

OJIBWE INAAJIMOWIN

THE
STORY
AS IT'S
TOLD

SEPTEMBER 2013 | VOLUME 15 | NUMBER 9

KEEPING WITH TRADITION

PAGE 4



ALWAYS HUMOROUS,
AJ NICKABOINE
TELLS ALL

HELPFUL TIPS
FOR BACK TO
SCHOOL SEASON

START THE
SCHOOL DAY THE
RIGHT WAY

BAND MEMBERS
STAFF 2013 STATE
FAIR BIRD BOOTH

MESSAGE FROM THE CHIEF EXECUTIVE

MELANIE
BENJAMIN
CHIEF EXECUTIVE



I love the month of September. The Band community pride in our culture, traditions and history immediately following the August Powwow always lingers for a few weeks.

I am honored that the Chief Executive's Office float won third place in the parade with the theme of "What are the stories your children will tell?" We passed out rubber wristbands with the seven Cultural Values, which were very popular. But I think it was the magic of "The Sweet Grass Girl Singers" that really bumped us into the final category. Anyone who watched and listened to those precious young girls sing their hearts out had to have been inspired!

Another reason I enjoy September is because it brings cooler evenings and good sleeping weather, and most days

in, including the Tribal Executive Committee (TEC) of the Minnesota Chippewa Tribe, where enrollment, education and legal issues were key; the Minnesota Indian Affairs Council, where Gov. Mark Dayton's Executive Order regarding consultation with Indian Tribes was discussed; the Minnesota State Colleges and Universities and Tribal Leaders Education Forum, which resulted in aggressive plans to advance education for American Indians; meetings with the Bureau of Indian Education, also attended by the MLB School Board, where exciting opportunities for the Nay Ah Shing School were discussed; the American Indian Health Symposium, where we were presented with state-of-the-art ideas for improving healthcare on reservations; and the Minnesota Housing Finance Agency, where the Band was presented with a plaque commemorating former Chief Executive Marge Anderson for her lifelong work to bring about better housing for American Indians in Minnesota.

These are just a handful of the meetings I participated in this month. I try to keep Band members updated about my daily schedule on Facebook, so if you like, please join my page at facebook.com/ChiefExecutiveMelanieBenjamin so you can get a fuller picture of the work we are engaged in.

One of the most important issues my administration was involved with in August was submitting a balanced budget for the Band for the next fiscal year. Like most tribes, we saw a decline in gaming revenues over the summer compared to previous years due to "The Great Recession." By Band statute, the Executive

Branch of Band government is required to submit a balanced budget to the Legislative Branch by September 1, 2013. A "balanced" budget means that the total amount of Band programs and services must utilize no more than 25 percent of our net revenue from Band-owned businesses.

The not-surprising news that our net revenues declined resulted in Band government needing to readjust our budgets for programs and services for the next year. We do have other funding that comes from grants, but what this means is that funding for many of our programs will be reduced somewhat this year. Why? The federal government through the Department of Interior requires that the Band

allocate our net revenue (the total the Band earns through Band-owned enterprises each year after expenses) through what is called a "Net Revenue Allocation Plan," and we are required by federal law to abide by that agreement.

For the Mille Lacs Band, this means that 25 percent of net revenue can be spent on base government spending (most programs and services); 15 percent is allocated to long-term savings; 35 percent is allocated for bonus or per capita payments, 5 percent is allocated to permanent initiatives (our buildings and infrastructure); 5 percent goes to the Circle of Health Program, 7 percent to the Housing Initiative and 8 percent for Economic Development.

Each of these areas will experience some decrease this year, but we are working hard to continue expanding our economy through exciting new ventures like the hotels in St. Paul and other projects.

Another issue my administration is very focused on is combating violence in our community. During the first week in September, we held a two-day Cabinet meeting and addressing violence was a key topic of our strategic planning, along with revisiting the other issues in our strategic outline.

In the near future, Band members will be invited to participate in Talking Circles about the topic of violence. I hope that as many Band members as possible participate in these conversations, which will take place in each of the Districts and will be led by my Commissioners and staff.

As Band members, we are each responsible for fulfilling a role in stopping violence. There are a few questions to ask: what can we do as individuals? What is our role as Band members, parents, grandparents, aunts, uncles and neighbors? The Band government can facilitate these meetings and provide the community with the tools, policies and programs to help make change, but actually making the change will take the willpower of the entire community and the commitment of each individual Band member. I am excited about these meetings and encourage every Band member who can participate to do so. Look for community announcements with dates and times for these meetings soon.

With the crisp new energy of autumn, I can think of nothing more energizing or inspiring that I've participated in recently than the annual meeting of Women Empowering Women for Indian Nations (WEWIN). I am grateful



Chief Executive Melanie Benjamin speaking at the WEWIN Conference in Las Vegas, NV.

are still comfortably warm. Still, the dipping temperatures at night tend to remind us that those much cooler nights — and eventually very cold snow-filled days — are ahead.

The challenge for each of us is to plan for the cold weather coming our way, but to still make sure we appreciate what each day brings during these beautiful September days. The icy cold weather will come, but this is a time when we should all try to re-energize ourselves and enjoy each perfect day.

August was a particularly busy month. I logged thousands of miles driving across the state representing the Band at meetings about issues we have a critical interest

that nearly 30 women representing the Mille Lacs Band of Ojibwe attended this conference. The mission of WEWIN reads: "To strengthen and sustain tribal cultures for the benefit and destiny of the children; To educate about tribal cultures, the history of native people, the inherent rights we exercise for the good of our people and others, and of current issues that affect our well being; To promote honest dignified tribal leadership who reflect pride for those we represent; To support and encourage tribal leadership; To install a balance between service and solitude and between fulfilling responsibilities and devotion to loved ones. To express encouragement, understanding, and joy to others dedicated to following the guidance of our creator and serving our communities as role models."

I was so touched by how many of our women of all ages were so awed by the WEWIN conference, and I am so proud of our Band members who attended and served as presenters.

One of the most impressive sessions that had the largest turnout was on the topic of language revitalization, and presented by Band members Melissa Boyd and Joyce Shingobe. They delivered the message that language revitalization is possible and is within reach with the right commitment from tribal members and government. They emphasized the critical importance of traditional values. As tribal members – men and women – we so often we feel weighted down with our personal, work and community commitments. For the women who attended this conference, WEWIN was an opportunity to re-energize and renew our commitments and promises to our work, community and family, with a reminder that we must take care of ourselves as Anishinaabe women.

It was especially wonderful to see so many young women from many tribes and bands become inspired by the many female role models in attendance. I was inspired by conversations with young women who have endured some hard bumps in the road of life, but who heard and learned from older women who experienced even greater hardships and overcame those challenges. Being in a room with 250 Native American women with the inner strength and spirit to overcome life's daily challenges and still have energy and passion to help other women was awe-inspiring. Most important, our entire Band community will absolutely benefit from the impact of our 30 attendees who came back inspired to do whatever they can to improve the well-being of our community, and who were reminded that they will only be successful if they make the time to take care of their own spiritual, emotional and physical health.

As you can see, it's been a month of challenges, rewards and inspiration. Enjoy our beautiful fall color, the bounty of the wild rice season, and your family and friends.

Melanie Benjamin

Interns Learn the Ropes of the Corporate Commission and Its Businesses

Sarah C. Barten Public Relations Specialist

Alyssa (Lyssa) Enno, a senior at the University of St. Thomas, and Nicole Lyons, a senior at the Art International Institutes Minnesota, are nearing the end of their 13-week internship with the Corporate Commission. They were selected based on solid scholastic achievement, evidence of leadership skills, quality of application and interview performance.

The internship program at the Corporate Commission was established in an executive order given by Chief Executive Melanie Benjamin at the 2013 State of the Band Address.

The mission of the program is to make the Corporate Commission and its businesses and partners accessible to Band members or descendants enrolled in higher education and to prepare those interested for future leadership opportunities.

"I was excited about building this program," Commissioner Joe Nayquonabe said. "I received my first job in my career from an internship with the casinos. It provided a unique opportunity to gain valuable professional experience and build leadership skills, and we're thrilled to offer that to Lyssa and Nicole."

When I started this internship, I was kind of shy. I've really gained confidence through this experience

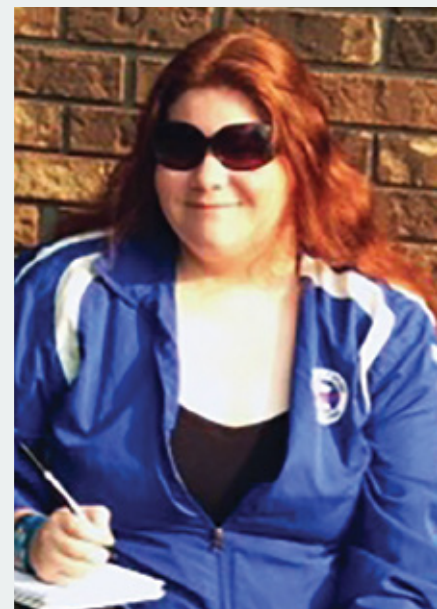
— Nicole Lyons

Lyssa is majoring in Marketing and was interested in learning more about casino marketing. She started her internship with Red Circle Agency where she completed extensive research on a boutique hotel brand project for the Corporate Commission. "I wasn't sure what I wanted to do when I graduated because marketing is such a broad field," said Lyssa. "Through this internship, I gained real-life experience and found that my interests lie on the advertising agency side of marketing as well as casino promotion execution. I look forward to pursuing a career and learning more about marketing."

She then continued her internship with the marketing department at Grand Casino Mille Lacs where she worked on a variety of projects, including gathering competitive intelligence, networking with radio stations to promote



Lyssa Enno



Nicole Lyons

Grand Casino entertainment, creating an execution plan for casino promotions and working entertainment events.

Nicole is majoring in Interior Design and is working with the Economic Development department through the BKV Group, a full-service architectural firm based in Minneapolis. She is working exclusively on the Eddy's renovation project where she has established existing floor plans, created schedules for interior design and organized materials like fabrics and hardwoods.

Nicole said that through her experience she's getting more excited about her career after school. "This opportunity allowed me to see that. In school, you work on projects — and that's great. But to work on this project and eventually see it come to fruition is really exciting."

We asked the interns what advice they have for other Band members seeking an internship and what skills they polished up on or developed during their time at the Corporate Commission. Here's what they had to say:

Advice

LE: Take advantage of the resources we are offered. And be sure to reach out to someone who works in your field of interest.

NL: Get out there and network and meet people. I have this wonderful internship because of the relationships that I have made.

Skills

LE: I think the biggest thing for me was brushing up on writing and communication skills.

NL: I have improved on my communication skills. When I started this internship, I was kind of shy. I've really gained confidence through this experience.



KEEPING WITH TRADITION

The 47th Annual Mille Lacs Band
of Ojibwe Traditional Powwow

August 16 – August 18





Photos by Chad Germann

Grand Casino Hosting Nibi and Manoomin Symposium

Courtesy of University of Minnesota



Ricing is just one of the working groups offered at this year's symposium.

The Mille Lacs Band is sponsoring "Nibi and Manoomin: Building Lasting Relationships," a symposium hosted at Grand Casino Mille Lacs on September 25-27.

This program, created by the University of Minnesota, was designed to exchange teachings between Anishinaabe and Western scientific cultural worldviews. The symposia bring researchers from the University together with tribal elders, leadership, and community members from across northern Minnesota to share knowledge about manoomin, build understanding, strengthen relationships, and cultivate good will between traditional knowledge bearers and scientists.

This year's program will feature a Water Ceremony, talking circles, group sessions, keynote speeches, and student presentations. The 2013 symposium hopes to build connections and trust between University scientists and traditional Anishinaabe people.

Tribal members are able to attend for FREE with registration. To register online, visit regonline.com/NibiManoomin. For questions, contact Lea Foushee at 651-770-3861.

Interested in submitting to the *Inaajimowin*?

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

The October issue deadline is September 20.

Helpful Tips for Back to School Season

Toya Stewart Downey Staff Writer



Create opportunities for your student to get involved with peers who have similar interests.

As the school year begins it's a great time to find ways that can make the transition to the classroom smoother for both the student and their parents:

- Create a routine. Have designated bedtimes, meal-times and homework schedules. Set aside time to catch up on the day's happenings and a bit of time to relax.
- Get organized. Identify a spot where schoolbooks, notes from the school or papers can be filed. Set aside a study area (away from the television) where students can go to complete their homework. By creating a routine and getting organized, it sets expectations for the child and the new school year.
- Find time to talk to your child about any feelings they may be experiencing about the new year, new teachers or the new challenges they may be facing as they enter a new grade level. Keep an open line of communications. Remember that change can be stressful for your child and they may need to talk openly about their thoughts.

- Be patient: adjustment to a new routine takes time and every student is different. Routines take three to four weeks to become habit and for most kids to feel comfortable.
- Create a sense of community for your child. Help them find ways to engage in school activities and events. Create opportunities for your student to get involved with peers who have similar interests.
- Parent involvement is critical, too. Make time to meet the teachers, school staff, and your child's friends. Meet the parents of the friends.
- Visit the school early and often. Volunteer at an event. Sit in a class or have lunch with your child.
- Get regular updates on your child's progress. Send teachers emails to touch base or see if there's something they want to share with you that will help your child be more successful. Ask the teacher for insights or ideas that will help your child flourish.
- Most important, tell your child that you believe in them and you know they can and will be successful.



Start the School Day the Right Way — With Breakfast!

Toya Stewart Downey Staff Writer

Many people grew up hearing their parents tell them that breakfast is the most important meal of the day. Turns out Mom and Dad were right! Research has proven that students who eat a healthy and filling breakfast perform better in school.

Deborah Foye, Nutrition Services Coordinator for Nay Ah Shing Schools agrees, wholeheartedly.

“We go all night long without any substance, so we are ‘breaking the fast’ with the first meal of the day,” she said. “Many experts consider it important to have a protein with a carbohydrate, which prevents high spikes in blood sugar, keeps us feeling alert longer and prevents those mid-morning crashes.”

Students who eat breakfast do more than get their metabolism going. They perform better on standardized math tests, and demonstrate improved visual perception, cognitive performance and better short-term memory compared to those who don’t eat a morning meal.

Plus, they tend to have a better record of attendance



Research has proven that students who eat a healthy and filling breakfast perform better in school.

per school year. These same students are more likely to graduate from high school, and are more likely to find better paying jobs.

All Mille Lacs Band schools offer free breakfast to all students. So, whether you call it breakfast or brainpower, all parents, grandparents, aunties and uncles should make time to provide a nutritious breakfast that will get their student ready for the day and their future.

Is Your Child’s Backpack Weighing Them Down?

It’s time to make the load lighter

Toya Stewart Downey Staff Writer

In recognition of National School Backpack Awareness Day, an annual event held on the third Wednesday of every September, it seems to be an appropriate time to remind parents it might be time to lighten the load that their kids carry in their backpacks. Consider this. More than 79 million students across

There are thousands of backpack-related injuries each year.

the country carry backpacks as they commute to and from school. And when over-packing happens due to lack of awareness of the hazards, thousands of backpack-related injuries occur each year.

Experts recommend that a loaded backpack should never weigh more than 10 percent of a student’s total body weight. That means students weighing 100 pounds shouldn’t carry more than 10 pounds in their backpack. Approximately 55 percent of students carry bags that are much heavier than recommended.

Overloading can lead to back, neck and shoulder pain that could last for months and require medical attention.

Besides decreasing the weight load, how a backpack is worn also plays a factor. The height of a backpack should extend from approximately two inches below the shoulders to the waist or slightly above it. The backpack should be worn on both shoulders to evenly distribute its weight.

To help remedy the problem and prevent potential body aches, parents should check their child’s backpack each day to make sure they aren’t carrying books and other items they don’t need. Students can also carry books in their hands or consider a rolling backpack if their school allows it. Heaviest items should be closest to the back and items should be packed so they don’t slide around too much.

Minnesota Chippewa Tribe Finance Corporation First-Time Home Buyer Education Class

Saturday, October 5, 2013
8:30 a.m. – 4:30 p.m.

The Minnesota Chippewa Tribe Building
15542 State 371 NW
Cass Lake, Minnesota

First-time Homebuyer Education is a requirement of the Minnesota Chippewa Tribe Finance Corporation for qualified buyers.

This is the ONLY class we will be offering this fall, so please reserve your spot in this free class with Cindy Beaulieu at 218-335-8582, extension 150 or cbeaulieu@mnchippewatribe.org

No childcare is provided so please make other arrangements.



Are you an Elder or do you know an Elder who has a story to tell?



The Inaajimowin is looking for Elder stories for upcoming issues, like the one on page 8, which features AJ Nickaboine.

Send your name, contact information, and a brief description of the Elder you would like to feature to Andy McPartland at andy@redcircleagency.com or call 612-372-4612.

Sioux raids, “cowboy” Indians, and reasons not to drink

Always Humorous, AJ Nickaboine Tells All

Deborah Locke Staff Writer Tiffany Bolk Photographer

When he was a child, AJ Nickaboine’s mother Lucy Mukwa told him important stories that he was supposed to remember. The stories described Sioux campground raids, how to recognize and use medicinal plants growing in the woods, ways to treat Elders, and much more.

On a hot August afternoon in his reservation kitchen, the colorful and outspoken Aurelius James Nickaboine, better known as AJ, told a few of those stories. He also waxed poetic on everything from aging to why Ojibwe men are becoming better parents to advice for young people.

We are trying to capture some of the Mille Lacs Band past in a series of stories generously shared by Band Elders like AJ. When you see AJ, thank him for his walk down memory lane and for the courage it takes to speak out.

The beginning

AJ was born at home on the Mille Lacs Reservation on October 29, 1942. His parents were Lucy Mukwa and John Nayquonabe. The youngest of eight children, AJ said he was “the last baby so I had a lot of privileges.” Everyone catered to the little boy and gave him presents like clothes and toys. “I was the best dressed little cowboy Indian,” he said, outfitted in cowboy boots, a cowboy hat and toy guns.

John Nayquonabe went into the military and did not return to the family, so AJ’s uncles became active in raising him. If the rambunctious child got too far out of line, Lucy Mukwa called one of her brothers to come over and mete out a fair punishment for AJ. Mostly, though, the outgoing child was everyone’s “little darling” who always did his homework at Vineland Elementary School, which is now the site of the MLB Government Center.

Lucy Mukwa spoke only Ojibwe, so AJ became her English translator. “I interpreted when they went grocery shopping,” he said. The women sewed quilts and AJ went into fabric shops to explain how many yards of cloth were needed.

The growing years

Children were not allowed to attend ceremonies then, not even funerals, AJ said. He said that at one time, the Ojibwe buried their dead on raised platforms but exchanged that tradition for underground burial that included a miniature house frame built over the grave to protect the spirit as it embarked on its journey.

The people celebrated in the fall with the harvest and plentiful food: wild rice, blueberries, corn, potatoes, and more. Often hunters shared their deer and moose meat with the family. Refrigeration was not common, and AJ remembers how his mother cried once over spoiled hamburger.

He picked and sold berries, and the money bought

new clothes for the school year. AJ was good at math and at figuring out sums in his head. He was a good student.

AJ learned history from his mother who relayed stories from her own mother. As an adult AJ’s grandmother would wake from nightmares about the Sioux raiding an Ojibwe campground. His grandmother was born in 1880 and in 1890, raids were still taking place although the major battles between the Ojibwe and Sioux were over. The Sioux traveled by canoe and raided by night.

AJ remembers hearing that babies were captured and adopted into the warring tribe as family members. The Ojibwe retaliated with a raid of their own, and the cycle of fear continued.

“It had to be terrifying for all,” AJ said. The mindset on both sides was if you do that to us, we will do that to you.

Most of what his mom told AJ had to do with morals and how to treat others, he said. For example, you would never raise a hand against an Elder or even startle them, he said. You would never interrupt a conversation among adults. Mostly Ojibwe children learned from the examples set by their parents, grandparents and aunts and uncles.

But when the adults were out of the picture, watch out! The excitable AJ started more than one “screaming match” in his time, which years later evolved into barroom fights. He’s got the broken nose to prove it.

But now we’re getting ahead of the story.

High school and technical college

It was as an older child that AJ learned he was poor. A kind of class ranking took place in Onamia public schools in this order: town kids, resort kids, farm kids, poor white kids, then Indians. The school district permitted the children of farmers to take off from school for the harvest. Indian families asked if their children could be dismissed for the wild rice harvest. The request was denied. The Indian kids were told to rice on weekends.

AJ graduated in 1960 and then got a drafting degree from what was Wausau Technical Institute. He worked for the Bureau of Indian Affairs for a year and then signed up for the Indian Relocation Program that took him to a job with the aerospace industry in San Jose, California. After about five years there, AJ returned in 1973 because Chief Executive Arthur Gahbow wanted him to come home and work for the federal Community Action Programs. A member of the American Indian Movement, AJ was vocal, and to some, a handful.



AJ advises young people to treat themselves well and be a friend to whoever is nearby.

In the early 1980s he moved to Minneapolis and worked for the Upper Midwest American Indian Center on Franklin Avenue, writing grant requests. He was good at that, he said. If the Center needed a basketball coach for 20 Indian kids, he’d find a funder. AJ returned home, worked at the Museum, and retired completely in 2012. He was married for a year in the 1970s.

Regrets alcohol use

AJ said he should have stayed away from alcohol during his life; he would have been more “productive.” He may have received promotions while working in San Jose; he may have continued with college. He has diabetes and lost a leg and needs nine hours of dialysis each day. He said he remains enthusiastic and alert but eventually his organs will betray him. He lost a kidney, had a heart attack, and does not think he’ll live beyond the age of 80.

“I hope I’m not ever dependent on other people and I hope I’m never in a nursing home chewing on my lip,” he said. “I want to pass on peacefully without much commotion. My future is short term.”

To young people he advises that they treat themselves well and be a friend to whoever is nearby. Women are smarter than boys and men, he said. Men will use their intelligence when they are 35 and until then, want to remain as “kids.” But AJ notes some improvements.

“They’re not all going to quit drinking but more are accountable,” he said. “Now some will buy clothes and food first for their kids and then get drunk and go to jail.”

He also observed a belief in karma for Ojibwe people; that is, what goes around comes around. “You’ve gotta be careful,” he said. “Don’t do bad as you will pay later.”

A couple hours passed between the start and finish of the interview. He followed his guests out the door past a few girly pictures posted on the walls. AJ sank into a lawn chair on his deck and remarked on the heat and the summer and the view.



Kelly Applegate talks with a little girl and her family at the Minnesota State Fair.

Band Members Staff 2013 State Fair Bird Booth

Plus an update on the purple martins

Deborah Locke Staff Writer

A small blond girl gave a big heave to the prize wheel outside the State Fair Department of Natural Resource building. The prize wheel needle landed on the picture of a duck.

Her mom told her it was a duck, the girl whispered “duck” to MLB Band member Kelly Applegate, and Kelly happily pronounced the little girl a big winner.

With great fanfare, the girl received a stamped bird imprint on her hand as a prize. Her parents steered her away and the family was immediately replaced with another family who went through the same ritual. Spin. Name. Win. Cheers. Fanfare. Stamp.

For four hours on July 23 at the State Fair, four members of the Mille Lacs Band met with the public to answer questions about birds. The booth was sponsored throughout the entire course of the fair by the Minnesota Ornithologist Union. MLB’s own birdman, Kelly Applegate, answered most of the bird questions and listened to the bird stories.

You may remember Kelly from a story earlier this year about the Band’s efforts to increase the purple martin population in the Great Lakes area. The bird population has decreased by 78 percent in the last 40 years due in part to a lack of housing, pesticides and weather changes.

Efforts to increase the numbers paid off recently. This spring 120 chicks were hatched at the purple martin housing complex near the Elder complex on Mille Lacs Lake. The chicks were banded; later 24 of the older birds were outfitted with special locator devices to track their migratory habits that include a 6,000-mile winter trip to the Amazon Basin.

It’s hard to know why only two of the 24 birds returned this spring, Kelly said. They may have died due to the severe winter and long spring, they may have died in a hurricane, they may have simply gone somewhere else

(although the birds are known to return to the same home year after year).

What is known for sure from the two birds that returned is this: one of them completely avoided a hurricane area en route to Brazil last winter and chose a safer route. Another one stopped in Bolivia for a visit. Earlier studies have shown that the birds like to stop over at the Yucatan Peninsula, which is just south of Cuba. Knowing flight patterns vastly enhances what we know today about the bird, Kelly said in a phone interview.

Once they return to the northern states and Canada in the spring, favored habitats include wetlands, residential areas and farmland. Mille Lacs Lake serves well as a habitat because of its generous flying insect population. Dragonflies are a tasty favorite of the birds that grow to be seven or eight inches long and have a wingspan of up to 16 inches.

All of that information and more was available on that hot afternoon at the fair. During the same week that Kelly worked at the booth, he also traveled by pontoon boat on Bald Eagle Lake in Washington County to see the purple martin roost.

Think of the roost as a giant powwow for birds. Each fall they gather in large numbers at a different location. In 2010 more than 70,000 purple martins gathered at Lake Osakis. At sundown each night after a day of gathering food, the birds return to the selected location, Kelly said.

“The flight is one of nature’s most impressive scenes,” he said. The thousands of flying birds block out the sun for a short time, appearing as a kind of cloud formation on weather radar equipment. That is how roosts are located: the massive numbers appear on radar as clouds that descend as the birds land. No one knows why they pick the places they do to roost or which birds are responsible for that decision.

That is the reason for ongoing study, and for efforts to protect the birds that are called purple because of their iridescent sheen in certain light.

You could say that a certain light was cast at the State Fair this year as Band members shared their insight and passion for wildlife with the public for an afternoon. Foot traffic was steady as hundreds of people passed by, hands were stamped and stories were shared.

Gun Safety

Deborah Locke Staff Writer



Cable locks and gun safes are recommended for everyone who owns guns.

On one hand, the rules for safe gun use seem pretty straightforward and hardly worth repeating. Treat all guns as though they are loaded, watch where you point, store them safely.

On the other hand, if the rules are so apparent, why do accidents occur? Someone leans a hunting rifle against a truck, it falls to the ground and fires. It happens.

Conservation officer Seth Jacobs with the Mille Lacs Band Department of Natural Resources teaches a class in gun safety that promotes common sense rules so fewer falling, discharging guns make trouble.

The rules are these: treat all guns as if they are loaded. Be sure the action (which holds the cartridge) is open when you hand the gun to someone else.

Also, control the firearm muzzle by always pointing it in a safe direction. Keep your finger off the trigger and away from the guard. Load the gun in the same place where you use it, for example, at a deer stand. If you need to walk across a field to the stand, leave the gun unloaded.

Finally, be absolutely certain of your target and what is behind that target.

Perhaps the worst tragedies occur when children play with guns. To prevent that, Seth recommends the use of a gun safe and cable locks for everyone whether you have children or not. If you don’t have a safe, a locked file cabinet should deter a curious child. Ammunition should be stored in a separate location and should also be locked up.

Seth said that in families where hunting is a long-standing tradition, young people come into the class without a fear of guns and a basic understanding of safety. On occasion he’ll have an adult take the class with no prior experience. He seldom meets a 40-year-old who wants to learn how to shoot. “Most people have had some exposure to guns,” he said, adding that if you follow the rules, you’ll have no problems.

TRIBAL NOTEBOARD



Happy September birthday to Mille Lacs Band Elders!

Joe Anderson, Jr.
Cynthia Mae Benjamin
Joyce Marie Benjamin
Viola Buck
Rose Marie Bugg
Joanne Frances Boyd
James Douglas Colsrud
Joseph Crown, Jr.
Roger Dorr
Shirley Ann Evans
Violet Louise Ewert
Lorena Joy Gahbow
Joseph Garbow, Wm.
Mary Rose Garbow
Roger Duane Garbow
Bernice Bea Gardner
Lisa Celeste Griffin
Carol Anne Hernandez
Bernida Mae Humetewa
Donna Lianne Iverson
Kathleen Lorena Johnson
Beverly Marie Jones
Marlan Wayne Lucas
Janice Renalda Lyons
Rueben Dale Merrill
James Michael Mitchell
Carol Jean Mojica
Jacqueline Jean Moltaji
Elmer Eugene Nayquonabe
Joseph Leonard Nayquonabe
DeWayne Michael Pike
Alan Ray Premo
Carol Ann Sam
Darlene Joyce Sam
Karen Louise Sam
Lloyd Andrew Shabaiaash
Janice Arlene StandingCloud

Charles W. Sutton
Marty Russell Thomas
Russell Harvey Thomas
Arne Vainio, Jr.
Leonard Wayne Weyaus
Richard James Weyaus
Bonita Diane White
Donald Ray Williams
Dale Barnet Wind
Micheal Francis Anthony
Wind

Happy September birthdays:

Happy Birthday **Jason Eagle** on 9/7! Enjoy your day, and many more to come LOVE Mom and Jay Jay. • Happy Birthday **Dayshaun Colsrud** on 9/8 from Auntie Cat, Monica, Kay & Zay, and brothers Wes & Sky. • Happy Birthday **Kimmy Cash** on 9/8, love Nancy and the rest of the urban Gahbow's ♥♥♥. • Happy Birthday to the best Mom and Grand Mama **Panji Gahbow (Lorena)** on 9/8. We love you very much. From Nancy, Kyla, Kyel, and Albert Gahbow. • Happy Birthday **Uncle Wayne** on 9/9 with Love from Vannie, George, Reuben, Cedric, Cedar, Caiarah and Cyliss. • Happy Birthday **Drew** on 9/10 from Travis and Cassandra. • Happy Birthday **Brad Eric** on 9/17, love your brothers and sister. • Happy Birthday

Dad on 9/17, love Braelyn, Peyton, Eric, Wes, and Brynley. • Happy Birthday **Nick Colsrud** on 9/20 from Auntie Chips, Monica, Mom & Dad, the great one, and Melissa. • Happy Birthday **Chris** on 9/20 from Mom, brothers, and nephews. • Happy Birthday **Grandma Sandi** on 9/20 from all the grandkids. • Happy Birthday **Sandy and Christopher** on 9/20 from the family. • Happy Birthday **Travis** on 9/22 from your fiancée Cassandra. • Happy Birthday **Dad** on 9/28 with Love from Cedric, Cedar, Caiarah and Cyliss. • Happy Birthday **G** on 9/28 with Love from Vanessa and Reuben.

Happy belated birthdays:

Happy Belated Birthday **PJ** on 8/5 from Auntie Sherry, Joel, Gabbi, and Shawntel. • Happy Belated 10th Birthday **Kira Moose** on 8/5 with love from Mom, Eric, Zach, Jerry, Renae, and Bentley. • Happy Belated 11th Birthday **Gabbi Jellum** on 8/20, with love from Mamaz, Joel, sister Shawn, Grandma Deb, and the rest of the Harrington and Jellum families. • Happy Belated Birthday **Stewez** on 8/20 from Sherry, Joel, Gabbi, and Shawntel. • **Frances J. Benjamin:** Happy Birthday Mom on

8/27. I hope that you have felt very special and know that you are so loved. I am so thankful for you and all the strength and independence that you taught me. I love all of the fun times we have shared together. I Love you!! Your Daughter, Marcey. • **Erika Robertson:** You're such a little Darling with a smile as bright as the sun. I am impressed with your smarts and courage to learn more! Happy birthday "My Girl"! Love you, Auntie Marcey. • Happy Belated Birthday wishes **John Colsrud, Wes Premo, Cousin Janice and Shae.**

Other Announcements:
Congratulations to **Sara**

Hofstedt and Joe Packard on their September 29 marriage. Have a long and happy marriage! Love Mom and Dad, Grandma Olson, and family. • Congratulations to **Mallory and Tosh Stocke**, who were married on May 18. What a beautiful outdoor ceremony! Congrats on the purchase of your new home. Love Mom and Dad, Grandma Olson, and family.

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 October issue is September 20.

Mille Lacs Band of Ojibwe

Summary of Expenditures and Financing Uses:	Approved Budget for FY 2013	Expenditures through 7/31/2013	% of Budget Expended
Administration (1)	14,697,144	10,137,288	69.0%
Workforce	17,417,811	4,927,558	28.3%
Judicial	1,461,285	640,350	43.8%
Law Enforcement	5,591,907	3,658,362	65.4%
Education	20,267,101	14,088,127	69.5%
Health and Human Services	24,420,414	13,907,709	57.0%
Circle of Health Insurance	7,637,383	9,140,699	119.7%
Natural Resources	7,621,345	4,774,029	62.6%
Community Development	39,331,571	13,859,605	35.2%
Gaming Authority	5,081,873	3,971,957	78.2%
Bonus Distribution	48,788,328	38,561,430	79.0%
Nelson Act Distribution	3,765,221	3,754,032	99.7%
Economic Stimulus Distribution	3,025,000	2,999,000	99.1%
Total	199,106,383	124,420,146	62.5%

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

SEPTEMBER CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
15	16 Firearms Safety Class DI: 6 p.m.–9 p.m. D-I Community Center DII: 6 p.m.–9 p.m. D-II Ceremonial Building Sign-up: Safety.class@millelacsband.com	17 Urban Area Volunteer Appreciation Dinner 5:30 p.m.	18 Firearms Safety Class DI: 6 p.m.–9 p.m. D-I Community Center DII: 6 p.m.–9 p.m. D-II Ceremonial Building Sign-up: Safety.class@millelacsband.com District II-A Chiminising Bingo 6 p.m. Chiminising Community Center DIII Community Meeting 6 p.m. Aazhoomog Community Center	19	20 Firearms Safety Class DI: 6 p.m.–9 p.m. D-I Community Center DII: 6 p.m.–9 p.m. D-II Ceremonial Building Sign-up: Safety.class@millelacsband.com	21 Firearms Safety Final Exam DI: 9 a.m.–Noon D-I Community Center DII: 9 a.m.–Noon DII Ceremonial Building Elder Bingo 11 a.m.–2 p.m. Urban Office
22	23	24	25 District II-A Community Meeting 5:30 p.m. Chiminising Community Center	26 Urban Area Community Meeting 5:30 p.m. All Nations Indian Church District II Community Meeting 5 p.m. East Lake Community Center	27	28 Native American Celebration Day Midtown Farmer's Market, Minneapolis
29	30	Oct. 1 Flu Shot Clinic for MLBO Band members and Employees 9 a.m. – 4 p.m. Ne-la-Shing Clinic Call for appointment 320-532-4163	2 Flu Shot Clinic for MLBO Band members and Employees 9 a.m. – 4 p.m. Ne-la-Shing Clinic Call for appointment 320-532-4163			

Child Support Program

The Child Support Program is pleased to welcome a new member of the team. Valerie Sam-Harrington joined the department in August as the new financial specialist. For questions about payments contact Valerie at: 320 532-7434.

In recent weeks an increased number of clients have authorized family or friends to handle their financial affairs using power of attorney. Please review the responsibilities associated with the delegation of power to another person. (See article in the July issue of the Inaajimowin about POA).

Child Support change of address policy:

All changes to the mailing address need to be in writing by the party receiving the funds. For clients receiving child support from a per capita garnishment, address changes are due by the 12th of the month for the following month's payment. Address changes can only be honored every 30 days. If a change needs to take place before the 30 days, any checks issued will need to be picked up from the office until the address has been fully changed.

Checks not picked up by Fridays at 2 p.m. will be put in the US mail unless other arrangements have been made with the Child Support office.

Any lost checks cannot be submitted for a replacement until the 10-day waiting period has expired; the check can't have been cashed within the 10 days. It can take up to 3 business days to get the check reissued.

Circle of Health Update

To better serve our Mille Lacs Band of Ojibwe community, the Circle of Health has relocated to the Ne-la-Shing Health Center. This move will benefit our community with ease of access and help optimize our services.

We opened our office at the Ne-la-Shing Clinic in District 1 on July 22, 2013.



The Department of Public Health is pleased to welcome new staff (L-R): Kathy Beaulieu-Sanders (RN, MCH Coordinator), Megan Cummings (Community Health Educator), and Kim Leschak (LPN).

Our new address is: Circle of Health, 43500 Migizi Drive, Onamia, MN 56359. Our new phone number is: 320-532-4163 or 1-888-622-4163

We have ordered new cards and will be distributing these cards in September. We ask for your patience.

The Circle of Health will be coordinating services with Contract Health Services, MNSure and our tribal employee/community health benefits programs.

The Circle of Health program has also applied to be a Certified Consumer Application Counseling agency with the Minnesota Health Insurance Exchange, MNSure.

MNSure is a one-stop health insurance marketplace where individuals, families and small businesses will be able to get quality health coverage at a fair price. Circle of Health staff will facilitate enrollment in public and private health insurance, determine eligibility for premium tax credits and allow tribal members to shop and compare between health care coverage options.

Open enrollment through MNSure begins October 1, 2013.

During the month of September, the Circle of Health staff will be completing online certification training to help people navigate the MNSure online marketplace.

We will be prepared to assist people with applying for health insurance online either in the clinic or at their home.

Band members need to update their enrollment and consent forms so they can get a new Circle of Health card that includes the new address and contact information for the program.

Community Assessment Update

Toya Stewart Downey Staff Writer

Results of the community health assessment that was administered in April will be available soon. The data collected during the assessment period is being tallied by the Great Lakes Inter-Tribal Council (GLITC). When it is completed, staff from the Department of Public Health will present results in each district as well as provide an overview in the Inaajimowin. Dates and times of the presentation will be announced in the coming weeks.

Band members participated in the assessment survey during the spring. Its goal was to help assess the health needs of the community and determine ways the Band's Public Health Department could better serve the community.

"The purpose of this survey was to gather information from community members about many different aspects of health, behaviors, and the community," said Kimberly Willis, a Prevention Specialist and Performance Improvement Manager for the Band's Department of Public Health.

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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.