I just sat down to gather thoughts for the April column!

The federal budget and its impact on tribes remains a priority concern. The Mille Lacs Band has already felt the impact of cuts to health and education. If President Obama has his way, some of those cuts will be reversed in 2014. A couple of weeks ago I participated in a conference call hosted by Charles Galbraith (Navajo), Associate Director of Public Engagement and Intergovernmental Affairs at the White House. The office of Intergovernmental Affairs is known as the "front door" to the White House for elected officials who are outside of Congress.

During the conference call, we went through the federal budget as it relates to tribes. President Obama has requested a \$31.3 million increase in the 2014 budget to the Bureau of Indian Affairs and the Bureau of Indian Education. We talked about those proposed increases and specific needs from our reservations. It was an honor to participate in the conversation.

On April 12-13, 2013, I attended the annual Indian Law Resource Center Board of Directors meeting in Washington D.C. The Center protects land, resources, human rights, environment and heritage. At that meeting we came up with a strategy to raise funds for the Center, and learned about a wide range of legal topics like the implementation of the Cobell settlement, energy programs, and the coverage of treaty law on state bar exams.

Closer to home, we've held Elder meetings in Districts I and III. The District II meeting was postponed due to bad weather.

At the District I meeting, Joe Nayquonabe, Jr., Commissioner of Corporate Affairs, talked about the St. Paul hotels purchased by the Band and about the renovations planned for each building. Joe also assured everyone that we have a commitment to create revenue in each District, which also creates jobs in each District. As an example, jobs will be created at Eddy's Resort on Mille Lacs Lake where we plan a complete renovation. Eddy's will be closed at the end of July when the work begins.

At the District III meeting, a lot of questions were asked about medical services for the District. Health and Human Services Director Sam Moose explained that the Band would be sure to have enough medical providers to

serve the growing number of people. He also said that another pharmacist would be hired and may have been hired by the time you read this.

At that meeting, we also heard a presentation by David Matrious about two Pine Grove Learning Center students who are participating in a cultural exchange trip to Alaska. See page 5 in this newspaper for a story about that trip. What a wonderful opportunity for Alexis and Dallas! We look forward to hearing from them when they return home.

Our Elders have two trips of their own to look forward to this year. They requested a "mega bingo" trip to Las Vegas, and a visit to Branson, Missouri, in the fall. Both trips should be a lot of fun.

I gave a talk on the prevention of Elder abuse in Hinckley on April 16. I mentioned the importance of Elders to our community and culture. They are the keepers of wisdom and that wisdom is the heart and soul of the Mille Lacs Band of Ojibwe. We listen to our Elders because at one time, they showed respect by listening to their Elders. That's our way. It is unthinkable to mistreat an Elder who should be treated with respect and with love.

I also gave a presentation to the Native American Finance Officers Association annual conference held in Washington, D.C. Our panel was asked to comment on working with state legislators and about partnerships. I mentioned that our uppermost priority is to keep an eye on diversifying our tribal economy, and that is done through partnerships with others. If we do well, our partners will also do well. I mentioned our partnerships that helped create the wastewater treatment facility, the rail project to Hinckley from the Twin Cities, and the St. Paul hotel purchases.

I also said that we can't depend on gaming forever. We need to leverage what we learned from gaming and apply the knowledge to other areas, like our recent moves into the hospitality industry through the hotel purchases. The financial seeds we plant now will help our children and grandchildren become economic players at the local, state, and national levels. Our goals are constant: to be good

neighbors, good citizens of the community, and to run our hotel businesses and other businesses in an honorable and profitable way.

Now for a completely unrelated topic, I wanted to share some information featured at an April 8 training session held in St. Paul. We learned about "lateral violence"



Eddy's Resort will get a complete renovation this summer, creating more jobs for Mille Lacs Band members.

in the workplace, which is when people turn on each other out of frustration and fear they feel from outside the workplace. The way they turn on each other is through belittling behavior, verbal abuse and gossip. We tribal leaders can take action to reduce lateral violence by paying attention to the mental, emotional, physical and spiritual health of an employee. More on this subject will be addressed in an upcoming story.

Katie Draper is our new Commissioner of Community Development and was recently officially sworn in. We know she'll do a great job! Welcome, Katie!

As always, it is a privilege to serve you, the Non-removable Mille Lacs Band of Ojibwe. Enjoy the late emergence of a well-deserved Spring!

Melanie Benjamin

Legislative Update for the State's 88th Session

Jamie Edwards Director of Government Affairs



Midway through Minnesota's 88th Legislative Session one highlight of particular interest to Mille Lacs Band members is that so far there haven't been any hearings of gambling expansion bills. While several informational hearings on elec-

tronic pull-tab revenue have occurred, those have only been in the House, with no activity in the Senate.

The state's portion, \$324 million, for construction of a new Vikings stadium is supposed to come from taxes collected on the new electronic pull-tab machines, but currently the devices are falling short of projected revenues. Governor Mark Dayton and other DFL leaders have urged patience around this issue.

By comparison, at this time last year we were engaged in a "battle royale." There were hearings occurring almost weekly in an effort to protect the Band and other tribes

from the threat of a major expansion of gambling. Racino advocates were spending huge amounts of money to pressure legislators to allow slot machines at the two horse tracks. Had they been successful, the result would have been catastrophic to our casino properties at Mille Lacs and Hinckley. There was a lot of activity, and most of it revolved around finding a funding solution for the stadium. What a difference one year can make.

The Band made it through that very challenging time in part because when asked, Band members, employees, neighbors, vendors and others stepped up and made sure their voices were heard in the halls of the Capitol. The letter writing and email campaign effort that occurred on behalf of the Band and other tribes last year was a tremendous help that changed the position of several key legislators.

Although the threat has decreased greatly this year, we continue to remain vigilant and will continue to do so in our effort to protect the Mille Lacs Band's interests in St. Paul.

Other information:

The session convened on January 8 and it's anticipated that lawmakers will complete their work at the end of May. There are 62 new members in the legislature this year.

The DFL controls the Governor's office, as well as the House and Senate, for the first time in 30 years. They currently are working on a biennial budget for fiscal years 2014/2015.

Legislators still need to come up with a plan to deal with a \$627 million shortfall, but this is a much smaller deficit than was originally expected. There will be cuts to funding for some state programs and/or departments. There will also be attempts to raise revenues for the state by increasing the tax rates of higher income earners. Like many other states, Minnesota is also feeling the ripple effects of sequestration from the federal level and will likely see a reduction in dollars coming at Washington, DC.

Several proactive legislative initiatives are currently making their way through the legislative process that will be helpful to the Mille Lacs Band. Efforts are underway to provide funding for Ojibwe and Dakota language preservation programs, improve educational opportunities for American Indian students, and create tax exemptions for tribally owned buildings used for government purposes.

Chi-Miigwech

Strategic Plan Summary

Deborah Locke Staff Writer

A strategic plan is a kind of blueprint for the future of organizations, companies, even individuals. In 2010 the Mille Lacs Band of Ojibwe embarked on a process to review its existing strategic plan, which was developed in 1999, and come up with a new plan that reflected today's challenges and opportunities. Copies of the new Strategic Plan were distributed at the 2013 State of the Band address.

The process included input from every corner of the Band, including surveys, interviews, and a review of important documents such as the constitution and recent State of the Band addresses. The planning team, made up of Band commissioners, reviewed drafts of the mission, values, vision, goals and logic model before finalizing the strategic plan.

Language was held as one of the most essential cultural values. Community values were also cited, including honesty, humility, truth, wisdom, love/compassion, respect and bravery/courage.

Goals were these: to cherish, preserve and nurture the language, culture, traditions, teachings and spirituality of the Band; to improve Band safety; to strengthen and solidify the Band government; and to guarantee the long term fiscal health of the Band.

The government accepted responsibility for pursuit of these goals, and acknowledged that the plan is dependent on the three branches and the corporate commission working collectively to achieve community health.



The strategic plan includes input from surveys, interviews, the constitution and recent State of the Band addresses.

ACTIVE SCHOOLS COLLABORATION
WITH MAYO CLINIC IS CHANGING
LIVES AT NAY AH SHING

STAND AND DELIVER

Trip Johnson Staff Writer
Tiffany Bolk Photographer

When Mayo Clinic researchers Samantha Calvin and Gabe Koepp started searching for schools that would be interested in piloting a new Active Schools Program, their number one criterion was “enthusiasm.” After one meeting with Nay Ah Shing Principal Mary Simon and Dean of Students Jason Long, they knew they had found the right place.

Ms. Calvin, the Clinic’s Director of Student Initiatives for Obesity Solutions, has been working with Native American communities for years, and has seen first-hand how incorporating more physical activity into the daily curriculum can help with diabetes prevention and weight reduction, and even improve academic achievement. But it only works if school teachers and administrators fully embrace the program.

“Gabe and I, along with Dr. James Levine (their department head) met with Mary Simon (school principal) and Jason Long (dean of students) about a year ago,” said Calvin. “And right away, they were brainstorming all kinds of ways this could work. This is the kind of top-down involvement that makes Active Schools work.”

While there are many components to the Active School Program, visitors to the school will notice two right away: the Kinetic Ac-

tivity Monitors (called KAMs) that the 6th grade students and some teachers wear on their belts; and the adjustable “Stand-Up Desks” found in several of the school’s classrooms.

Students started wearing the KAMs, donated by the Kersh Health Corporation, in September. Unlike a pedometer, which only counts the number of steps, each KAM unit measures actual physical exertion – the more you exert yourself, the higher your score. “This has been really motivating for kids,” said 6th grade and middle school science teacher Danielle Patrick. “We’ve instituted a KAM Olympics, where they earn medals based on their KAM scores. We’ve even created programs like chair aerobics and line dancing, that are all about staying active and accumulating KAM points”

Equally motivating have been the Stand-Up Desks, donated to the school by the Ergotron Corporation. Ms. Patrick has four of these desks in her classroom, and says that since they were installed in September, “the students are more alert in class, and fight to see who can use them each day.” Typically,



“I want to shake the hand of the person who put the computer on my daughter’s belt. This has changed our lives.”

Ms. Patrick says her students will spend about 30 minutes at a time standing up at these desks during class, and almost all report

feeling “more alert and awake.”

Ms. Calvin and Mr. Koepp continue to consult with Nay Ah Shing about once a month to make adjustments to the program, and are using the feedback and information they gather to develop a state-wide Active School implementation plan.

Meanwhile, at Nay Ah Shing, dean of students Jason Long says the program will expand next year, with the addition of more KAMs and stand up desks. Long says he has seen evidence of weight loss and healthier eating all through the school. But he knew for sure the program was a huge success when a 6th grade parent recently came up to him and said, “I want to shake the hand of the person who put that computer on my daughter’s belt. This has changed our lives.”

Pine Grove Students Travel to Arctic Circle for Cultural Exchange

Deborah Locke Staff Writer

Most people today who want to explore the Arctic Circle do so through the Internet or through a video game.

In May, Band members Alexis Staples, 11, and Dallas Roseland, 13, will travel through an exchange program to meet the Koyukon-Athabascans of Allakaket, Alaska. There the glaciers are now breaking up, the whales are migrating, and caribou is served for dinner. They will be gone for two weeks, returning on May 25.

The remote bush village, 6,000 miles from Minnesota, is located where two rivers meet the Arctic Circle, a spot so far away that it can only be reached by plane. That arrangement may sound complex, especially to Alexis who has left Minnesota only briefly a few times to travel to nearby Danbury or Superior, Wis.

So what? She doesn't care. She's ready.

"I've been wanting to go for a long time," she said in an interview. "My mom is really excited for me and my cousins want to go, too." Eventually, the Alaskan students will travel to Minnesota to meet with their new friends from the Pine Grove Learning Center, which is near Lake Lena.

The exchange came about because a Pine Grove teacher, Gina Wholecheese, taught at the Allakaket School before starting work for the Band. The College of St. Catherine graduate needed to find a job, went online and learned of a teaching position in rural Alaska, applied and got it. The 150-person village is "amazing," Gina said, who will accompany the students.

Fuel and dry goods are flown in regularly to Allakaket, which makes the cost of living expensive. Gasoline is \$7 to

\$10 per gallon and milk and hamburger cost double the amount charged in Minnesota grocery stores.

Before their arrival at the village, the students will visit Resurrection Bay, the glaciers, the Gray Whale migration, Denali National Park, and Chena Hot Springs: all attractions that contribute to the breathtaking beauty of Alaska.

The costs drove the fundraising efforts by the children and their teacher. Alexis and Dallas even wrote a letter to the Mille Lacs tribal leaders requesting help with travel costs.

"They wanted to go pretty darn bad," Gina said. In order to be eligible for this special adventure, the students had to be at the 90 percent or higher rate for behavior and attendance. That means they go to school regularly and show respect, courtesy and leadership qualities when they are at school.

The children have prepared PowerPoint presentations and a speech about Mille Lacs Band history and culture for their Athabascan audiences. In return, they will hear the native language from that region, and learn some of the traditions.

Here at home Alexis likes spaghetti or lasagna for din-



Dallas Roseland and Alexis Staples

ner, maybe ramen noodles, maybe hot Cheetos. In Alaska the menu changes dramatically, and the kids have been notified of what to expect.

What can they expect?

"Blubber and whale stuff," Alexis said very matter-of-factly.

She has already made Facebook connections with a girl named Sarah who is in the ninth grade.

"She looks nice, and pretty," Alexis said. "I'll meet her parents and her family."

Those connections will open the kids' eyes to new cultures and traditions while at the same time helping them to more clearly understand their own. Travel teaches new views of the world, their teacher said. The children will return with a clearer idea of what it means to be Anishinabe.



What mentorship programs should we focus on: Management, Community, Traditional/Cultural, Health Related or Legal?

Mentorship Program Seeks Vital Input from Community

At the 2013 State of the Band Address, an Executive Order by the Chief Executive was announced — the Executive Branch would begin Mentorship programs. At this time we are seeking vital Band member input in regards to the new program. There are many questions to consider and answer, and we welcome your suggestions and input. You can email them to Candice.ballinger@millelacsband.com (Chief's office), or call 800-709-6445, ext. 7486 or Michele.palomaki@millelacsband.com (Administration) at ext. 7530.

There will be an application process and selection process. We anticipate a committee who will review the submissions and make final determinations on those selected. We will have a better timetable to share in upcoming newsletters.

As a Band member, what are you looking for within tribal government? Management, Community, Traditional/Culture, Health Related, Legal — these are just a few examples. Is this a life experience opportunity, or do you feel there should be "other" compensation?

The Mille Lacs Band has made it a priority to incorporate the Strategic Plan, which focuses on the traditional seven teachings of the Anishinabe. This Mentorship program will use this foundation and encourage Band members to follow their interests and strengthen their desires to continue working in our communities and ensure they remain supported and strong.

Students Ready to Learn from Teaching Garden

Andy McPartland Staff Writer

Tiffany Bolk Photographer

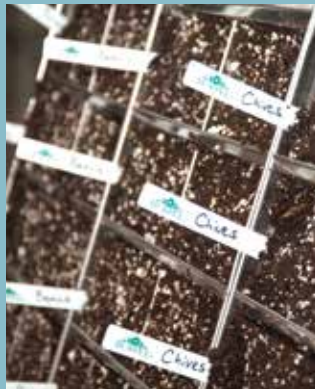
Thanks to the "Teaching Garden," late April snow hasn't stopped students at Nay Ah Shing Schools from planting vegetables in their hallways.

Nutrition services coordinator Deb Foye, aided by American Heart Association representatives, set up the MENU (Mobile Edible Nutrition Unit) with students eager to help. The Teaching Garden will yield three to four harvests throughout the year, allowing students to garden no matter the weather.

The portable unit is one of the first models in use in elementary schools and only the second in Minnesota.

The Teaching Garden has metal compartments for each vegetable. The compartments are then stacked in a vertical tray. This year, the Nay Ah Shing students planted lettuce, peppers, tomatoes, beans, squash, beets, parsley, and chives.

"The hope is that the project will lead to healthier eating if they grow the veggies themselves," Deb explained.



DISTRICT 1

Anyone who meets Cali Rae Weous sees a giggly girl full of excitement and energy. What isn't as apparent are the lifelong illnesses that make everyday living for the pretty five-year-old more complicated than it should be for anyone.

Cali was born with Ciliary Dyskinesia, a respiratory disease that makes her hair follicles stiff, therefore making her more susceptible to illnesses than everyone else. Typically, the body's hair follicles move constantly in the fight against germs and bacteria.



In her young life, Cali has had multiple infections and was even hospitalized for her first five months of life. Recently she was diagnosed with cell mast disorder.

Still, she shines bright as evidenced by the invitation for her to be one of the participants in the Minnesota National American Miss Pageant, which will be held in Bloomington June 1-2.

"It's nothing like 'Toddlers and Tiaras'" said Cali's mom, Allison Porter. "There isn't a swimsuit competition, no make up..."

Instead, Cali will showcase her charming personality and her Ojibwe language skills. She will also do a jingle dress or fancy shawl dance.

Cali, who is a Mille Lacs Band member, is currently the Headstart Princess at Wewinabii Schools. She loves going to school, but because of her health condition misses more days than she'd like too.

Cali Weous: Princess of Hearts

Toya Stewart Downey Staff Writer

"She requires nebulizer treatments four times a day, along with pummeling of her chest to clear out the junk in her lungs," said Auntie, Carmen Weous. "She requires much medical care and is always on some form of antibiotics."

Carmen added, "To look at her you would not have any idea she is sick. She is very active, outgoing, and loves swimming and dancing."

She is also a "girly girl but loves the Avengers and Power Rangers."

Cali cherishes time spent with her family most of all and has a positive attitude in spite of her health issues, Carmen said.

The most challenging part for her family is that no matter what they do or how hard they love the little girl, it's not enough to keep Cali healthy, said Allison.

"It's frustrating because we can't make her health better. There's no cure for what she has. We have to live with it and at times it's been really scary," Allison said.

"She'll get stronger as she grows," said Allison, who noted that due to her health conditions, Cali is wise beyond her years.

So, like many parents, they spoil Cali a little bit more than they might otherwise, and they do their best to make up for all the times she is sick. And when she crosses the stage at the pageant next month, the family will cheer wildly because no matter what, Cali is a winner.

Students Set to Graduate from Nay Ah Shing

Andy McPartland Staff Writer



Kayla Cash, 18
St. Cloud State University



Marquita Eagle, 18
Bemidji State University

Three female students are looking forward to graduating high school later this month. The students below will be recognized in a ceremony in the Nay Ah Shing high school gym on Wednesday, May 29 at 6 pm. Congratulations to all three!

Not pictured: Falcia Mitchell, 18. Falcia will be attending Fond du Lac Tribal and Community College.



Use a wet cloth to clean mold off walls — a dry cloth can risk releasing additional mold spores.

Reducing the Presence of Mold in Your Home: Part 3

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 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 you to face a large mold colony. In this final installment of a three-part series, we focus on steps to prevent the presence of mold in your home.

More on house cleaning

- **Using a wetted cloth.** If you are cleaning mold colonies off walls and other surfaces, when you initially begin cleaning, spray the mold-covered surface with your cleaner, then use a cloth wetted with the cleaner to wipe the surface. If you use a dry cloth or attempt to wipe a dry surface, you can risk releasing additional mold spores if the mold colonies have fruited. Sponges are porous and can entrap mold spores deep in the sponge body, so they are not recommended for use in cleaning mold colonies. A brush or an abrasive may be used only after the initial wipe-down.
- **Using bleach.** Bleach is a very effective chemical agent to kill off mold colonies. However, improper use of bleach can severely damage your home and belongings, and injure you. Never use bleach straight out of the bottle to clean, as straight bleach solution will damage or destroy many things in your home. When using bleach, use a diluted bleach solution made of 1 part bleach to 10 parts water. Diluted bleach solution loses its potency within 12 hours, so make only as much as you need.
- **Using non-bleach alternatives.** If you have sensitivities to chlorine or need a color-safe alternative, you can kill mold colonies using oxidizing agents other than chlorine bleach. These include hydrogen peroxide and OxiClean®. In some extreme conditions, ozone may also be used by professional home remediation professionals. If using hydrogen peroxide, due to its reactivity, be sure to use only 1/4 cup of it at a time. If using OxiClean® on

hard surfaces, use 1 tablespoon of the powder per 16 ounces of warm water, making 1 gallon batches at a time to ensure the solution's potency. For all other surfaces, follow the package directions.

- **Using cleanser.** Cleanser, especially the kind that contains bleach, is a very good product for removing mold from hard surfaces. However, cleanser should be used only after the initial wipe-down of mold colonies using bleach or non-bleach alternatives.
- **Using vinegar.** Acetic acid in vinegar is an effective cleaner, but it does not kill mold. However, vinegar will effectively get rid of oils and dust that can serve as food for mold. Additionally, vinegar can dissolve mineral deposits that can wick water, which can promote spreading of water mold needs. An added step often missed when using vinegar is to dry the surface when done, as vinegar is roughly 95% water; this can be done through using a dry towel, then using a fan to air dry the rest of the way.
- **Using disinfectant sprays.** Disinfectant sprays will kill many of the bacteria and viruses, but it will not kill mold. Because some molds harbor virus and bacteria for their benefit, by killing them you can seriously slow down those molds' growth.
- **Using Febreze®.** Febreze® and air fresheners, do not kill mold, nor do they reduce virus, bacteria or fungus. They only mask the musty odor emitted from enzymes produced by mold colonies. Additionally, many air fresheners contain formaldehyde, a known carcinogen. By taking all the steps in reducing mold presence in your home, you may also eliminate the need to mask their resulting odors.

What if moisture sources and physical presence of mold were significantly reduced or eliminated and mold is still a problem in the home?

- **Encapsulate mildew residue.** If you are certain that you have made your home dry and you still have mold colonies reappearing in walls you have treated, it may be because the mold has penetrated the surface. After you have retreated the wall, you can use KILZ® mold encapsulant, which acts like a super thick paint that deprives mold of access to moisture in the air.
- **Remove and replace insulation and drywall.** As long as you do not have holes and other large gaps in your walls, mold growing in wall cavities should not affect you, though the mold colonies will continue to destroy your home. If mold has compromised your drywall either from the outside surface

or from within the wall cavity, then the only way to reduce mold is to remove and replace the drywall harboring mold colonies. If it is the wall cavity that was compromised, you may also have to remove and replace the insulation. Compromised wall cavity can also mean either water leaking in from the outside into the wall cavity or warm moist air from the inside condensing in the cool wall cavity. If you experienced a flood, it is assumed flood waters have penetrated the wall cavity, and so the affected drywall and insulation should be replaced.

- **Eliminate entry points for pests.** Because pests can spread mold and provide food for mold, eliminating pests is one way to reduce mold presence. However, if you have large cracks in your foundation or your walls and roofs have holes large enough to let pests into your home, those cracks and holes also provide ready access for water to enter your home and provide areas of uneven heat distribution that promote condensation. By eliminating these points of entry for pests, you also eliminate points of entry for water and air.
- **Call an environmental clean-up contractor.** In extreme cases, a home's occupant might not be able to perform all these mold reducing tasks quickly to bring mold under control. These circumstances may include water damage from floods, extremely neglected or buildings damaged through fires and natural disasters and through malicious acts, or other situations that may put unwanted extra moisture in your home. If this is the case, call an environmental clean-up contractor to work with a general contractor who can assess the situation, figure out a quick clean-up strategy, along with any additional repairs that may need to take place.

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

Think Spring, Think Safety!

Spring is quickly approaching (crosses fingers) and now is the time for all of us to reflect on wildfire safety and the role we play in protecting our families and our communities. Any wildfire has the potential to destroy lives, homes and other natural resources that support the Band as a whole. Our community can make a difference! Together we can reduce the number of human-caused fires.

The Mille Lacs Wildfire Prevention Program, working in conjunction with Mille Lacs Department of Natural Resources/Environment, is going to focus on three areas this year:

- **Education:** We will offer educational opportunities at Nay-ah-shing School and all Headstarts to teach children about fire safety. It is even more important for parents to teach their children to respect fire and to respect the natural resources that are so precious to the people of this community.
- **Home Assessments:** You may see Mille Lacs Forestry and Fire Prevention staff out and about in the community during the summer. We will be evaluating the wildfire safety of homes on the Reservation and talking with residents about steps they can take to improve the survivability of their homes in the event of a wildfire.
- **Law Enforcement:** Any wildfire that is suspected of being human caused will be investigated by a wildfire arson investigator. Individuals found responsible for starting wildfires will be held accountable to the full extent of the law.

Also, please get a burn permit and check the fire danger level before burning.

If you would like a Home Assessment or if a parent feels that their child may need some extra attention with wildfire education and safety, they can contact Bradley Harrington in the Wild Fire Prevention Program at 612-803-2969.

As winter starts to fade, or in this case last FOREVER, remember to think spring...and...think safety! Miigwetch

Interested in submitting to the *Inaajimowin*?

The deadline for the June issue is May 15th.

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



Child Support Update

For all clients picking up checks please remember you are required to have a photo ID to pick up checks. Do not depend on the Child Support staff to vouch for who you are because the policy is for everyone to have a photo ID. Our office will be adhering to the policy requirement of having a photo ID before we will release checks.

Any Child Support not picked up or that we haven't been asked to hold by the client will be placed in the mail on the Friday of the check issuing week at 2:30 p.m. To make other arrangements for picking up checks please contact our office in advance.

Early check pick up requests: There is absolutely NO possibility for early Child Support check disbursements. Our office processes the checks for disbursements as soon as they are made available to us.

Change of address forms are available in our office and we ask that clients be proactive and complete the address changes in advance to avoid payments being delayed when the mailing address isn't correct. Our office will send the forms out by request.

As a reminder, Child support obligations are court orders and when payers are on supervised probation or parole it is a condition of their release to be law abiding which includes paying court ordered Child Support. If payers are unable to maintain their court-ordered obligations they should contact their Child Support workers to discuss their options and avoid violating their probation or parole.

Central Lakes College Offering Summer Courses at Mille Lacs Tribal College Site

The Mille Lacs Tribal College in collaboration with Central Lakes College is offering three great entry-level college classes this summer at the new Tribal College site at Nay Ah Shing High School. Reading I, Pre-College Math and Computer Basics will be offered on a Tuesday-Thursday schedule. Keep your long weekends in the summer but still attend college. For call dates and times please contact Millisa Kingbird at 320-532-4595, ext. 2302 or Camille Naslund at 320-532-4695, ext. 2301. For additional information on Central Lakes College, contact Counselor Suzie Karsnia at 218-855-8015.

Public Health Department

The Department of Public Health would like to thank everyone who coordinated, helped, and participated in the Community Health Needs Assessment, which was held April 1-5.

Approximately 648 people completed the surveys throughout all of the districts.

- District I = 423
- District II-A = 66
- District II = 48
- District III/Hinckley = 111

"Public Health would like to try to thank all individuals who assisted in this huge project and we are trying to do our best to thank each individual for their time and commitment," said department director Lisa Blahosky.

Additional kudos goes to:

- Ginger Weyaus, Executive Director, HHS for support and assistance throughout this entire project.
- Melanie Garbow from the Diabetes team for providing excellent food for all five sites.
- Mary Simon for allowing us to use the school to conduct the District I surveys.
- Everyone at the Boys and Girls Club for providing child care.
- The Family Service staff who assisted in many districts.

"Last but absolutely not least I would like to thank the entire Public Health Department for their commitment and dedication," said Lisa. "I am truly honored to be a part of this team."

Community Cleanups

Brian Scheinost Director of Public Works

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 – now 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.

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!

Band Member Legal Aid

Band Member Legal Aid will be hosting outreach dates at the community centers in Districts II, II-A, and III.

May 15: East Lake
June 5: Isle
June 19: Lake Lena

Ace the Interview

Tawnya Stewart Mille Lacs Band Member & Guest Columnist



Before going on a job interview there are several things a candidate must do. See the list of tips below and you're set to ace the interview.

Research the company: Most candidates

do not spend enough

time learning about the company. Set up Google alerts to help you learn about the company. This will impress your interviewer(s).

Research the interviewers: Use LinkedIn or Google to research the interview panel.

Study your resume: Make sure you can respond to any questions related to your resume.

Practice, practice, practice: Participate in mock interviews with friends or family, it's always good to practice, no matter how much experience you have. This will help you come across relaxed and prepared.

Prepare: To ensure you know where you're going, drive

to the interview location prior to the day of your interview. Always arrive at least 15 minutes before your interview.

Be positive: Be courteous to all that you meet and encounter. Show enthusiasm during the interview

process as employers like candidates with a positive approach. Never talk negatively about a past employer or boss.

Manners matter: Shake hands with the interviewer or others involved in the hiring process. Before the interview starts, build rapport by thanking the team for their time and let them know how much you appreciate this opportunity.

Be organized: Carry extra copies of your resume and questions in a portfolio.

Be prepared: Talk about why you're the right person for the job.

Answer the questions to the best of your ability. Most employers ask more behavior-based questions rather than reviewing employment history. Be prepared to talk about your work accomplishments, projects and work relationships. Today, employers want to know if you have had success in completing tasks and getting along with others. It's okay to discuss a work conflict and talk about how you resolved the issue. It's okay to brag a bit during your interview, this process is made to determine if you are a fit

for the company and team. You will spend 52 weeks with these people so they want to make sure you fit. You are also interviewing the company to make sure it fits for you too, so remember interviewing is a two-way process.

Don't be a jabber jaw: Listen and answer the questions. Always check to see if the interviewer needs more information.

Other tips:

- Don't chew gum.
- Don't wear too much perfume or cologne.
- If you smoke, don't do it before your interview.
- Dress professionally and make sure you look your best. Get a haircut. Make sure fingernails are clean, neat or manicured.
- Prepare after-interview questions, so when your interviewer asks you if you have questions you have five to seven questions prepared. Type them so you are able to read them. Ask for business cards.
- Don't discuss salary unless asked.
- Be sure to thank the interviewer for their time. Always send a thank you to each person you interview within 48 hours. It is acceptable and appropriate to send an email.

Note: Rejection is a part of the process. You may get a call or email but always be professional. Even if you're not selected, you may be a candidate for a future position.



Powwow for Hope: Dancing for Life, Love & Hope

Saturday, May 4, from 11 a.m. – 9 p.m. at YWCA Midtown

MC: Murphy Thomas. **Co-MC:** David Larsen. **Arena Director:** Kirk Crow Shoe. **Head Dancers:** Kristy Montry and Robert Desjarlait. **Confirmed Drums:** Ringing Shield (host), White Earth Boys (co-host), Ain Dah Yung, Bear Medicine Singers, Eyabay, and Stonebridge Drum. **Special Guests:** Senator Al Franken and Sisseton - Wahpeton Desert Era Veterans Group.

Schedule

11 a.m. Doors Open	5 p.m. Feast, Silent Auction Ends
12 p.m. Silent Auction starts	6 p.m. Hand Drum Contest
1 p.m. Grand Entry	7 p.m. Grand Entry
2 p.m. Honoring Survivors	8 p.m. Jingle Dress Special
4 p.m. Honoring Caregivers	9 p.m. Closing Ceremony

Teams have started, but it's not too late to start! Visit the website for Team information & downloads: www.powwowforhope.org. This special powwow is a fundraiser to support cancer education and supportive services for American Indian communities. Sorry, there are no honorariums available. The planning committee and AICAF staff are hard at work planning this wonderful event. We hope you are able to join us.

Wanted: Youth Powwow Dancers

Be a contestant at the 47th Annual Mille Lacs Band Traditional Powwow Royalty Contest

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 Chasity Gahbow at 320-532-4742, e-mail: Chasity.Gahbow@millelacsband.com

TRIBAL NOTEBOARD

Happy May Birthdays:

Happy Birthday **Jazzy** on 5/1 from Rae and Waylon. • Happy 25th Birthday **Brittany J. Wind** on 5/1 from Mom, Dad, Silas, Diamon, Owen and OJ. Love you Britt. • Happy Birthday **Jeff Matrious** on 5/3. Love your wife Toni. • Happy Birthday **Johnny Boyd** on 5/3 from Danell & Jay, Ashley, Willie, Landon, B-Boy, Kiki, and Grams. • Happy Birthday **Ashley Boyd** on 5/3 from Danell & Jay, Ashley, Willie, Landon, B-Boy, Kiki, and Grams. • Happy Birthday **Randall (Dawg) Sam** on 5/4 from Rachel and Babe. • Happy Birthday **Beebs (Jarv)** on 5/5 from Antie Rae and Waylon. • Happy Birthday **Darryl Smith** on 5/5! With love: Heather, Lance, Daniel, Thomas, and Tyler Virnig. • Happy 21st Birthday **Jarvis Harrington** on 5/5 from Mom, Shelby, Jacob, Penny, Max, Aidan, Aiva, Mark, Emory, and Jamie. • Happy Birthday **Albert Rabanales, Jr.** on 5/5 from Grams. • Welcome home and Happy Birthday to **Valerie Boyd** on 5/9. Love Mom, Dad, Valerie, Scam, JBeater, Dayaunna, Morgan and Tanya. • Happy Birthday **Shubber Duck (Shel)** on 5/9 from Antie Rae and Waylon. • Happy Birthday **Shelby Harrington** on 5/9, with love from Mom, Max, Aidan, Jarvis, Jake, Penny, Aiva, Mark, Emory, and Jamie. • Happy Birthday **Bill** on 5/9 from a secret admirer. • Happy Birthday **Dale Day** on 5/10 from Antie Shirley. • Happy Birthday **Leoniece** on 5/11 from Antie Rae and

Waylon. • Happy Sweet 16th Birthday **Racquel Dorr** on 5/11 from Auntie Star and the kids. • Happy Birthday **Marky Gerry** on 5/12 from Antie Rae and Uncle Waylon. • Happy Birthday **Doll (Randi)** on 5/12 from Rachel and Waylon. • Happy 5th Birthday **Mark Doust** on 5/12, with love from Mommy and Daddy, Grandma Tracy, Grandma Carla, Grandma Karen, Papa John, Papa Bear, Shelby, Nicole, Jarvis, Penny, Aiva, Emory, Max, Aidan, Melodie, Sharon, Ravin, Wally, Buddy, Cordell and Jamison. • Happy Birthday **Rick** on 5/13 from your housesitter and family. • Happy Birthday **Samantha Pawaush** on 5/13 from Dad, Steph, Yaya, and Lump. • Happy Birthday **Richard and Rachel** on 5/14 from Mom, Step-dad, Kelia, Railei, Jeremy, Candace, and Cyrell. • Happy Birthday **Jasper** on 5/15 from Daddy, Jess, Cici, Poose, Hevin, Rachel, Waylon, and Grandma Chick. • Wishing a Happy Birthday to **Cherly Jones** on 5/15 from Dawn Siquina and the rest of the Jackson famo! • Happy Birthday **Sarah Boyd** on 5/18. Love Mom, Dad, Valerie, Scam, JBeater, Dayaunna, Morgan and Tanya. • Happy Birthday **Amy Rabanales** on 5/18 from Grams. • Happy Birthday **Taylor** on 5/19 from Antie Rae, Uncle Waylon, an Papa, Val & kids, Brad & kids, Jay & kids, Bruce & girls, and Antie Randi. • Happy 18th Birthday **Robyn Virnig** on 5/20! We are so proud of your accomplishments! With love: Heather, Lance, Daniel, Thomas, and Tyler Virnig. •

Happy Birthday **Sunshine Shingoe** on 5/21 from Grandma June and Grandpa David. • Happy Birthday **Elizabeth Smith** on 5/21 from Mom and Dad. • Happy Birthday **Uncle Pheel** on 5/23 from Rae and Waylon. • Happy Birthday **Shawna** on 5/23 from Lenore, Tyson, Eva, Jeff and Jon. • Happy 11th Birthday **Jacob Palomaki** on 5/24, my favorite great nephew. From Ella and Quinny to. • Happy 5th Birthday **Thomas Virnig** on 5/25! With love: Mommy, Lance, Daniel, Tyler, and Robyn Virnig. • Happy Birthday **Joshua and Jordan Smith** on 5/25! With love: Heather, Lance, Daniel, Thomas, and Tyler Virnig. • Happy Birthday **Valerie** on 5/27 from Rachel and Waylon. • Happy Birthday **Jasmine Smith** on 5/27 from Grandma June and Grandpa David. • Happy Birthday **Cyrell B.** on 5/29 from Mom Candace, Dad Ernie, Grandma Marlys, Grandpa Anthony, Uncle Richard, Aunt Rachel, Kelia, Railei, Jeremy, Grandpa Joe, Grandma Carrie, Maddy, Joseph, and Great-Grandma Shirley. • Happy Birthday **Cassandra and Crystal** on 5/29. Love Mom, Grandma Lynda, Auntie Bridget, Uncle Wendell, Leslie, Jennifer, Mary, and all your cousins. • Happy Birthday **Auntie Cassandra** on 5/29, with love from Leighnah Garbow. • Happy Birthday **Mom Crystal** on 5/29. Lots of love, your daughter Leighnah Garbow. • Happy Birthday to our **Daddy Christopher (Jaagaab) Boswell** on 5/29. We miss you very much and we'll be so happy when we

see you again! Love your lil princess Christa-Elena Michelle, handsome Carter Blu, step-daughter Rileh Emme, and Elaine. • Happy Birthday **Cyrell Boyd** on 5/29 from Danell & Jay, Ashley, Willie, Landon, B-Boy, Kiki, and Grams. • Happy Birthday **Mariah** on 5/31 from Antie Rachel and Uncle Waylon.

Happy May birthday to Mille Lacs Band Elders!

Merlin Anderson
Alvina Mae Aubele
Elisse Joanne Aune
Brenda Lee Beaulieu
Maurice James Boyd
Anthony Joseph Davis
Virginia Joyce Davis
Dale Wesley Day
Edna Mae Day
Winona Evens
Lorraine Farah
Dale Allan Garbow
Geraldine Ann Germann
Harry Lee Granger
Gertrude Inez Hanson
Robert Lewis Heinze
Allen Wayne Hemming
Patricia Jackson
Clarabell Kruse
Vera Pauline Mager
Ramona Lynn Martin
Mitchell Lee Matrious
Dominic Walter Mayotte
Janelle Arlene Meehl
James Roger Mitchell
Pauline Veryl Mitchell
Lawrence Leonard Moose
Ardith P. Morrow
Lorraine Marie Nickaboine
Donald Eugene Olson
Patricia Regguinti
Frederick Raymond Shingobe
Geraldine Marie Shingobe
Beverly K. Sutton
John Sutton
Betty Jane Quaderer
Victoria Joy Verkennes

Herbert Weyaus
Sarita Inez White
Larry James Wind

Happy belated Birthdays:

Happy Belated 1st Birthday to **Punkins Bentley** on 4/3 from Grandma Carrie, Zachary, Jerry, Kira, and Mom. • Happy Belated Birthday to **Aiva Doust** on 4/26, with love from Mommy & Daddy, Grandma Tracy, Grandma Carla, Grandma Karen, Papa John, Papa Bear, Shelby, Nicole, Jarvis, Penny, Aiva, Emory, Max, Aidan, Melodie, Sharon, Ravin, Wally, Buddy, Cordell and Jamison.

Other Announcements:

Happy anniversary to my wife **Melissa Boyd** on 5/20. Love from your husband Rodney Boyd, Jr. • Happy anniversary to **Rodney & Melissa Boyd** from the Boyd family. • Big sister Liberty Porter is thrilled to welcome her sister, Isabelle Grace to the world. Isabelle was born on April 4. Proud parents are Freedom and Shannon Porter, grandmothers are Carmen Weous and Beverly Sutton.

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 June issue is May 15.*

MAY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	1 DIII Valleyfair Trip Sign-up Reminder Contact Jenelle Kingbird 320-384-6240. Deadline: May 24	2	3	4 Powwow for Hope: Dancing for Life, Love & Hope 11 a.m. – 9 p.m. YWCA Midtown
5	6	7	8 Minor Trust Financial Planning Seminar 10 a.m. – 2 p.m. Grand Casino Mille Lacs; Reservations required: 320-532-7466	9	10 Ceremonial Dance: Lee & Larry Lake Lena Wewinabe Early Education Center Closing at 12:30 p.m.	11 Ceremonial Dance: Lee & Larry Lake Lena
12	13	14 Daddies & Donuts 8:30 a.m.	15 Band Member Legal Aid Outreach 10 a.m. – 2 p.m. East Lake DIII Comm. Meeting 5:30 p.m. Aazhoomog Community Center	16	17 Ceremonial Dance: Joe & George Mille Lacs	18 Ceremonial Dance: Joe & George Mille Lacs
19 Chief Executive's Elder Trip	20 Chief Executive's Elder Trip	21 DI Family Activity Night 5:30 p.m. – 7 p.m. Wewinabe Early Education Center Chief Executive's Elder Trip	22 Chief Executive's Elder Trip	23 DII Comm. Meeting 5 p.m. East Lake Community Center	24 Ceremonial Dance: Melvin & Perry Mille Lacs Wewinabe Early Education Center Closing at 12:30 p.m. DIII Valleyfair Trip Sign-up Deadline	25 Ceremonial Dance: Melvin & Perry Mille Lacs
26 American Indian Art Market 11 a.m. – 4 p.m. Mille Lacs Indian Museum	27 Memorial Feast 11 a.m. Cemetery in Aazhoomog Memorial Day Powwow Noon – 5 p.m. Mille Lacs Indian Museum	28 DII Head Start Graduation Call 218-768-3311 for details	29 DI Head Start Graduation 10:30 a.m. Nay Ah Shing Graduation 6 p.m. High School Gym	30 Urban Area Comm. Meeting 5:30 p.m. All Nations Indian Church DIII Head Start Graduation Call 320-384-6240 for details	31 Ceremonial Dance: Niib & Mushkoub East Lake	1

What Are You Doing This Summer?

NATIVE AMERICAN SUMMER PROGRAMS IN DULUTH

Jessica Porwoll Community Program Specialist at University of Minnesota Medical School

Native American high school and college students from Minnesota and across the country will be heading to Duluth, Minnesota to participate in free Center of American Indian and Minority Health (CAIMH) summer programs. Located on the Duluth campus of the University of Minnesota (UM) Medical School, CAIMH offers summer camps and programs for Native American students who are interested in learning more about health careers and preparing for college. One summer camp and two summer programs will be offered this year.

The Stepping Stones to Health Careers camp

Runs from July 7th–12th and/or 14th–19th and is for current 8th, 9th, 10th and 11th graders. Students learn how to get ready for college and see what it is really like by staying in the dorms, eating in the dining center and participating in daytime activities. Evenings include fun Duluth attractions like a Huskies game, boat ride on Lake Superior, and Spirit Mountain's adventure park! All housing and meals are paid by CAIMH.

High School Super Stars

Running from June 17th–July 26th, this is a six-week summer program where students learn about college and health careers while working in teams with doctors to experience how they think through medical questions and diagnose patients. Students also get the opportunity to

participate in fun wellness and cultural activities throughout the program and receive a stipend for successful participation.

Native Americans into Medicine program

Running from June 17th–July 26th, this is a six-week opportunity for college students. Students in this program learn more about medicine and other health careers, while strengthening their skills in Chemistry, Anatomy and Physiology, Research, and Math. NAM students receive a stipend for their successful participation.

Students in each of these programs have the opportunity to meet Native American medical students and healthcare professionals, while also touring local hospitals and clinics, preparing for college, and meeting new friends.

CAIMH and the University of Minnesota Medical School Duluth have offered support for Native American students interested in exploring health professions for nearly 40 years. Because of this support, UM is second

in the nation, among more than 140 medical schools, in graduating Native American physicians.

Want to learn more? Visit www.aimh.umn.edu, email aimh@d.umn.edu or call 218-726-7235.



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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.